



Older Americans Month: Aging Tips On Staying Youthful & Healthy

There is no need to let aging get you down! Staying young is easier than you think. There are many ways to ensure we look and feel young, even as we get older.

One of the key tips to staying young is to be happy. Our bodies react negatively to stress, which can cause physical damage. In order to stay young and have a healthy body, try to fill your life with the things that you love, and get rid of all the other stresses. Use exercise and meditation to feel young and learn to appreciate the good things in life.

Eating a nutritious diet is an essential component in healthy aging. Fruits, vegetables, whole grain and fiber can give your body the fuel it needs to allow you to accomplish your daily goals. Try new recipes or cook with your friends to make the process fun.

To slow down the aging process, exercise is extremely important. Exercising several times a week may help your body retain muscle, strength, stamina, balance and bone density. It is important to include cardio routines, as well as strength training sessions, in order to reduce the aging process.

If you are concerned about missing nutrients from your diet, which can lead to crashing energy levels, consider adding supplements to your daily routine. Aging often means that our bodies metabolize foods at different rates than they once did. Under the supervision of your physician, an addition of a supplement may help.

Just because you are aging does not mean you need to feel old. Enjoy life by feeling younger and ensure your golden years are truly your best!

Music Opportunities

May 10

Old Kennett String Band

May 25

Goody Goody Band

May 30

Good Time Jazz Band

FRIENDLY REMINDER:

Residents and Family Members, This is a friendly reminder to please not prop side entry doors open with rocks. We want to keep our community safe and we need everyone's cooperation to do so. Thank you.

Happy Birthday!

RESIDENTS:

Shirley S.	May 04
Dian K.	May 13
Dorris C.	May 17
Rudy W.	May 19
Gene G.	May 20
Evie B.	May 23
Friederika M.	May 27

EMPLOYEES:

Alexis B.	May 05
Analyn G.	May 10
Ashley S.	May 11
Amy A.	May 16
Danielle B.	May 19
Anne M.	May 21
Ruth R.	May 28
Peggy E.	May 30

RIDGELINE MOMENTS

In April the focus of our Moments training was "The Human Experience". In order to care for the whole person using resident-directed philosophy, we have to understand basic human needs throughout the lifespan, aging, and unique needs of a person living with dementia.

TO DO THIS WE REVIEWED ERIK ERICKSON'S THEORY OF DEVELOPMENT.

Stage	Psychosocial Crisis	Basic Virtue	Age
1.	Trust vs. Mistrust	Hope	0 - 1½
2.	Autonomy vs. Shame	Will	1½ - 3
3.	Initiative vs. Guilt	Purpose	3 - 5
4.	Industry vs. Inferiority	Competency	5 - 12
5.	Identity vs. Role Confusion	Fidelity	12 - 18
6.	Intimacy vs. Isolation	Love	18 - 40
7.	Generativity vs. Stagnation	Care	40 - 65
8.	Ego Integrity vs. Despair	Wisdom	65+

MASLOW'S HIERARCHY OF NEED:

1. Physiological
2. Safety
3. Love and Belonging
4. Esteem
5. Self Actualization

AND ROBBINS 6 HUMAN NEEDS:

1. Certainty
2. Variety
3. Significance
4. Love and Connection
5. Growth
6. Contribution

By obtaining a better understanding of each theory, we can better have our residents experience an expanded life.

SPECIAL EVENTS

MAY 1

Home-School Ensemble Choir

MAY 5

Cinco de Mayo party and Margaritas



MAY 9 AT 2:30PM
Mothers Day Tea

Come share "Motherly Moments" and join us for a tea party!



MAY 16

Sensory Safari Trailer with Full Mount, 1/2 Mount and 1/4 Mount taxidermy

Children and adults are escorted by knowledgeable "safari guides" through a variety of touchable

displays of animal, fish and bird mounts, skins, skulls and horns. The guides describe the animals and their habitats and behaviors as participants touch and sometimes the displays.



MAY 18
Vistas Farmers Market



MAY 21

Excursion to Marquis Shasta to join in a community wide Rock Painting for Alzheimer's Awareness!

See rocks painted by our very own Jessica Taylor! She is far more advanced than what we will be doing but its fun to see whats possible!



MAY 23

Chili Cook Off

Announcing the Vistas first Annual Chili Cook Off! If you or your family member would like to compete see Cinamon for details.

MAY 25

"What the Truck" Food Truck

Try new things in our own backyard!

MAY 28

Eldeweiss Singers

Join us for a German Tradition through music and song

EXCURSIONS

MAY 2 AT 10AM

Shasta Dam Tour

Tours include an elevator ride down inside the dam, where guides will discuss the history, purpose and construction of this huge project. After the short walk through the dam, the tour heads over to the powerhouse to view the state's largest hydroelectric generating station.

MAY 2 AT 12:00

Out to lunch Bunch

MAY 11

Wintu Museum and Out to Lunch

MAY 14

Walmart

Mother's Day is Sunday, May 13

Mother's Day is a celebration honoring the mother of the family (whether it is a biological mother, surrogate, foster, aunt, cousin, neighbor, nana, or grandmother), as well as motherhood.

The American incarnation of Mother's Day was created by Anna Jarvis and Julie Ward Howe in 1908 and became an official U.S. holiday six years later on May 8, 1914. On this day, daughters, sons, and husbands usually have plans to make this day extra special and memorable. So, take a moment on May 13 to say thank you to that special woman who has helped make your life meaningful!



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RIDGELINE
MANAGEMENT COMPANY

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MAY – WORD SEARCH

N	S	R	V	M	M	E	M	O	R	I	A	L	Q	Q
R	O	J	B	G	E	T	F	T	D	B	F	T	F	N
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ARTERIES
BIRDS
CELEBRATE
CHOLESTEROL
DIET

GOLDEN
MEMORIAL
MOTHER
NURSE
OSTEOPOROSIS

SOLDIERS
STORIES
STROKE
VISION
YOUTHFUL