



LETTER FROM THE ADMINISTRATOR

One month down in my new role and I am loving it. Thank you to everyone who has made the transition so smooth. Thank you to my team for being so amazing and to the staff and residents, you are truly the very best. We have been working hard on the budget for 2018 and we have some exciting things coming! There are a couple things I want to call your attention to. The Vistas is always looking for opportunities to give back. Thank you to everyone who donated candy for Halloween, donated to hurricane relief, and participated in Operation Christmas Child!

Thanksgiving is approaching! We welcome guests but due to limited seating we are only able to

accommodate 22 additional guests. 4 guests per resident please. Tickets are \$16.00. When the spaces are filled we will have to decline further reservations.

Please call today if you are planning on guests. As always you are welcome to bring food in and host Thanksgiving in your loved ones apartment or take your loved one out if there are no dining accommodations available.

Remember November 5th is Daylight Saving Time!

I am happy to meet with you anytime.

Thank you,
Iza Robinson, Administrator

Christmas is Coming!

NOVEMBER 27 – NOVEMBER 30 — Setting up Christmas Trees! Decking the Halls with Egg Nog and Brandy!



Happy Birthday!

RESIDENTS:

Dolores G.	November 04
Dorothy K.	November 16

EMPLOYEES:

Sue N.	November 03
Jessica J	November 04
Virginia V	November 18
Sienna L	November 21
Lori N	November 23
Cinamon L	November 27
Victor A	November 30

Activity Hot Spots

MONDAYS: Monday
Night Football

FOCUS ON WELLNESS:

- **11/06** Intro 15 minute
massage with T.C.
in the Activity Room
- **11/09** Walker/Wheelchair
Tune ups
- **11/13** Vision
Resource Center
- **11/30** Women's
Breast Health

SOUL CARE:

- **THURSDAYS:**
Rosary in the Parlor
- **11/5 & 11/19**
Pastor Combs Church
Service in the Gym
- **11/15** Sonshiners
Bible Study

SPECIAL HAPPY HOUR:

This month we will have a total focus on thankfulness and recognize what we are thankful for. Please fill out a blessings card located at the front desk to share who has been a blessing to you! Blessings will be read at the Bountiful Blessings Party.

- **11/17** Bountiful
Blessings Party

Special Musical Performances:

- 11/01** Sherry Duff plays
the Accordion
- 11/07** Dogz with Thumbs
- 11/14** Music with Marty
- 11/16** Old Kennett String Band
- 11/22** Dick, Nadeen & Mike
- 11/24** Goody Goody
Band w/ Happy Hour
- 11/28** Music Medley w/ Marty

Special Guests:

SATURDAYS: Story
time with Bella

- 11/14** Shasta Historical
Society—Shasta Dam



A Christmas Experience

SAVE THE DATE!

December 14th 6:00–8:00p.m.

This is our favorite event of the year. The Food!
The Music! The Family! The Memories!





How to Prepare for Cold and Flu Season with a Strong Immune System

Cold and flu season will be upon us soon and there is no better time to protect yourself than right now with a strong immune system.

What is the immune system? Very simply, our immune system is like a shield that protects our body from the germs, bacteria and viruses that can cause illness.

The weaker the immune system, the more vulnerable we are to getting sick. The stronger the immune system, the more we protect ourselves from getting sick. This isn't to say that we won't ever catch a cold, but with a strong immune system, we can fight off illnesses more quickly.

So, how do you build a strong immune system? There are several things we can do to make sure our immune system stays healthy and becomes strong.

The first is nutrition. Bad eating habits result in poor nutrition, which cannot give our bodies the vitamins, minerals and other nutrients it needs in order to stay strong. There's nothing wrong with a cheeseburger or ice cream on occasion, but moderation is key. Nutritional supplementation, such as vitamins, minerals and immunity boosters are also important to help fill in the blanks that even the best nutrition can't.

Exercise is another great way to help build a strong immune system. Ever notice how much better you feel after a nice long walk? Regular bike rides, walks, gardening, and even housework are all great forms of exercise that will help contribute to strengthening your immunity.

There are also certain things to avoid. Excessive stress and smoking are just two things that can really compromise and weaken the immune system.

Building and maintaining a strong immune system is not something that happens overnight and that we can forget about in just a few short months. It is something that we must continue to strive for our entire lives.



Christmas Just for Kidz!

DECEMBER 20TH AT 3:00PM

This is our first annual Christmas Just for KIDZ We are inviting staff kids and resident grandkids for a super fun-filled afternoon with food, music and presents! If you plan on bringing your kids or grand-kids RSVP name-sex-age ASAP! by December 10th!

Diabetes Doesn't Have To Control Your Life

Diabetes comes in many forms, but usually they can be manageable. Adopting a healthy lifestyle can minimize the effects of diabetes as well.

It is possible to lower your blood sugar with exercise. Make sure to test yourself immediately after you exercise to see if your blood sugar has gone down to a level that is tolerable.

Diabetes does not have to keep one from doing the things that they wish to do and enjoy. By properly monitoring and maintaining blood sugar, you can maintain and even improve your lifestyle.

To properly combat your risk of diabetes, know when it is time to get professional help. If you are 45 or older, it is time to talk to your doctor about testing for diabetes.

Look for ways to adjust recipes to accommodate your diabetes. Many delicious meals can be easily customized to avoid ingredients that cannot be tolerated by a diabetic.

Make sure that you take the time you need to process your own feelings and acknowledge them. Sometimes you may feel frustrated and overwhelmed by your diabetes.

If you are diabetic, you need to be taking extra good care of your feet. More than half of all foot amputations are related to diabetes. Make sure you are cleaning them well, and not putting any extra strain on your feet.

By educating yourself and taking action, you will find that diabetes is something that doesn't need to put a damper on your life.

DOG-DUTY

For your convenience there is a trash can placed next to the east entrance and the back patio for doggie potty only! Please do not place regular trash in these cans.



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RIDGELINE
MANAGEMENT COMPANY

Newsletter Production by PorterOneDesign.com

NOVEMBER – WORD SEARCH

A	P	P	R	E	C	I	A	T	I	O	N	O	K	N
K	P	T	E	X	R	N	B	F	T	I	X	O	I	K
S	W	H	G	T	H	Z	N	S	J	P	T	A	K	T
P	K	A	R	V	T	O	A	Z	Y	T	A	D	I	U
S	W	N	A	E	E	E	Y	H	P	N	W	N	N	R
X	I	K	T	R	F	A	I	E	U	E	A	B	D	K
T	D	S	E	K	V	Z	V	A	M	K	N	W	N	E
U	K	G	F	A	Z	W	E	L	P	X	Z	E	E	Y
X	F	I	U	L	K	S	T	T	K	V	X	K	S	P
D	A	V	L	V	U	E	E	H	I	V	M	O	S	P
V	M	I	V	P	Z	R	R	U	N	S	H	Y	A	P
M	I	N	R	S	I	V	A	J	P	E	I	E	C	E
Z	L	G	L	C	D	I	N	V	I	S	R	C	R	Z
C	Y	U	W	B	K	C	S	V	E	A	M	I	K	O
X	Y	S	X	Q	K	E	A	E	P	I	Z	Z	A	K

APPRECIATION

FAMILY

FEAST

FLU

GRATEFUL

HEALTH

HERO

KINDNESS

PIZZA

PUMPKIN PIE

SERVICE

SICK

THANKSGIVING

TURKEY

VETERANS