



Halloween Activities

HALLOWEEN!

- Pumpkin Carving and seed roasting!
- Trick or Treat 6-7:30pm

We are inviting staff and resident kids and grand-kids to trick or treat the halls.

We are currently accepting candy donations!

If you would like to see the little ghosts and Goblins simply be prepared to sit by your door with a bucket of treats. (Residents will provide their own candy- donations assist residents who are unable to purchase candy) If your door is closed we will understand you are not participating.

We encourage staff and residents to dress up and enjoy a little spontaneous moment of fun!

Yard Sale

October 19th from 8:00a.m.–2:00p.m.

The Vistas will be hosting the annual Vistas Yard Sale! Lots of Items that need to go! Donations accepted! Proceeds go toward Employee Christmas Party! Clean out those closets. We are also accepting



Happy Birthday!

RESIDENTS:

Alisa C.	October 03
Marg C.	October 08
Willie Sh.	October 13
Marg H.	October 19
Dorothy R.	October 19
Louise T.	October 23
Bettie W.	October 24
Betty D.	October 27
Naomi C.	October 27
Richetta N.	October 31

EMPLOYEES:

Lona R.	October 06
Jenae Wh.	October 08
Shirley M.	October 08
Sterling S.	October 29

Activities:

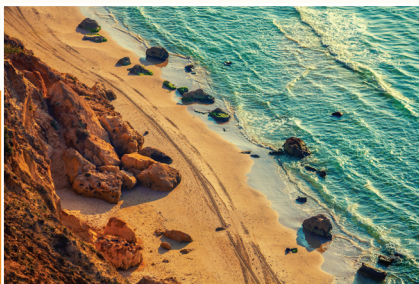
- 10/01** Fall Decorating!
- 10/01** 3:00pm Mens Group with Eric

Special Music:

- 10/01** Fall Decorating!
- 10/03** Sherry Duff Plays the Accordion
- 10/09** Music Medley with Marty
- 10/12** Gun Shy One Man Band
- 10/16** Dick, Nadeen and Mike
- 10/18** Old Kennett String Band
- 10/22** Edelweiss Singers
- 10/23** Music Medley with Marty
- 10/24** Goodtime Jazz Band
- 10/26** Goody Goody Band

Special Guests

- 10/03** Sonshiners Worship and Bible Study!
- 10/03** Manicures with Chris
- 10/05** Stellar Charter Kids Craft
- 10/10** **ARMCHAIR TRAVEL** with Ron Largent: *The Mediterranean*



October is Physical Therapy Month

Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor with a towel around one of your outstretched foot (or around the one bent knee). Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!



Welcome Wagon

On October 30th come meet all the new residents and review the November Activity Calendar with friends and refreshments!

Tips for a Better Nights Sleep

Room temperature: Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.

Reduce caffeine. The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6.00 PM.

Avoid alcohol. Alcohol will keeps the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.

Beds are for sleeping. If you are used to watch TV in bed or even work while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires



your brain to slowly shutdown and any distraction will cause sleeping problems.

Go to bed at around the same time every day. Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.

Remove the alarm clock from your view. Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.

Take Note!

- 10/04** Flu Shot Clinic
Hosted by Walgreens
- 10/11** Walker/Wheelchair
Tune Ups

Monday Night Football Line Up

Its Jersey Day! Wear your favorite team Jersey on Friday!

- 10/01** Chefs vs. Broncos
- 10/08** Redskins vs Saints
- 10/15** 49ers vs. Packers
- 10/22** Giants vs Falcons
- 10/29** Patriots vs. Bills



October 14th is National Dessert Day

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "desservir", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: Dessert has an extra S, because everyone always wants an extra slice of cake.

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public.



Excursions

- 10/03** Afternoon
Scenic Drive
- 10/12** Scenic Drive
- 10/15** Excursion to Walmart
- 10/17** Family Day Away
Granzella's Excursion
Lunch and Shopping!



3030 Heritagetown Drive
Redding, California 96002

Office 530-222-8969

Fax 530-222-1127

www.VistasALF.com

LICENSE #455002049

OUR STAFF

ADMINISTRATOR

Iza Robinson

irobinson@vistasalf.com

BUSINESS OFFICE

Heather Millar

hmillar@vistasalf.com

RECEPTION

Chelsea McElmurry

receptionist@vistasalf.com

COMMUNITY RELATIONS

Lonnie Julius Martin

ljulius@vistasalf.com

DINING SERVICES DIRECTOR

Chef Victor Arredondo

diningservices@vistasalf.com

LIFE ENRICHMENT DIRECTOR

Cinamon Lunsford

clunsford@vistasalf.com

MAINTENANCE

Eric Carbin

ecorbin@vistasalf.com

HEALTH SERVICE DIRECTOR

Stephanie Watson

healthservicesdirector@vistasalf.com



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OCTOBER – WORD SEARCH

O	I	S	C	Y	L	V	O	J	S	Q	P	K	S	N
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BRAIN
CANCER
DESSERT
FIRE
HALLOWEEN

PREVENTION
PUMPKIN
PUZZLE
SLEEP
SPIDER

STRETCH
SUDOKU
SUGAR
THERAPY
WALK