

# GOOD Life News

at Monte Vista Village

AUGUST 2017

www.montevistavillage.com

## 76 Years of Love, Respect and Devotion

Both Earl and Bernice were born in Chicago, where they first met at a New Year's Eve party on Dec. 31, 1938. They spent the night dancing and talking, and it was then the connection was made. Earl's friend, who was with him the night he met Bernice, and his girl were catholic, so they invited both Bernice and Earl to mass; neither were catholic but decided to go. After mass, Bernice called her mother and she invited them all to her home for breakfast. Earl paid for all four, 7 cents each, to take the street car from Chicago's Southside to her home on the Northside, where they spent the day with Bernice's mother, father and brother.



*Earl and Bernice, Aug. 23, 1941*

Earl and Bernice enjoyed spending time together when they weren't working; Bernice worked for Spiegel and Earl for Continental Can. On Aug. 23, 1941, Earl and Bernice married and began their life together as a couple. They secured their first apartment, a two-bedroom, for \$52, refrigerator and stove included. They had two children, Marilyn and Ray. In the summer of 1948, they decided to visit Bernice's brother for a two-week vacation in El Cajon. While they were there, Bernice asked Earl, "why don't you go see about getting a job?" Earl went off to Masonic Employment and landed a job at Essex Wire on Harbor Drive. Bernice asked her mother to pack up their apartment in Chicago and send their belongings by rail to San Diego, they weren't going back Chicago. Earl had purchased a 1947 Gold Medal Coffee Service Vehicle for \$1,100, which he sold when he arrived in San Diego for \$1,500 so the family could put a down payment on their new home in El Cajon. Bernice became a homemaker and became the first president of the Ballantyne PTA, she later became a secretary for a local realtor and stayed on managing property until she decided to retire. The couple has enjoyed volunteering, but as Earl stated, they've been loafing around now for awhile.

Bernice loved to travel, sewed clothes for her kids, cooked and baked cakes which she sold. They have enjoyed their life together immensely; Earl visits Bernice daily and says they enjoyed being together, doing the same things. When asked how they made it through 76 years of marriage, Earl exclaimed "We always had discussions, no arguments." A beautiful couple!

Please help us wish them both a beautiful 76th wedding anniversary!



**Our Talk.  
Our Walk.  
Every Day!**

**29 Years  
Recognizing  
Senior  
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

## Upcoming Events

- Aug. 1: Guadalajara Grill
- Aug. 1: The Supremes — Balboa Park
- Aug. 8: Black Angus Restaurant
- Aug. 8: Coronado Big Band — Balboa Park
- Aug. 15: Barona Casino
- Aug. 15: Navy Brass — Balboa Park
- Aug. 18: Art Exhibit / Chris V. — Resident
- Aug. 22: Anthony's Seafood
- Aug. 22: Coronado Concert Band — Balboa Park
- Aug. 26: Resident Family Appreciation Day
- Aug. 29: C Level
- Aug. 31: The Legends — Balboa Park

## Photo Corner



Monte Vista Birthday Luncheon



Congratulations, Carlos!



Catherine shows off her Red, White and Blue!



Mel and Mary Jo!

## Make a Splash at the Pool!

Stay cool in this heat by jumping in the pool during our open swim sessions or for our Aquacise class! Whether you can run a marathon or use a wheelchair, everyone can benefit from the therapeutic qualities of the water. Open swim sessions are currently available Sunday, Tuesday and Thursday from 1:30-2:30 p.m. If you want more of a workout, the Aquacise class is offered on Wednesday mornings at 9 a.m. The Aquacise class focuses on both balance and strength exercises. By doing this, we are working muscles in a way that will give you benefits from multiple categories of exercise. Those who have come out to the pool have enjoyed it immensely, and I encourage everyone to come out and join in on the fun!

—Emily Altschuler, FIT Coordinator



## One in a Billion!

Join us in playing Bingo and have some fun every Monday, Wednesday and Saturday at 1 p.m. in the auditorium.

“Recently a group of 12 of us were playing bingo, and this one game, call it a ‘one in a billion,’ yelled BINGO all at the same time. We all won a whopping 10 cents.”

Jake B., Resident



## Employee of the Month

I'm pleased to announce the Employee of the Month, Ira Falaminiano. Ira is a Licensed Vocational Nurse (LVN) working as a charge nurse in our Skilled Nursing Unit. Ira works evenings and nights and is a great team player, detail oriented and willing to learn new skills. Ira is also in school to earn her degree as a Registered Nurse. Please help me to congratulate Ira for being our Employee of the Month. Congratulations, Ira!

— Elsa Ferrer, Director of Nursing



## Save The Date

We would like to thank all our residents and families by announcing the Resident Family Appreciation Day with fun, games and food!

Join us Saturday, Aug. 26, from 11 a.m. to 2 p.m. We look forward to seeing you!

— Maria Shetler  
Executive Director

## I'm Back!

It's great to be back!

I want to thank you for keeping me in your thoughts and prayers. I missed everyone, and I love the cards I received. The welcome back response from both residents and staff was so heartwarming, and it was nice to know so many people missed me. As I have mentioned to a few residents, next time the dog can just have the darn skunk!

I will make no effort to pull him away on our walk. That way I can't fall backwards off a curb.

I would also like to welcome the new residents, and I hope you are enjoying your new home as much as I have enjoyed my 17 years of being part of the Monte Vista Community.

My best to all.



— Tracy Walter  
Director of Marketing

## Art Exhibit at Casa del Norte

Resident Artist, Chris V., will be holding an exhibit of his art in Casa del Norte on the North end of our community. The exhibit and silent auction will take place on Friday, Aug. 18, from 2-4 p.m. Please come enjoy some wine and cheese while viewing Chris' work. All are invited.



## New Residents

Kathleen S.

Shirley A.



## Resident Birthdays

- Joan B., 1st
- Anne P., 7th
- Kevin K., 8th
- Catherine G., 14th
- Lorraine M., 16th
- Virginia L., 18th
- Patsy W., 19th
- Ruby A., 23rd
- Jake B., 23rd

## Employee Birthdays

- Ivory G., 1st
- Gina O., 4th
- Rosheena H., 5th
- Moises R., 6th
- Maria R., 14th



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## Staff

**Executive Director**

Maria Shetler

**Director of Nursing**

Elsa Ferrer

**Sales and Marketing Director**

Tracy Walter

**Environmental  
 Services Director**

Martha Tirado

**Life Enrichment Director**

Adrian Guillen

**Food and Beverage Director**

Jon Bautista

**Business Office Director**

Patti Richmond

**Resident Services Director**

Myka Go

**Plant Operations Director**

Mitch Holdinghausen

## The Importance Of Staying Hydrated

Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain and muscles. It is especially important during these hotter months to stay hydrated and reduce the risk of becoming dehydrated as we tend to perspire more. The best way to ward off dehydration is to gradually drink fluids throughout the day. The key is getting in the fluids, whether it be at meals, with medication or done socially.



— Jon Bautista

Food and Beverage Director

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Go to [facebook.com/MonteVistaVillageCA](https://facebook.com/MonteVistaVillageCA) to see pictures and catch up on all the fun here at Monte Vista Village. This is a great way for family members and friends to stay connected!

