



July 30th is International Day of Friendship: Happy Friendships

Our emotions are reflected in our body language, and our state of mind can change by changing our physical state. When we demonstrate a happy, engaging attitude, we help to improve the moods and relationships of those around us.

By listening, we make the other person feel important.

Are we always talking about our own life, or do we also listen to others? Listening is the best way to make your friends happy. We also can help them feel content and relieved. Listen carefully, and

your friends will be thankful that someone heard them out without interruption. You will also ensure a stronger friendship.

Give and you shall receive.

Apply this law in your life to friends and family. You can make them happy by telling them about how much you appreciate their friendship.

Listening to your friends, keeping a positive state of mind in their company, and appreciating their conversations will result in happy friendships.



Happy Birthday!

RESIDENTS:

Suzanne E.	7/2
Jean G.	7/5
Dorothy P.	7/28

EMPLOYEES:

Angela H.	7/5
Melinda A.	7/11
Drew M.	7/13
Janet N.	7/14
Yvonne V.	7/30

Special Events

IN JULY THERE WILL BE NO MASS

MONDAYS 3PM
Afternoon Scenic Drive

JULY 4TH
Fourth of July Party!
3:30pm

FRIDAY JULY 6TH
10:00am Resident Auction!

FRIDAY JULY 6TH
Enchilada Cook Off! Come taste and see who makes the BEST Enchiladas! Vote for your favorite and see who wins!

THURSDAY JULY 19TH
Walk to End Alzheimer's
Bake Sale

FRIDAY JULY 20TH
Out to lunch bunch Kahunas

JULY 27TH
10:00am Salsa Cook Off!
One of our favorites! Come taste and vote!

You may not realize The Vistas drug tests and background checks each employee! It might sound standard but drug testing is optional and many companies have decided to forego this important step in the screening process. The Vistas however will continue to drug test to accountability and safety for our community.

JOB OPPORTUNITIES

Do you love our Residents and want to be part of our family? This could be the job for you! Whether you prefer cooking, care giving or being an all around universal employee there is something for everyone! You can pick up an application at the front desk!

The Vistas is not only super fun, but we are a big family!

Cinamon, Activity Director has worked at the Vistas 9 years.

She hung around so much after her grandmother moved in that she was offered a position as an evening receptionist in 2009 and look at her now! Chelsea joined our family because her grandmother was a resident. Sue started working after moving her parents to the Vistas. Danielle's grandma is still spotlighting in Enjoy Magazine and now Danielle works here because her grandma lives here. We have mothers and daughters, mothers and sons, aunts and nieces, husbands and wives and sisters who work here.

And then there are our

"Junior Helpers" ranging in age from 5-12. These are staff and managers children that come during their school vacation to play bingo, do crafts or read with residents. (True they can also be found turning Ms. Lonnie's office into a jungle with all the plants and fake trees they can find!?) But we love that they are growing up with exposure to and appreciation for such a precious generation.

In our Vistas history we have had a resident who's son, daughter-in-law and grandson all worked for the Vistas at the same time and the grandson even met his wife here!

It doesn't just stop at employees! Resident siblings have lived here simultaneously and yes! We have had a mother and daughter live at the Vistas at the same time.

Some other fun facts is that two schoolmates from the mid-west reconnected in Redding at the Vistas! It truly is a family hub!

ALZHEIMER'S WORKSHOP

Memory Loss, Dementia, and Alzheimer's Disease: The Basics

Join us to learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. Learn about resources offered by the Alzheimer's Association, keys for planning for the future, and how family members and caregivers can help the person with dementia.

This workshop is for anyone who would like to know more about memory loss, Alzheimer's disease, and related dementias'.

Date: Thursday, June 28, 2018

Time: 5:30 - 7:00 p.m.

Location: Marquis Shasta
3550 Churn Creek Rd.
Redding Ca 96002

Cost: Free, please RSVP to the Alzheimer's Association at kadcock@alz.org or 530-895-9661

To date the Redding Community has earned \$29,707.00 toward our \$100,000 goal!!

alzheimer's association®

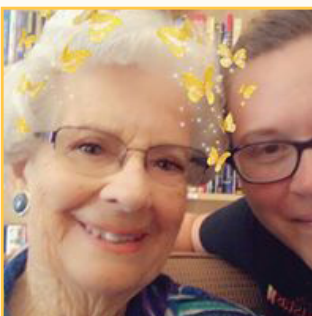
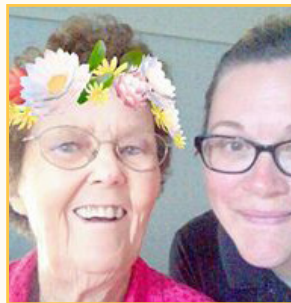
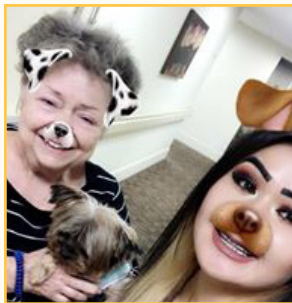
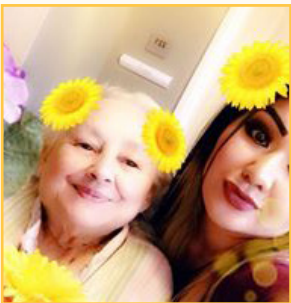
Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

When you participate in Walk, your fundraising dollars fuel the mission, and your participation in the event helps to change the level of Alzheimer's awareness in our community.

Meeting at Shasta Marquis
One of Our Community Partners in the Walk to End Alzheimer's

SELFIE COMPETITION



Check out some selfies entered into the Ridgeline Selfie Competition (Complements of Shannon and Brenda).

Scammers:

Recently residents have received calls stating that their social security number has been suspended. If anyone contacts you regarding your social security number contact the front desk or your family members. Do not give any personal information and **DO NOT CONFIRM** your SS # with anyone who approaches you over the phone. If you feel there is a valid issue with your social security number hang up and contact our local social security office 246-5055



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JULY – WORD SEARCH

F	P	X	W	M	I	F	O	A	W	V	B	L	U	E
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BLUE
BURGER
FIREWORKS
FRIENDSHIP
HAPPY

HEAT
INDEPENDENCE
JOKES
JULY
PROTECTION

RED
RIDDLES
SUMMER
SUNBURN
WHITE