



LETTER FROM THE ADMINISTRATOR

Happy Holidays! We look forward to you joining us for our many holiday activities and events. Please RSVP for the Christmas Experience today! If you have not previously attended you are in for a treat. This tradition Christmas Experience brings all the sights, smells and sounds of Christmas. **Enjoy music, amazing food and take pictures by our giant Christmas tree and with Santa and Mrs. Claus.**

Many of you have inquired about giving the staff gifts. Unfortunately, the staff is NOT allowed to accept personal gifts from residents or their family members. **However, we understand that it is important to you to show your appreciation.** Each year residents that desire can make a donation to

the "Employee Christmas Fund." We apply this money toward a staff Christmas party with all the bells and whistles. Gifts, giveaways, food and beverages and a form of entertainment. Checks or cash are accepted at the front desk. **Please make checks payable to The Vistas. Thank you for your generous hearts.**

We have welcomed many new faces to the Vistas family and we also have more doggies running around. There is a trash can located outside off the east entrance and on the back patio designated for puppy potty. **Thank you for cleaning up after your furry friends.**

Thank you,
Iza Robinson, Administrator



Happy Birthday!

RESIDENTS:

Marilyn L.	December 03
Carol T.	December 06
Ethel N.	December 12
Lillian F.	December 14
Lillian Z.	December 16
June N.	December 18
Joan V.	December 26
Miki B.	December 26

EMPLOYEES:

Nicoletta L.	December 06
Summer R.	December 16
Maite T.	December 28

Activity Hot Spots

CRAFTS:

- **Sundays:**
1:30pm Dominoes
- **Mondays:**
1:30pm Bingo
- **Tuesdays:**
1:30pm Christmas Crafts
- **12/13**
Making Gingerbread Houses

CHURCH SERVICES:

- **12/03 & 12/17:**
10:30am with Pastor Combs
- **12/17:** St. James is doing a theatrical presentation:
Christmas Eve in the Afternoon

SPECIAL EVENT:

- 12/20:** Christmas in the Afternoon with Santa! Come join in the fun. You may notice Santa looks a like resident Don C. Hmmm I wonder if they are related? Santa will be passing out gifts for residents' grandchildren and staff children.
- 12/22:** Christmas Cake Walk

Special Musical Performances:

- 12/05** Youth XL Choir
- 12/06** 360 Degree Band
- 12/06** Blue Grass Choir
- 12/06** Our House Acapella
- 12/12** Medical Home Care Christmas Carolers
- 12/15** Crystal Charter School K-1st grade
- 12/16** Piano Student Recital
- 12/18** Sequoia Middle School Orchestra
- 12/21** Old Kennett String Band
- 12/29** The Goody Goody Band

Special Guests:

SUNDAYS: 10:00a.m.
Storytime with Bella. Bella is our youngest volunteer at just 7 years old, she captivates her audience with her storytelling. Come meet Bella!



A Christmas Experience

SAVE THE DATE!

December 14th 6:00–8:00p.m.

Live Music, Hors d'oeuvres, Lots of Food, Cocktails... It's the biggest Event of the Year!!



Make Resolutions that Matter!



Turning over the calendar is a great time to make personal resolutions for the coming year.

Resolutions can be made throughout the year, but if you have been thinking about several new ones for the coming year, here are tips to not only help you make resolutions, but to keep them!

I Resolve To... Okay, you have made your resolutions. Now, step back and take a look at each one. Are they resolutions you wanted to make or resolutions others have told you to make? Make certain that each resolution is something you definitely want to keep, not a half-hearted attempt at reaching a goal that you really aren't interested in reaching.

My Goals Are... Are your resolutions reasonable or are they reaching well beyond what can normally be expected? Let's say your goal is to lose 70 pounds in the coming year. While the weight loss resolution is admirable, do you have the time to exercise regularly? Change your eating habits? Change your lifestyle? Is the 70-pound weight loss goal too much, too soon? Consider your health: both physical and mental when evaluating your goals.

Try and Try Again. Do you quit at the first sign of failure? If you splurge on food, do you consider your diet and resolution to be over? If so, why? Simply start again and continue. The road to any goal is paved with pitfalls and you are bound to backslide from time to time. Best advice: Find an accountability partner who knows and understands your resolution and can encourage you to keep it.

Reward Yourself. At the end of the year, reward yourself based on how well you kept your resolution. If you hit your weight loss goals, consider going on a trip -- but don't overeat! If you miss your goals, keep the trip idea open for when you do meet your goals. In other words, some resolutions are ongoing and shouldn't be restricted by a 365-day calendar.

Remember: resolutions are for your benefit, not your detriment. Your attitude toward a particular resolution will help you determine whether you should make that particular resolution or not. Any resolution made which doesn't have your enthusiastic backing will certainly become a hindrance come February or March and forgotten altogether by April. Make resolutions that matter and be the better for it!



Recipe: Sparkling Snowflake Cookies

Ingredients:

- 1 (18.25 ounce) box white cake mix
- 1/2 pound (2 sticks) butter or margarine
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups quick or old-fashioned oats, uncooked
- Assorted colored sugars, candy sprinkles
- Small candies or decorator icings

Directions:

1. Preheat oven to 350°F.
2. In large bowl, combine half the dry cake mix with butter, egg and vanilla extract; mix thoroughly with large spoon. Stir in remaining cake mix and oats; mix well.
3. Divide dough in half. On well-floured surface, using a well-floured rolling pin, roll each half to no more than 4-inch thickness. Cut dough with 3-inch snowflake or other large holiday cookie cutter. Place about 1 inch apart on ungreased cookie sheets.
4. Bake 6 to 8 minutes or until set (centers may still be soft). Carefully remove to wire rack; cool completely. If desired, decorate cookies.



3030 Heritagetown Drive
Redding, California 96002

Office 530-222-8969

Fax 530-222-1127

www.VistasALF.com

LICENSE #455002049

OUR STAFF

ADMINISTRATOR

Iza Robinson

irobinson@vistasalf.com

BUSINESS OFFICE

Heather Millar

hmillar@vistasalf.com

RECEPTION

Chelsea McElmurry

receptionist@vistasalf.com

COMMUNITY RELATIONS

Lonnie Julius Martin

ljulius@vistasalf.com

DINING SERVICES DIRECTOR

Chef Victor Arredondo

diningservices@vistasalf.com

LIFE ENRICHMENT DIRECTOR

Cinamon Lunsford

clunsford@vistasalf.com

MAINTENANCE

Eric Corbin

ecorbin@vistasalf.com



Newsletter Production by PorterOneDesign.com

DECEMBER – WORD SEARCH

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

CANDLES
COOKIES
CRAFTS
FAMILY
GIFTS

GLITTER
HOLIDAY
ORNAMENT
PINE CONES
RESOLUTIONS

SNOWFLAKE
SNOWMAN
TEA
WELLNESS
WINTER