



ONE CALL NOW

Uh Oh! I missed a call from the Vistas!

The Vistas uses a telephone managing system called One Call Now. One Call Now is designed to send a message to a select group of people. We use One Call Now primarily to update residents, staff and family members of special events or important information that would pertain to everyone.

Things to know about One Call Now:

1. Messages are always sent out at 4pm
2. Messages are less than one minute
3. Messages give an "opt" out option if you listen to

the entire message - this will automatically remove you permanently from all further one call notifications.

One friendly request from your friends at the front desk: If you receive a missed call from the Vistas at 4pm, please check your message before automatically calling back. You are one of at least a dozen people that immediately call without listening and the front desk is overwhelmed with a high call volume that can be challenging to manage.

One Call has been a fabulous way to send a message more efficiently.

Call/ Pendant System!

The new pendant call system has been approved and has arrived! We can't wait to have a more efficient, faster speed system so pages can be answered in an even more timely manner! This will be great for residents and staff!

National Assisted Living Week is coming up NEXT month! In September we will host our first Hawaiian Themed Luau! We are so excited for music from the island, Hawaiian performers and native food. Aloha!



Ol' Faithful Activities

Mondays 3pm

Afternoon scenic drive

Mondays 10:30 am

Balance Fitness

Tuesdays 3:45pm

Cocktail Hour

Tuesdays: Chair Yoga

Thursdays 9:30am

Say the Rosary

Fridays 3:45

Happy Hour

11:30am 8/17

Out to Lunch Bunch

CR Gibbs

Lets go to the Movies!

August 1 Mama Mia!

Wednesday 8/8 and 8/22

Manicures with Chris

ACTIVITY HOT SPOTS

Wheelchair Walker

tune ups 8/9

Free Hearing Test

Date TBD

Sunday Matinée Movie Lineup

8/5 The Princess Bride

8/12 The Green Mile

8/19 Under the
Tuscon Sun

8/26 The Family Stone

Several Ways To Improve Your Memory

If you have trouble with memory and focus, the problem may not be directly related to your brain. Physical exercise has been shown to improve brain function significantly. Do 30 to 60 minutes of exercise per day and see if that doesn't help clear up problems associated with a foggy brain.

Getting plenty of exercise will help your memory. Exercise improves the blood flow throughout your body, including the brain. This can invigorate your mind and improve its ability to remember. Even a brief walk for ten minutes can increase your circulation. The fresh air wakes up the brain and keeps it alert, which improves its memory capacity.

A great tip for improving your memory is to make sure that whatever it is you are trying to memorize is laid out in a clear and organized way. This is important because this organization will make for a smooth translation to your mind's ability to organize thoughts. Try to group related items together.

Making many associations to something can help someone remember it much easier. An example of this would be connecting whatever one wants to remember to a personal story that the individual has. By making that connection to something that they already remember they can help themselves remember the new information as well.

Keep your social life active. It is proven that those with an active social life have a better memory. Talk to your friends and family, either in person or over the phone, because it will stimulate your brain. Having an active social life will slow your memory from fading.

Pay attention to your surroundings and live in the moment. The more attention you pay to what's going on around you, the more likely you are to remember it later. You won't be able to remember things that you never experienced. Try not to dwell on the past or future while creating new memories.

Avoid cramming all your material into one short study session. Studies show that information is better retained, if you take some time to learn it. You can do this by scheduling short study sessions in the days and weeks, prior to an exam. Cramming everything into one sitting will only prove to be counter productive.



WALK TO END ALZHEIMER'S

alzheimer's
association®

Fundraiser Opportunities

8/16 9am

Handmade Soap Sale

8/24 10-1pm

Super Nachos

8/31

Lunch Sale to
be announced

An event for the
whole family!

This is our last month to raise
funds to end Alzheimer's!
Donations welcome

Date: Saturday
September 22

Time: Registration at 8am
Ceremony at 9am
Walk at 9:30am
Route Length: 1 or 2 miles

Location: Redding Civic
Auditorium/Turtle Bay
700 Auditorium Drive
Redding, CA 96001



Happy Birthday!

RESIDENTS:

Harley G.	8/2
Beverly T.	8/2
Doris R.	8/5
Arlys W.	8/16
Merna D.	8/20
Rose N.	8/21
Bill S.	8/21
Louise W.	8/22
Lorena D.	8/25
George F.	8/29
Joyce D.	8/31

EMPLOYEES:

Bertha P.	8/1
Cindy P.	8/14
Ashlee M.	8/23

HOT WEATHER FUN: SUMMER CRAFTS

Nature Collection Collages: In summer, crafts can involve found objects, like seed pods, grasses, and similar objects. Create nature collection collages by gluing these items to a stiff piece of cardboard. Spray paint some of the findings with silver or gold paint. Alternatively, you might like to glue glitter to some of the findings. Perhaps you would also enjoy collecting wild flower seed heads and creating dried flower arrangements. Arrange the bouquet in a homemade vase.

Summertime Vase: A simple vase can be made from a soup can. Be sure to file off any sharp spurs on the inside opening. Cut a piece of construction paper to fit around the sides of the can. This will be glued to the outside of the can, but first it needs to be decorated. Decorate your paper by drawing a summer scene on the paper and then glue on glitter or small stickers. Another idea is for you to write your name in large letters, and glue beans, seeds, or glitter to the letters. Let all glue dry before attaching the paper to the outside of the can. Add water and fresh flowers or leave dry for dry flowers.

Parking in the Round About

Please remember not to
leave vehicles parked in
the round about out front
more than 15 minutes. This
is a loading and unloading
zone and it needs to remain
accessible and clear for
emergency vehicles.



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AUGUST – WORD SEARCH

H	C	X	N	F	B	J	P	N	H	M	K	S	H	R
F	D	K	J	X	W	E	K	V	L	I	N	W	O	X
N	O	Y	J	L	G	N	C	Z	E	O	J	L	P	T
S	Q	S	T	R	E	S	S	D	Y	R	O	C	Q	M
M	U	I	C	E	C	R	E	A	M	C	S	B	B	S
H	E	M	M	U	B	A	R	E	L	A	X	E	M	L
G	U	T	M	Y	K	C	B	A	N	A	N	A	T	N
A	W	P	O	E	T	B	S	C	D	H	Y	K	H	G
A	Q	K	T	K	R	G	H	E	V	U	L	F	D	F
Y	M	A	R	K	E	R	S	O	N	S	H	T	T	F
W	V	E	N	C	O	G	N	I	T	I	V	E	U	M
A	J	E	M	G	T	Z	G	F	Z	Y	O	Q	L	W
U	V	I	O	O	V	N	A	X	I	K	X	R	T	R
B	N	H	A	L	R	R	O	B	B	E	C	F	R	E
D	Y	I	H	B	C	Y	S	H	A	N	L	N	K	K

BANANA
COGNITIVE
COLOR
CRAFTS
CRAYONS

HOT
ICE CREAM
MARKERS
MEMORY
POET

RELAX
SENIOR
STRESS
SUMMER
VERSE