



# Good Life

## NEWS

at Monte Vista Village

SEPTEMBER 2019

### ADRIAN — LIFE ENRICHMENT DIRECTOR

Adrian is the youngest of five children and was born in Tijuana, Mexico. At the age of 18, Adrian landed his first job in Tijuana as a bank messenger, later being put in charge of the busy bank floor. At the age of 23, unable to speak English, Adrian moved to San Ysidro and landed a job as a dishwasher at a senior living community. He attended Southwestern College to study English, and he began to flourish. His friend, Maggie, helped him get a job as an activities assistant, and he's moved up through the ranks. Adrian has been in senior living now for over 30 years and really enjoys the work.

Adrian loves to travel, enjoys well-cooked food, photography, art and shopping. His travels have taken him all over Mexico, France, Spain and Italy.

Adrian lives in El Cajon with his dog, Milan. When asked what his favorite part of working at Monte Vista is, he exclaimed, "our residents are like family."

We asked Adrian a few fun questions...

**Q:** Favorite color?

**A:** Red

**Q:** Sunset or Sunrise?

**A:** Sunset

**Q:** Best childhood memory?

**A:** My mother cooking

**Q:** Best piece of advice you've received?

**A:** Keep your word and always be on time

**Q:** Accomplishment you are most proud of?

**A:** Yet to happen

**Q:** Most beautiful place you've ever been?

**A:** Paris

**Q:** Having a bad day, what do you do to make yourself feel better?

**A:** Go shopping

**Q:** What would your perfect Saturday be like?

**A:** A walk on the beach, lunch, shopping, nap and a glass of wine

**Q:** What's your perfect vacation?

**A:** Visiting a museum somewhere

**Q:** Favorite type of music?

**A:** Classical

**Q:** Last movie you saw?

**A:** "Lion King"

**Q:** What's your dream job?

**A:** Designer

**Q:** Cake or Pie?

**A:** Cake

**Q:** If you could live anywhere, where would it be?

**A:** Italy



**Q:** If you could have dinner with anyone, who would it be?

**A:** Salvador Dali

**Q:** If you were told you only had one week left to live, what would you do?

**A:** Hug everyone in my family

**Q:** What's your favorite smell?

**A:** Mexican bread pudding

### RESIDENT BIRTHDAYS

Grace C., 2nd  
Velma C., 9th  
Karen H., 9th

Rosemarie C., 11th

Barbara S., 16th

Paul Z., 21st

Mary G., 22nd

Duane H., 26th

Bernard "Bud" R., 27th

### EMPLOYEE BIRTHDAYS

Hope N., 13th  
Benjamin A., 19th  
Ernesto E., 19th

Felix C., 22nd

Dawn B., 28th



## PHOTO CORNER



Mariachi Estrellas de Chula Vista and Ballet Folklorica entertain in Balboa Park.



Christine singing along with the Mariachi.



A walk in the park at Monte Vista



Las Palmas at Monte Vista



Residents attending the meet and greet at Monte Vista.



Helen, Christine, Alice and Jack enjoying a concert at Balboa Park.

## LUNCH & LEARN

Featuring guest speaker Bridget Barnett

Learn more about senior scams and elder abuse

Are you being targeted as a senior?

Bridget Barnett has 27 years in law enforcement, retiring from the San Diego Police Department after 20 years. She is a veteran of the U.S. Army and lifetime teacher in law enforcement for the community college district. She also holds a bachelor's degree in criminal justice and a master's degree in forensics. Bridget will discuss senior scams and elder abuse, including:

- Identify theft
- Crimes against seniors
- Sweetheart scams
- Financial activity & abuse
- Senior safety
- Take Me Home projecta
- Computer scams

Lunch will be served; please RSVP at the front desk.

## CONNECTING WITH GRANDKIDS

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



## AN ABUNDANCE OF APPLES

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:



**Gala** — Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

**Red Delicious** — Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

**Granny Smith** — Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

**Fuji** — Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

**Honeycrisp** — The name of this apple says it all — it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

**Braeburn** — Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.

## EMPLOYEE CHRISTMAS FUND

For a number of years, the residents have made a Christmas gift to the hourly staff at Monte Vista. Employees are not permitted to accept and residents are not permitted to give tips or other things of value to our staff who serve us so diligently throughout the year.

Last year, we gave each hourly employee \$360 in early December. Our goal for contributions from residents was \$22,000, and we received \$20,085 from resident contributions. We distributed a total of \$23,620 to the employees with the needed balance made up from our reserves.

This year, our goal is the same (\$22,000), and we have thus far received \$3,518. We have a long way to go. It takes between \$23,000-\$25,000 to make the \$360 gifts to the staff.

In considering what you can contribute to this gift fund this year, please be as generous as you are able. In this consideration, remember the dedication and professionalism shown by our hourly staff every day. The board can attest to the smiles on the faces of the employees when they receive the gifts from your contributions.

The Board of Directors of your resident council needs to receive your contribution by Dec. 1 so the board members may organize the gift fund for distribution to the employees well before Christmas.

If any resident or family member has questions regarding this fund and how it is administered, please let me know.

Respectfully,

Dennis Knight, President Resident Council Board

## Life Enrichment Highlights

8/2: Resident Council Meeting

8/2: Round Table with Adrian

8/3: Tai Chi Class

8/4: Happy Hour — Salvador and Sylvia

8/5: Resident Birthday Luncheon

8/9: Habla Espanol?

8/11: Happy Hour — The Melodians

8/12: Sunshine Ladies Luncheon

8/16: Loteria

8/17: Tai Chi Class

8/18: Happy Hour — Sophisticats

8/19: Valiant Veterans® Breakfast

8/23: Habla Espanol?

8/25: Happy Hour — Joe Pal & Friends

8/26: Men's Luncheon

**FIT Classes:** Sunday through Thursday at 9 a.m.

**FIT to Pedal™:** Tuesdays at 2:15 p.m.

**Chair Yoga:** Fridays at 9 a.m.

**Happy Hour:** Wednesdays at 3 p.m.

**Cocktail Hour:** Fridays at 3 p.m.

**Bingo:** Mondays, Wednesdays and Saturdays at 1 p.m.

## HONEY AND HEALTH

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

**Antioxidants:** Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

**Antibacterial properties:** Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

**Anti-inflammatory effects:** There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

**It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.**







# MONTE VISTA VILLAGE

Senior Living

2211 Massachusetts Avenue, Lemon Grove, CA 91945  
619-465-1331 | montevistavillage.com

RCFE License #: 374603589



MANAGED BY  The Goodman Group

## STAFF

### Executive Director

Susan Burwin, M.S.,LNHA

### Director of Nursing

Elsa Ferrer, RN

### Sales and Marketing Director

Dustin Miasek

### Environmental Services Director

Martha Tirado

### Life Enrichment Director

Adrian Guillen

### Food and Beverage Director

Glen Wise

### Resident Services Director

Maricor Laus, LVN

### Plant Operations Director

Mitch Holdinghausen

### Business Office Manager

Patti Richmond



LGBTQ Friendly Community

## NEW RESIDENTS

- Duane H.
- Herb J.



## GOOD FRIENDS MAKE GOOD NEIGHBORS: RESIDENT REFERRAL PROGRAM

We believe good friends make good neighbors! Refer a friend to move into Monte Vista Village Senior Residence and you'll receive a \$2,000 credit off your rent!

We want others to know of our wonderful community. Thank you for your support.

Please see Dustin Miasek, Sales and Marketing Director, for additional information.  
Tel. 619-465-1331



## 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!