



FUTURE LIFE – BY SHIRLEY B.

How many times can one say they have lived a segment of their future life in the present? I can. At age 67, my Husband and I decided to take on retirement by selling our home and traveling the United States in a fifth-wheel trailer for two or three years. After our home sold we parked at a local RV park to finish up some business and prepare for our travels. Life had other plans. As I departed at our trailer to take our dog on his walk one night, I misjudged the poorly lit steps, slipped and fell forward onto my left leg breaking it in six places as well as breaking my wrist. Surgery provided me with a plate and screws in my leg and in my wrist but a problem resulted in that I could not climb the steps to enter our trailer until my leg

was healed which could take six months. We checked motels only to realize the immense expense and apartments which were difficult to find for only six months. Remembering that a relative had resided in a local assisted living and the wonderful care she had been given, I called to see if there was a chance they had an opening. They did!

Entering in November and we were amazed at the welcome and inclusive attitudes of everyone we met. Immediately we felt we had entered a positive environment. In our room we found a welcome card and gift and the room was very clean, odorless as well as light and cheery. Every staff person we came across in the first week, introduced themselves and

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Easter Celebration

Saturday, March 31st
10am - 11:30am

Bring the Kids and Grandkids!
PLEASE NOTE EGG HUNT
STARTS AT 10AM SHARP!
(Please be ready to start hunting at 10.)

Games, cookie decorating and meeting and greeting 4H animals.



Happy Birthday!

RESIDENTS:

Jane N.	3/2
Shirley S.	3/10
Betty F.	3/11
Dott W.	3/17
Patrick R.	3/17
Mary O.	3/26
Thelma R.	3/30
Joy G.	3/31
Lorraine C.	3/30
Doris W.	3/22

EMPLOYEES:

Heather M.	3/2
Allison J.	3/4
Brenda M.	3/12
Jessica T.	3/15
Armani W.	3/19
Lou V.	3/23
Kassidy T.	3/26

Special Event

Friday, March 2 Dr Suess' Birthday

We will start the day with a **scenic drive** then watch a **feature film about the life of Dr. Suess**

At 1:30 we will eat Green Eggs and Ham

and complete the day with special music.

Let your inner child out and **dress up like your favorite character!**



Music Opportunities

March 2

Jeanie & Bob Duet

March 7

Sherry Duff Plays the Accordion Services

March 13

Music Melody with Marty

March 15

Old Kennett String Band

March 27

Music Melody with Marty

March 30

Goody Goody Band with Happy Hour

**Saturday March 17th
is St. Patrick's Day!**

**3:30pm Luck O'
the Irish Party**

**Don't forget to
wear your green!**

FUTURE LIFE

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welcomed us letting us know that they were available should we need anything. Our room was cleaned thoroughly every week including the bathroom, the kitchen sink and counter, and beds remade with clean sheets. In my condition I didn't have a care in the world which gave me time to focus on getting well. Again, every staff member was very diligent in their work and always had a positive attitude and greeting.

The next morning we joined other residents in the dining hall for breakfast. The food was delicious and ample. Overall the kitchen and serving staff were great and willing to accommodate allergies or for fill any desire is possible that a resident needed. The head chef worked to communicate with the residents to make sure the residents were satisfied. The same staff worked diligently to provide a wonderful and delicious display of food for the parties and it wasn't difficult to see that they loved what they were doing and the people they were serving.

We begin the process of meeting other residents and within two or three weeks I've met almost everyone. We discovered there were many activities we could choose to do: cooking, gardening, playing pool, puzzles, movies, plus transportation to stores or functions or even a drive to enjoy scenery. I gym was provided and group exercises led by instructors was available and encouraged. Sunday church service and weekly Bible studies were available for those who wanted to attend. Group activities, often to help other groups in need, were always available in which to partake and Saturday market was available for personal items of need. A resident's committee work to provide above and be on items for the community to enjoy and the list goes on.

Moving in just before the holidays enable us to enjoy Thanksgiving and Christmas programs as well as other celebrations like Mardi Gras. Wonderful talented musical artists and groups would often come to entertain blessing us with enjoyment two or three times a week. And an added treat was that family members were always encouraged to join the residents.

The most wonderful part of this experience though was the relational aspect. We truly feel we made friends with many of the residents. We could not have been more blessed. We were known as "the kids" of the group for being at least ten years younger. Many of the residents were dealing with some health issues but most didn't let it dampen their spirits. We observed one resident with difficulty walking still get on the dance floor and "cut the rug" while others clapped while watching. The staff and their families joined and participated along with the residents giving a picture of "truly" family. Every resident's unique personality was wonderful to know is it showed that when we enter are coming stage in life we can enjoy a new friends and events that give us independence, joy and a fruitful life.

There never was a dull moment however if you needed privacy it was a respected request. The atmosphere lent to a family environment with caring, love and respect. Having taken care of a parent and an aunt in elder years, we had discussed what it would be like when we reach that milestone in life. After experiencing six months at the Vistas Assisted Living Community, we have no doubts that we have a positive vision for our future. We made lifelong friendships while there and enjoyed every minute of our stay.

RESIDENT RECOGNITION



In February The Vistas Celebrated 10 years!

(Above left) Resident Wilma S. was recognized for living the most days at the Vistas 3445 days as of 2/2!

(Above right) Residents Earl L. and (left) Cecile M. were recognized for Celebrating the most birthdays in their lifetimes of the Vistas residents.

Thank you for being part of our family! Happy 10 years Vistas!

THE BUS EXCURSIONS ARE BACK!

Big Wheels Keep on turnin' Proud Cinamon keep on moving and the Vistas bus will be rollin' to many a fun excursions:

Every Friday 9:30am Scenic Drives to Mystery Locations

Monday the 5th, 19th & 26th 3:30 afternoon Scenic Drive to a mystery Location

Monday 3/12 Excursion to Walmart

Friday 3/23 Out to Lunch Bunch: Olive Garden

To reserve a seat for any of the excursions, please sign up in the Excursion Binder located at the front desk. Sign up sheets are available for each scheduled excursion for the month.

Bus transportation for doctor appointments will continue on Tuesdays and Thursdays.

Please try to schedule your appointments between 9am and 3pm and turn in appointment info to the front desk 48 hours prior to an appointment.

Spiritual Opportunities

Thursdays at 9:30am
Say the Rosary

2nd & 4th Sunday of each month join Pastor Coombs for church at 10:30am in the gym

1st and 3rd Sunday:
Bible on CD

1st and 3rd Wednesdays
Hymns and Bible Study with the Sonshiners

Moments:

In February we focused on staff wellness and purchased a special massage chair the staff can utilize on their breaks! So far soooooooo good!





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MARCH – WORD SEARCH

A	D	M	I	N	I	S	T	R	A	T	O	R	W	M
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ADMINISTRATOR

CLEAN

DOCTORS

FRUITS

GREEN

HISTORY

IRISH

LEPRECHAUN

NUTRITION

OSCARS

PULMONARY

SHAMROCK

SPRING

VEGETABLES

WOMEN