

Courtesy Patrol



Guardco Security
(209) 723-4273 or
(209) 947-2219

For emergencies,
call 911



****Please remember -***
speed limit is 15
MPH within the
Community Gates

Friends Make Good Neighbors!

Don't forget our
resident referral fee is
\$250.00



**Received after resident
has completed 30 days of
residency*

**"How to Start the
New Year Right"**

Why not start it off right by incorporating a few new healthy habits into your life? There's no need to revamp your entire diet and lifestyle to improve your health — even small actions can pay off in a big boost to your health. Check out the ideas below and try the ones that sound right for



you.

- 1. Get your full eight hours. Just as a healthy diet and regular exercise are necessary and important for good health, so is sleep. Try to get the recommended eight hours of sleep needed for good health, safety, and optimum performance.
- 2. Rise and shine — and eat. Breakfast gets your body's metabolism going again after a night of sleeping, and gives you the gradual and adequate energy you need to get through the morning.

3. Wash your hands. From banishing cold and flu germs, to preventing food borne illnesses, frequent hand washing is one of the smartest preventive habits you can adopt.

4. Take a time out. At least once a day, close your eyes and focus on taking 10 deep, full breaths. Inhale through your nose, feel your diaphragm expand, and exhale through your mouth. Deep, focused breathing slows your heart rate, calms the body and, as a result, calms your mind and reduces stress. Mix in at least 30 minutes of moderate physical activity at least five days a week as well. Choose something you enjoy and will stick to. Recent studies found that brisk walking is just as good for your heart as jogging, or try biking or swimming. You don't have to do it all at once; two 15-minute workouts, or three 10-minutes blocks work equally well.

5. Drink more water to prevent constipation, dehydration and other related diseases. Whether you drink water, juice, or a flavored water, keep your count up. A green apple and a green smoothie are great options to count towards your daily intake.



Important Numbers and Information

Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193

If no answer, please leave a message, we will return the call.
Make sure to leave your name and address on the message and the issue at hand.

Castle Vista Times

2300 Cascade Drive, Atwater, CA 95301 Phone # 209-357-2924 Fax # 209-357-7914

Our Staff

Jennifer Krumm

Community Administrator

Kiran Prasad

Marketing Director

Denise French

Activities Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Richard Scott

Painter

Fabian Rios

Maintenance Technician

Josh Corn

Maintenance Technician

Whitney Smith

House Keeping



Slow Cooker Chicken Taco Soup

When the cold weather is in abundance, what better way to sit down and warm up than with a nice, warm bowl of soup? Where did soup come from, and how was it created? Let's find out as we dive into the history of Soup Month!

The Soul Warming History of Soup Month

Historical evidence of the existence of soup dates all the way back to about 20,000 B.C. Boiling was not a common cooking technique until the invention of a waterproofed container, which started out as clay vessels. Animal hides and watertight baskets were used along with heated rocks. The word soup itself derives from the French word soupe, which means soup or broth. The word restaurant was first used in France, around the 16th century, to refer to a highly concentrated, inexpensive soup, sold by street vendors, that was advertised as an antidote to physical exhaustion.

How to Celebrate Soup Month

To celebrate, we could all make soup with our families at home and stay warm while we eat the soul warming liquid that we all know and love. ***Remember Friday, January 12th, at noon is the Castle Vista Soup Cook-Off. Bring your favorite soup and pick the best at Castle Vista.**

Here's a recipe for slow cooker chicken taco soup.

Ingredients:

- 1 Chopped onion
- 1 Can of chili beans
- 1 Can of black beans
- 1 Can of whole kernel corn, drained
- 1 Can of tomato sauce
- 1 Can of chicken broth
- 2 Cans of diced tomatoes with green chilis.
- 1 Packet of taco seasoning
- 3 Whole skinless, boneless chicken breasts
- 1 Package of shredded cheddar cheese
- Sour cream (optional)
- Diced avocado (optional)
- Crushed tortilla chips (optional)

Directions: Step 1: Place the onion, chili beans, black beans, corn, tomato sauce, chicken broth, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Step 2: Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded cheddar cheese, a dollop of sour cream, avocado and crushed tortilla chips, if desired.



2018

Happy New Year

January

Please join us for our events

Jan. 5th
@ 2:00PM

Polar Bear Dip & Fun

Dare to take a Polar Bear dip in the pool?
Warm up with cookies and hot cocoa party.

Jan. 12th
@ Noon

Castle Vista Soup Cook-Off

Enter your favorite soup in our cook-off, and
come taste and choose the best one at CV.

Jan. 25th
@ 2:00PM

Get Informed - Electronic Caregiver

Come learn about the newest services in
Electronic Caregiving.

Jan. 31st
@ 1:30PM

Bean Bag Baseball - Residents vs Staff

Join us for the game of the year... Wear
your favorite team hat. Go team!



Ugly Sweater Party was a
blast! Winners: Sherry Allen
and Wanda Bravo

Castle Vista staff wearing
their festive sweaters

Kiran, Denise, Connie & Jennifer



At the Reindeer Races
everyone was there
but Rudolph. They
never let poor
Rudolph join in any
reindeer games.