

# GOOD Life News

at Monte Vista Village

FEBRUARY 2019

www.montevistavillage.com



## Resident Spotlight: Jack B.

Born in Webster Grove, Mo., Jack is the second of three children. Jack had a great childhood, spending winters in Missouri and the summers with his mother's family in Peru, W.Va. (pronounced Pee-ru) The residents of the town called Peru "almost heaven," while the kids of the town called it "heaven." Surrounded by cousins and friends, Jack loved the mountains, hiking and exploring the caves, and he and his friends would swim every day in the local river.



In 1945 after graduating from high school, Jack enlisted in the Navy and was sent off to Great Lakes for boot camp. One week before graduating, the war ended. After a couple months in OGU, the Navy found a place for Jack in San Diego onboard the USS Cowpens, where he learned that working in the bow of the ship made him seasick. He was moved to the midship where things worked a lot better. In August 1946, Jack was discharged as a Seaman 1st Class.

Jack later went off to get an education where he received his degree from Princeton University, with an honors in geology. After graduating from Princeton, Jack's dad thought it would be a good idea to come back home for a year. Jack spent his year teaching K-8 grade in a one-room school house in Dumpling Run, W.Va., which he really enjoyed.

The U.S. Geological Survey was Jack's employer for the next couple years in the groundwater division in Tuscaloosa, Ala. Jack wanted to continue his education and received his doctorate from the University of Illinois. After 30 years of being a professor in Oklahoma, Ohio and Pennsylvania, Jack retired back to Peru, W.Va. Jack has two wonderful children: Holly, who lives in San Diego and Chris, who lives in the Bay Area.

Before moving to Monte Vista, Jack enjoyed caving (exploring caves), reading and mountain hiking. Jack is becoming comfortable at Monte Vista and his newfound friends are making it that much easier.

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

**Platinum Service®  
Standard #7**

*"I never say "no" to an opportunity to serve our residents and to improve their living experience."*

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."  
– Nelson Mandela*

## Employee of the Month

Please help me to congratulate Marcelle, Life Enrichment Assistant, as Employee of the Month. Marcelle has been with Monte Vista Village for seven years and brings a lot of joy and happiness to the residents. Congratulations, Marcelle!

*Maria Shetler,*  
Executive Director



## Life Enrichment Highlights

**Feb. 4:** Resident Council Meeting

**Feb. 4:** Round Table with Adrian

**Feb. 5:** Tai Chi

**Feb. 7:** Resident Birthday Luncheon

**Feb. 7:** TED Talks

**Feb. 12:** Friendship Connection

**Feb. 14:** Valentine's King and Queen Party

**Feb. 19:** Men's Luncheon

**Feb. 19:** Trip to the Casino

**Feb. 19:** Tai Chi

**Feb. 21:** Sunshine Ladies' Luncheon

**Feb. 21:** TED Talks

**Feb. 21:** Blood Pressures

**Feb. 26:** Art for All Ages

**Feb. 28:** Blood Pressures

## We Believe Good Friends Make Great Neighbors!

Do you have a friend or loved one considering a move to Monte Vista Village?

Refer a friend to Monte Vista Village and you'll receive a referral bonus. Please see me for additional information about the referral program.

We want others to know of our wonderful community.

*Jo Ann Selzer, Director Sales and Marketing*

## Sweets at the Cinema

For many, a trip to the movies includes indulging in a tub of popcorn. But some want to satisfy their sweet tooth.



Treat yourself to this list of classic movie theater candy:

**Red Vines:** Biting the end off of one of these fruity licorice twists converts it into a drinking straw, handy for slurping a soda. First produced in the 1950s as Raspberry Vines, the chewy treat was renamed Original Red to better describe its subtle sweetness.

**Junior Mints:** Introduced in 1949, this creamy confection is a combination of dark chocolate and refreshing peppermint. The candy was named after the popular Broadway show "Junior Miss."

**Jujubes:** These colorful gummy bites debuted during the Roaring '20s, as did their cousin, Jujufruits. They originally came in exotic flavors such as rose and lilac.

**Sno-Caps:** Fans of these miniature chocolates topped with white candy beads say the best way to enjoy them is poured into a bucket of warm popcorn, where they melt to form a sweet-and-salty snack.

## A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.



- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.

## Resident Birthdays

Glenn S., 1st      Jack H., 20th  
Helen C., 13th      Kitty H., 22nd  
Ron W., 16th      Ellen B., 22nd

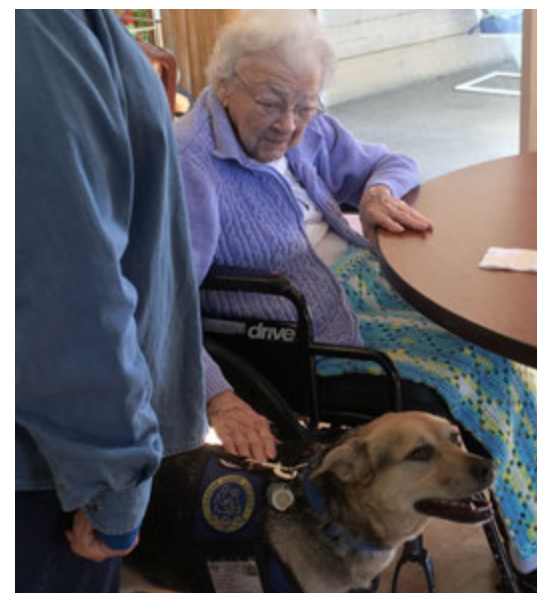
## Employee Birthdays

Debra K., 3rd  
Martha T., 4th  
Consuelo G., 5th  
Semsija S., 10th  
Monica M., 15th  
Maria S., 18th  
Emily V., 23rd  
Henry T., 27th  
Laderto J., 28th

## Service Anniversaries

Angelina M., 2/1/2017  
Patti R., 2/6/2006  
Daphne C., 2/9/2015  
Gina O., 2/12/2016  
Lynnielle J., 2/12/2016  
Carlos S., 2/18/2014  
Jasmin M., 2/23/2005

## Photo Corner



*Erlene receives a little love during pet therapy.*

## FIT Classes

Starting or maintaining a regular exercise routine can be a challenge at any age, and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or perhaps you think you're too old or frail, and can never live up to the standards you set when you were younger. Maybe you just think exercise is boring.

While these may seem like good reasons to slow down and take it easy as you age, they're even better reasons to get moving. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. Also, reaping the rewards of exercise doesn't have to involve strenuous workouts. You can gain the benefits from adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how you age.

The FIT Programs at Monte Vista are: FIT to Stretch™, FIT to Be Strong™ and FIT to Balance™. Classes happen Sunday through Thursday, at 9 a.m. FIT to Pedal™ will be taking place every Tuesday, at 2:15 p.m. A walking program will be coming together as well as swimming when the weather gets a little warmer. Let's make exercise fun, not a chore.

*Tim Galloway, FIT and Life Enrichment Coordinator*

## The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.



While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.

## New Residents

K. Folk                      J. Baker  
E. Bradford                E. Parker





# MONTE VISTA VILLAGE

Senior Living

2211 Massachusetts Avenue, Lemon Grove, CA 91945  
619-465-1331 | [www.montevistavillage.com](http://www.montevistavillage.com)



RCFE #374603589 & SNF-090000078

MANAGED BY  
 The Goodman Group

## Staff

**Executive Director**  
Maria Shetler

**Director of Nursing**  
Elsa Ferrer

**Sales and Marketing Director**  
JoAnn Selzer

**Environmental Services Director**  
Martha Tirado

**Life Enrichment Director**  
Adrian Guillen

**Food and Beverage Director**  
Glen Wise

**Business Office Director**  
Patti Richmond

**Resident Services Director**  
Jennifer Zelaya

**Plant Operations Director**  
Mitch Holdinghausen



LGBTQ Friendly Community

## Love is Ageless

Dating advice for adults 70+ and those who love them.

Wednesday, Feb. 13, from 11 a.m.-1 p.m.

Join us for a fun and engaging seminar

- Overview of dating tech tips
- Dating profile advice
- Dating safety tips

Tips for dating, relationships and more!

Presented by Judy Bonilla

Aging Expert — Author — Social Media Strategist

Please call 619-465-1331 to RSVP today!



## Like Us on Facebook

@MonteVistaVillageCA

Visit [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!