

Good Life

NEWS

at Monte Vista Village

APRIL 2021

RESIDENT SPOTLIGHT: LORRAINE M.

Lorraine was born on Chicago's north side when it was -15 degrees. She had a brother, Walter, who was six years older than her. When Lorraine was 19, she worked as a secretary at the Chicago Association of Commerce. One of her coworkers introduced Lorraine to her brother, Ted. They went on a blind date of sorts and took a Wendella Boat Tour on the Chicago River. She exclaimed, "Ted was the smartest man I've ever met." She later married Ted, decided to start a family and had Teddy.

Shortly after Teddy was born, the family moved to Central Florida (it was about the weather), where they lived for nearly 10 years before they decided to move to El Cajon for the climate and later, to San Diego. After arriving in San Diego in the early '60s, Ted and Lorraine bought dilapidated homes, fixed them up and sold them. Lorraine's job was painting, and she had more paint on her than she had on the walls.

Lorraine and Ted owned a boarding house in San Diego that catered to young men who had come to San Diego looking for work; it was across the street from their home. They charged \$19 per week, meals and housekeeping included. She was proud to say that not one of their boarders left owing any money.

Lorraine enjoys living at Monte Vista, as well as movies, music and dancing. She has many friends and is a lovely lady with a great sense of humor.



CARROTS ARE THE TOPS

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4 is International Carrot Day.



Life Enrichment Highlights

4/1: Habla Espanol?	4/20: Ice Cream Social	Loteria: Tuesdays at 2:30 p.m.
4/5: Resident Council Meeting	4/25: Men’s Luncheon*	Drive In Movie: Sundays at 1 p.m.
4/5: Roundtable with Adrian	Exercise: Monday thru Friday 9 a.m.	Root Beer Floats: Thursdays at 2 p.m.
4/6: Tai Chi	Bingo: Mondays at 1 p.m. Wednesdays at 10:30 a.m.	Arts and Crafts: Saturdays at 2 p.m.
4/15: Habla Espanol?	Happy Hour: Wednesdays and Fridays at 2:30 p.m.	Bible Study: Fridays at 9 a.m.
4/18: Sunshine Ladies’ Luncheon*		
4/20: Tai Chi		

THE VINYL REVIVAL

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It’s the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album’s artwork and reading the liner notes.



RESIDENT BIRTHDAYS

Doyle W., 2nd	Jack B., 18th
Richard B., 8th	Lilia V., 19th
Chris H., 12th	Helen (The 4th) B., 24th
Phyllis C., 15th	

EMPLOYEE BIRTHDAYS

Adrian G., 7th	Thelma P., 15th
Maria C., 10th	Nancy C., 28th

SIMPLE MOVES TO STAY FIT

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging’s website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.



Exercise

PHOTO CORNER



Lilia making paper flowers.



Shirley gets a visit from Milan.



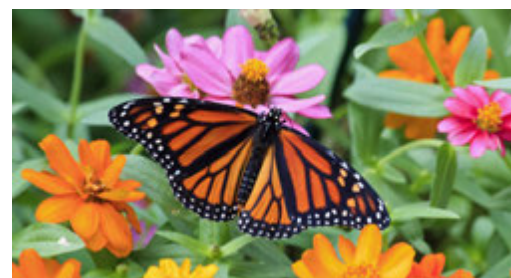
The flowers at Monte Vista!

MAKE A BUTTERFLY GARDEN

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.



TECHNICOLOR SPECTACULARS

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot “in glorious Technicolor!”

In the early 1900s, Hollywood entered a new era in moviemaking, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error. The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include “The Adventures of Robin Hood,” “Gone With the Wind” and “Singin’ in the Rain.” But the most famous Technicolor film is “The Wizard of Oz,” with its scenes of the yellow brick road and Dorothy’s ruby slippers.

TWINKIE TALK

Much more than a sweet snack cake, the Twinkie is an American icon.

Like so many other innovations of the time, Twinkies were born out of necessity during the Great Depression. James Dewar, a manager at the Continental Baking Company just outside of Chicago, wanted a way to use shortcake baking pans after strawberry season had passed. His solution was a golden sponge cake with a banana-flavored cream filling. He called the cakes Twinkies, after seeing a billboard advertising Twinkle Toe Shoes.

When World War II rationing limited the company’s banana supply, it began filling Twinkies with vanilla cream, which became a top seller. Under the company’s Hostess brand, Twinkies grew in popularity, especially with kids after commercials for the cakes aired on the TV show “Howdy Doody.” In the following decades, Twinkies made appearances in comic books, as well as in blockbuster movies such as “Ghostbusters.”





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LGBTQ Friendly Community

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 credit off your rent! We want others to know of our wonderful community. Thank you for your support. Please contact Jackie Comardo, Sales and Marketing Director, for additional information. Tel. 619-465-1331

Everything is better when you bring your friends!



NEW RESIDENTS

Carmen C.

Nadine C.

Leon F.



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Visit 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!