# THE VISTAS | NEWSLETTER



## LETTER FROM THE ADMINISTRATOR

#### Happy New Year to our Vistas Family and Friends

2017 brought many exciting changes. I was honored to take the role of Administrator and welcome our new Health Service Director, Stephanie Watson, RN to the team.

The Vistas is a Shining Star in our company and that is because of all of you. There are so many moments to celebrate from 2017. Lori and I were invited to Oregon to attend a "Moments" training so we can roll out new additions to our Memory Care Programs. Lonnie was invited to co-lead a Marketing Training in Portland Oregon and then became a Marketing Mentor to 5 Marketing Directors in Ridgeline properties.

The Vistas Leadership Team learned to recover and upholster 120 chairs! Oh the adventures we have!

Eric and his team did an amazing job with all the room turns that took place in 2017 allowing us to welcome 37 new residents to the family. Thank you to ALL the amazing RA's for taking such excellent care of our residents. You have the biggest hearts and we appreciate you so much!

Lori and Jessica gave their all and worked side by side with the staff on their nights and weekends to offer extra support when needed. Thank you ladies! We couldn't do it without you. Lonnie shadowed as an RA and assisted in Memory care as well! Heather and Chelsea are the engine that keep the building running. Thank you for learning the new accounting system and making the transition as smooth as possible for residents and staff.

This year the resident council blessed the building with a new automatic door just off the dining room making going in and out so much easier, especially for those with walkers and wheelchairs. They also blessed staff and residents grandchildren with toys from Santa. We shopped and wrapped and handed out 70 Christmas gifts! Thank you Santa and Mrs. Claus for all you did to help make the party a success.

The Vistas collectively gave internationally as well sending over 50 shoe boxes filled with toys and goodies to children across the world. In addition to this, we donated three car loads of relief supplies to hurricane and fire victims. We love your heart team Vistas.

Thank you to all the residents and family members that made the Staff Christmas party a true Give-Away Extravaganza!

At the Christmas Experience we had the BIGGEST turn out in Vistas history! Thank you for being such a supportive family. We love nothing more than seeing the residents host their family in their home enjoying all the holiday cheer.

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### **Activity Hot Spots**

Saturdays Story Time with Bella

**January 3** Sherry Duff Plays the Accordion

January 6 Carillons Hand Bell Choir

January 8 RX Pets

**January 9** Shasta Historical Society Presentation

**January 10** 360 Degree Band Dick, Nadeen and Mike

January 12 River City Line Dancers

**January 4** Church with Pastor Coombs

January 17 Manicures with Chris

January 18 Old Kennett String Band

January 23 Music Medley with Marty

January 25 Welcome Wagon

January 26 Goody Goody Band with Happy Hour

January 28 Church with Pastor Combs

### WELCOME STEPHANIE WATSON, RN HEALTH SERVICE DIRECTOR

I am extremely excited to become a part of the Vistas family. I have approximately five years of health care experience, starting from volunteering in Labor and Delivery in Sacramento, to working as a Medication Tech and Resident Assistant in an assisted living facility in Chico, to starting my nursing career in Oncology here in Redding. I received my Bachelors of Science in Nursing and my Bachelors of Arts in Multicultural and Gender Studies at Chico State. When I'm not at work, I love to spend time outdoors, whether it be fishing, camping, or playing tennis. I also

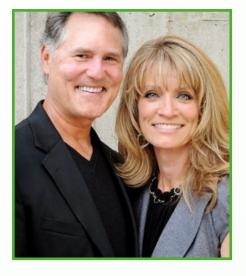


love spending time with my fiancé Ben and my dog Cara. I look forward to this new chapter in my life and I can't wait to see what the future holds.

### PASTOR LES AND DEBORAH COOMBS

Our core messages inspire and encourage living a life that makes time to pursues God's love, truth and connection. We have a strong desire to see wholeness in the body, soul and spirit of all believers. We believe that through this we have opportunity to live a life of love, power, freedom, and intimacy with God and one another. We are committed to helping believers grow in faith from a place of sound wisdom in our foundations. Foundations including identity, regeneration, repentance, forgiveness, faith & believing, restoration & healing in every area of our being.

We encourage those we meet with to get activated and fulfill the commission "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength and with all your mind; and your neighbor as yourself." and to "preach the gospel, heal the sick, work miracles and release signs and wonders, and make disciples throughout the nations."



# **Holiday Party Photo Highlights**





















## Happy Birthday!

### **RESIDENTS:**

Marcie B.	January 1
Hal R.	January 8
Jerry D.	January 16
Roselle P.	January 19
Pat A.	January 19
Marie P.	January 20
Marian M.	January 23
Erna F.	January 28

#### **EMPLOYEES:**

Chelsea M.	January 4
Karen P.	January 4
Shannon F.	January 13
Iza R.	January 16
Dolores P.	January 20
Michelle C.	January 23
Kacie B.	January 25







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### **OUR STAFF**

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DINING SERVICES DIRECTOR Chef Victor Arredondo diningservices@vistasalf.com

LIFE ENRICHMENT DIRECTOR Cinamon Lunsford

clunsford@vistasalf.com

MAINTENANCE Eric Corbin ecorbin@vistasalf.com



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## LETTER FROM THE ADMINISTRATOR ....CONTINUED FROM PAGE 1

Chef Victor and his team did an INCREDIBLE job with the food! We especially want to thank MARIELA who was the lead cook and handled the hustle and bustle with excellence. What a Rock Star! Cinamon and the Leadership Team did a great job of prep cooking, decorating, hosting and stripping the building of every chair to try to set up as many dining spots as was physically possible and for staying late to put everything back together again!

Many of you asked who the kind couple was that was buzzing around serving plates, moving chairs, taking away trash and so much more. That was our amazing volunteers Pastors Les and Deborah Coombs from Bethel Church. They do services twice a month for the Vistas and we just adore them!

Thank you Jan R. (resident family member) for doing SO MUCH behind the scenes!! Oh my word if people only knew how much you helped. You are so special Thank you!!

Thank you Nicoletta, Memory Care Activity Coordinator for getting all the residents "party ready"! They looked fabulous, you did a great job!

Thank you everyone for making this year such a success!

#### Thank you,

Administrator