



LETTER FROM THE ADMINISTRATOR

Dear Friends and Families,

I am writing to update you about our program to improve the lives of people living with dementia. We have collaborated with Ridgeline Management Company and our sister communities to develop and implement a new Memory Care program we are calling "Moments." While continuing to provide the excellent care, services, and programming you've come to expect from us, this next year we will be raising the bar even more. Each month we are focusing on one aspect of care. We would love for you to participate and share your ideas and suggestions.

OUR MONTHLY FOCUS SCHEDULE IS AS FOLLOWS:

- **January** – Introduction/Philosophy & Beliefs (Completed)
- **February** – Caregiver Wellness (Completed)
- **March** – Life Story & The Importance of being well-known (Completed)
- **April – Caring for the Whole Person** (Development through the Life Span and Basic Human Needs)
- **May** – Understanding Dementia (and the diseases that cause it)
- **June** – Communication
- **July** – Environment & Routine
- **August** – Dining & Nutrition
- **September** – Activities & Pastimes
- **October** – Personal Care, Health & Wellness
- **November** – Understanding Behaviors (as Unmet Meets & Attempts to Communicate), Holistic Approaches
- **December** – Caring for Families

WE BELIEVE THAT THROUGH MOMENTS WE ARE ABLE TO:

- Help our residents become well-known to community staff

- Strengthen relationships between our staff, residents, and family members
- Improve caregiver wellness, engagement, and retention
- Help residents maintain their independence longer
- Reduce use of PRN antipsychotic medications
- Further our mission of "Creating environments where moments of joy, independence, and wellness are the focus each and every day."

As we have begun implementing "Moments," we are committed to making a measurable difference. One of the ways we'll measure our success is by sending out some short surveys to our staff and family members as we did in January. In July we will send a survey as a "check-in" and then again in 2019.

You should receive a survey either by email or postal mail in July.

Sincerely,

Iza Robinson, Administrator

Special Events

APRIL 23

Vistas Annual Farmers Market

APRIL 18

**Show and Shine BBQ
on the back patio.**

The First Responder will be here to show you exactly how things work on an ambulance, fire truck and police car. Understand who the people are that come to help and the way the vehicles assist them in assisting you.

Music Opportunities

April 4

Sherry Duff Plays the Accordion

April 10

Music Melody with Marty

April 11

360 Degree Band, Dick, Nadeen and Mike

April 12

Old Kennett String Band

April 20

Jeannie and Bob Duet

April 22

Music melody with Marty

EXCURSIONS

APRIL 1

Afternoon Scenic Drive

APRIL 6

Morning Scenic Drive

APRIL 9: Walmart

APRIL 20

Out to Lunch Bunch:
Cooks House- Bridge Bay

APRIL 23

Afternoon Scenic Drive

APRIL 30: Trader Joes

BUSINESS CORNER

A Note from the Business Office

This is a friendly reminder that rent is due on the first and considered late after the 5th. Please note a late fee of \$100 will automatically be applied as of the 6th of each month.

AT THE VISTAS THE FRONT DESK IS YOUR BEST FRIEND: Please run all maintenance requests through the front desk. We have an amazing system called Wonderlist that communicates straight to Eric's phone the maintenance requests that have been scheduled. The front desk enters all your requests into Wonderlist. If the request doesn't go through the front desk, it won't make it on the list and could be forgotten and we don't want that to happen.

BUS APPOINTMENTS: To schedule the bus to take you to your doctor appointments please give at minimum 24 hour notice. We want to accommodate everyone and there is a lot of scheduling that needs to happen to make it all work!

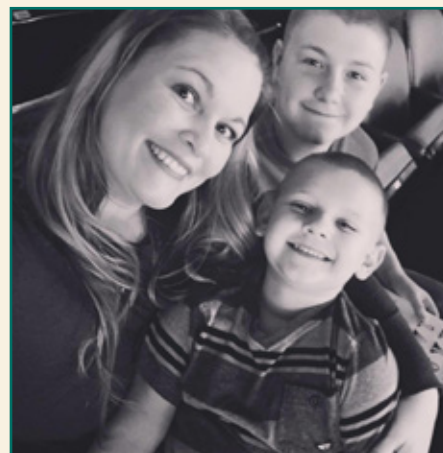
RIDGELINE ROCKSTAR NOMINATION

The Rock Star program is for Ridgeline Management communities to highlight members of their staff who have made an extraordinary contribution over a quarter of the year. This program recognizes outstanding achievement, contribution, betterment of the community, betterment of the quality of life for the residents, resident families, quality of the working environment for their co-workers, and embodiment of the company's core values: creating moments of joy, independence, and wellness.



Congratulations to Jessica Taylor who WON Ridgeline Rockstar!

Jessica will now be eligible to win a trip for two to Margaritaville Florida. Keep your fingers crossed and keep up the good work Jessica!

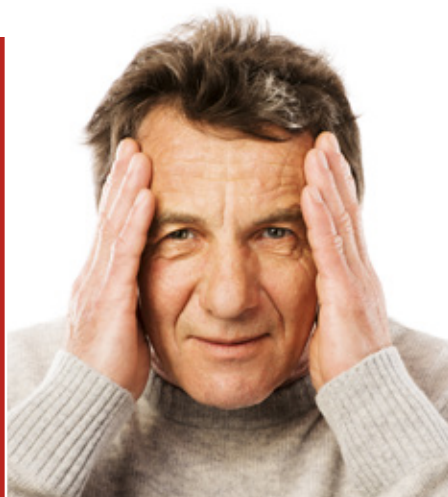


April is Stress Awareness Month: *Stressed Out? Give These Tips A Try!*

The amount of stress that you endure has a direct impact on your health and overall well being. Pay close attention to the tips provided in this article for how to manage your stress.

Don't worry about being totally stress free. While it is important to lower our stress levels to maintain a good health, it is also important to have low amounts of stress to push us to succeed. If we had no stress in our lives, then we wouldn't accomplish much.

Stress can be a trigger for anxiety and panic attacks. Too much stress can contribute to hyperventilation and anxiety that can lead to a full-blown panic attack. If you suffer from stress and anxiety, find **ways to relax, breathe deeply and take a time-out.** If your stress is severe, it is wise to consult a doctor.



To handle stress in your life, start by **minimizing stress in your life.** Something as simple as laying out your work clothing for the next day can give you a better start in the morning; it may give you a few extra minutes to relax as well, instead of running around looking for a stray shoe or favorite blue sweater.

A great tip that can help you keep your stress levels down is to become aware of things that trigger your stress. Once you become aware of what makes you stressed out, you'll be much better at handling your stress and avoiding it when you feel like you have to.

Stress can have a tremendous effect on the amount and types of food that we eat. We may have the tendency to gorge on junk food when we are stressed. Our stomachs may be so upset by the stress that we can barely eat anything. Either reaction is potentially dangerous. **Minimizing your stress level can radically improve your dietary choices.**

If your life is stressful and hectic, one great way to get some stress out is to take a short nap. A half hour nap in the afternoon after work can make you feel refreshed and ready to continue the day, rinsing away the stress that has built up.

More Upcoming Events

- **WEDNESDAY, APRIL 25: FEATURED FILM: THE POST**
- **6-7:30PM: VOLUNTEER APPRECIATION DINNER**

We love volunteers and we appreciate the many hours of donated time! We have set up a special dinner to recognize YOU and say thank you for all you do!

Happy Birthday!

RESIDENTS:

Dottie M.	April 12
Leta P.	April 12
Shirley L.	April 13
Don Ch.	April 14
Wilma S.	April 17
Peggy E.	April 22
George W.	April 24

EMPLOYEES:

Avelina L.	April 01
Nanette G.	April 01

Reoccurring Events

TUESDAYS AT 3:45

Cocktail Hour

FRIDAYS: AT 3:45

Happy Hour

SATURDAYS AT 9:30

\$1.00 Stop Shop

MONDAY-SATURDAY:

Balance Fitness

Religious Opportunities

April 04

Mass in the Gym

Thursdays at 9:30

Say the Rosary

Sundays, April 8 and 22

Church Service
with Pastor Coombs

Wednesdays, April 4 and 18 at 9:30a.m.

Worship and the Word
with the Sonshiners



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APRIL – WORD SEARCH

Z	W	I	K	I	N	D	N	E	S	S	T	D	M	B
B	G	J	I	U	Q	B	D	W	H	T	E	A	E	V
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DAILY ACTIVITIES

EARTH

EASTER

EGGS

ENVIRONMENT

GRATITUDE

HAPPINESS

KINDNESS

OCCUPATIONAL

OPTIMISM

PARKINSONS

RECYCLE

SPRING

STRESS

VOLUNTEER