



The Gift of Grandparents

One of the biggest blessings you can have in life is grandparents. Not too many people take the time to learn from the people who raised their parents. Being in consistent relationship with your grandparents can add so many good things to your life.

For starters, you should get to know your grandparents because they are a part of your family. Your grandparents are the ones who had and raised your parents to be the kind of people that have raised and loved you. Think about all the hard work your grandparents put in to raising their children.

Think about the wealth of knowledge that your grandparents have. They have lived many years and have seen the world change in many ways. The next time you have a free afternoon set a time to enjoy a coffee or a lemonade with your grandparents. Ask them about

their lives and the things they have learned. You'll be amazed how much practical life advice comes from grandparents.

Having a relationship with your grandparents can be really fun. Many are much more relaxed than parents and so they often will spend more time, energy and money on things that your parents would never agree to. Everyone knows that a visit to their grandparents house means staying up later and playing more games than you ever play at home.

Many grandparents love to spend time with their grandchildren but are just unsure of how to initiate the relationship. Make an effort to go out of your way and maybe even your comfort zone and get to know them. They will be delighted to get to know you. You'll never regret the time and effort you put into spending time with your grandparents.

CARR Fire

To all our friends and family affected by the CARR fire, we stand with you. Many of our staff evacuated and some resident family members lost their homes. We want to thank you for the amazing outpouring of support. What an amazing community we have.

Happy Birthday!

RESIDENTS:

Phyllis E.	9/1
Shirley T.	9/2
Budd V.	9/15
Pat H.	9/22

EMPLOYEES:

Karen R.	9/6
Azel M.	9/16
Rosa L.	9/25

Activity Hot Spots

- 9/4 360 Degree Band
- 9/5 Sherry Duff
plays the Accordion
- 9/20 Old Kennett
String Band
- 9/21 River City
Line Dancers
- 9/22 Goody Goody Band
- 9/25 Music medley
- 9/26 Good time
Jazz Band

WALK TO END ALZHEIMER'S

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

Contact: Alisha Rouland
530.605.2280
reddingwalk@alz.org

alzheimer's 
association

NATIONAL ASSISTED LIVING WEEK!

September 10th - 14th

Monday: Display of Vistas Wall of Fame

Enjoy Pastries and Mimosas and read the well-written bios
of the Vistas residents

Tuesday: Banana Split Race!

Residents love the fast paced team sport of building the best
banana split in record breaking time

Arm Chair Travel! We are taking a trip to beautiful Cuba right
from our living room! Come to the Parlor, enjoy a Cuba Libre
Cocktail and the sites and sounds of Cuba!!

Wednesday: Thats Wild!!

Reddings own Wild Card Brewing Company will be teaching
us about brewing beer and offering samples. Learn about the
intricate process and the "intoxicating" outcomes
Haha Pun intended :)

Thursday: OUR FAVORITE DAY!!

Alooooooha!! • 6-8pm

Its our Annual Vistas Party that everyone knowsand loves.
This year we are changing things up and we are taking you to
Hawaii! Traditional singers, musicians and hula dancers will be
taking us to the Islands. Wear your favorite Island gear and
enjoy traditional Hawaiian cuisine! Aloha!

Friday: Its time to play Family Feud!!

Residents and their family members
will compete! So much fun!
Then we will round out the day
with happy hour with live Music
from the Joe Kaser Band!





How To Age Healthy, Wealthy and Wise

You may feel overwhelmed by the amount of advice that is available when it comes to dealing with aging. Here are some of the most important tips:

Eating a nutritious diet is an essential component in healthy aging. You want to eat plenty of fruits, vegetables, whole grain and fiber; this type of diet will help give your body the fuel it needs.

If you have problems with unsteadiness in walking due to aging, ask your doctor about applying for a handicap placard. This will allow you to park closer to store entrances, restaurants and many other places.

There is no magic pill to reverse aging. Making healthy changes to your lifestyle and diet can give you a zestful approach to living. Remember that issues due to aging can take a lifetime to develop, and will likely not be reversed overnight when you start giving your body what it needs.

Know the signs of depression. As you get older, you may experience changes that leave you feeling down. If your feelings

of sadness don't go away, it might be depression. Talk to a doctor if you have persistent feelings of hopelessness.

To make sure that you do not let aging get the best of you, it is important that you stay in good shape. Your body is going to start experiencing more physical problems if you never exercise. This does not mean you have to do intense aerobics, just try taking a walk in your neighborhood each day.

Include more fiber in your diet by including more whole grains and vegetables as you become older. Your digestive system becomes more sensitive as you age, so it is important to make sure that the foods you eat are easily digested. Keeping your digestive system in good working order can prevent many health problems.

Do not let others make you feel as if you are less of a person now than you were in your youth. You may require more care from others than you used to, but you are just as important as ever!

CHOLESTEROL EDUCATION MONTH

Cholesterol is a waxy, fatty substance that is found in every cell of the body. It is involved in the production of cell membranes, some hormones, vitamin D, bile acids, and other tissues in the body. It also insulates nerves. Cholesterol is produced in the liver, but we also get cholesterol from our diet.

The amount of cholesterol in the body depends on factors such as the rate of cholesterol production in the liver, the rate of cholesterol clearance from the body, the amount of dietary fat (particularly saturated fat) and to a lesser extent, cholesterol consumed.

The excess cholesterol in our body circulates in the bloodstream. High levels of cholesterol in the blood can clog blood vessels and increase the risk for heart disease and stroke.

WAYS TO CONTROL OR LESSEN CHOLESTEROL:

GOOD EATING HABITS: It is very important to follow good eating habits in order to lower your cholesterol.

REGULAR EXERCISING: Experts recommend at least 30 minutes or more of physical activity five days a week for at least 12 weeks for significant cholesterol reduction.

WEIGHT LOSS AND MAINTAINING IT: You can lower your LDL ("bad cholesterol") and elevate your HDL ("good cholesterol") just by dropping some pounds.



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RIDGELINE
MANAGEMENT COMPANY

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SEPTEMBER – WORD SEARCH

B	U	W	M	B	N	T	O	R	N	A	D	O	F	Y
I	T	J	M	U	T	Z	E	C	G	A	X	K	F	C
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AGING
BEAR
CHOLESTEROL
CUDDLY
FIRST-AID

GRANDFATHER
GRANDMOTHER
HURRICANE
ICE CREAM
LABOR

PREPARE
STORM
TEDDY
TORNADO
WISE