

Courtesy Patrol**Guardco Security**(209) 723-4273 or
(209) 947-2219For emergencies,
call 911

***Please remember -
speed limit is 15
MPH within the
Community Gates**

**Friends Make Good
Neighbors!**

Don't forget our
resident referral fee is
\$250.00



**Received after resident
has completed 30 days of
residency*

**How to Start the
New Year Right**

Why not start it off right by incorporating a few new healthy habits into your life? There's no need to revamp your entire diet and lifestyle to improve your health — even small actions can pay off in a big boost to your health. Check out the ideas below and try the ones that sound right for you.



1. Get your full eight hours. Just as a healthy diet and regular exercise are necessary and important for good health, so is sleep. Try to get the recommended eight hours of sleep needed for good health, safety, and optimum performance.
2. Rise and shine — and eat. Breakfast gets your body's metabolism going again after a night of sleeping, and gives you the gradual and adequate energy you need to get through the morning.
3. Wash your hands. From banishing cold and flu germs, to preventing food borne illnesses, frequent hand washing is one of the smartest preventive habits you can adopt.

4. Take a time out. At least once a day, close your eyes and focus on taking 10 deep, full breaths. Inhale through your nose, feel your diaphragm expand, and exhale through your mouth. Deep, focused breathing slows your heart rate, calms the body and, as a result, calms your mind and reduces stress. Mix in at least 30 minutes of moderate physical activity at least five days a week as well. Choose something you enjoy and will stick to. Recent studies found that brisk walking is just as good for your heart as jogging, or try biking or swimming. You don't have to do it all at once; two 15-minute workouts, or three 10-minutes blocks work equally well.

5. Drink more water to prevent constipation, dehydration and other related diseases. Whether you drink bottled, filtered or tap, water helps keep your cells hydrated, flushes out toxins, and prevents dehydration. Tea, juices and sports drinks count, but watch out for added sugar, artificial flavorings and caffeine, all of which can detract from the benefits.

**Important Numbers and Information****After Hours Maintenance Emergency Issues**
Castle Vista Maintenance
(209) 643-9193

If no answer, please leave a message, we will return the call.
Make sure to leave your name and address on the message and the issue at hand.

**Castle Vista Times**

2300 Cascade Drive, Atwater, CA 95301

Phone # 209-357-2924

Fax # 209-357-7914

Our Staff**Jennifer Krumm**

Community Administrator

Kiran Prasad

Marketing Director

Whitney Scott

Activities Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Richard Scott

Painter

Anthony Gomez

Maintenance Technician

Ryan Grissom

Maintenance Technician

Brittney Krumm

House Keeping

**Slow Cooker Chicken Taco Soup**

When the cold weather is in abundance, what better way to sit down and warm up than with a nice, warm bowl of soup? Where did soup come from, and how was it created?

The Soul Warming History of Soup

Historical evidence of the existence of soup dates all the way back to about 20,000 B.C. Boiling was not a common cooking technique until the invention of a waterproof container, which started out as clay vessels. Animal hides and watertight baskets were used along with heated rocks. The word soup itself derives from the French word 'soupe', which means soup or broth. The word restaurant was first used in France, around the 16th century, to refer to a highly concentrated, inexpensive soup, sold by street vendors, that was advertised as an antidote to physical exhaustion.

Here's a recipe for slow cooker chicken taco soup.

Ingredients:

1 Chopped onion
1 Can of chili beans
1 Can of black beans
1 Can of whole kernel corn, drained
1 Can of tomato sauce
1 Can of chicken broth
2 Cans of diced tomatoes with green chilis.
1 Packet of taco seasoning
3 Whole skinless, boneless chicken breasts
1 Package of shredded cheddar cheese
Sour cream (optional)
Diced avocado (optional)
Crushed tortilla chips (optional)



Directions: Step 1: Place the onion, chili beans, black beans, corn, tomato sauce, chicken broth, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Step 2: Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded cheddar cheese, a dollop of sour cream, avocado and crushed tortilla chips, if desired.



January 2019

Please join us for our events

January 4th
at 9:30 am

Out to Breakfast at New Day Cafe
Join us as we enjoy breakfast at New Day Cafe at Castle AFB. Don't forget to sign up.

January 18th
at 12:00 pm

Bean Bag Baseball
Swing batter, batter swing! Grab a hot dog and join in the fun!

January 22nd
at 5:00 pm

Happy Hour
Bring a friend and have great conversation while enjoying great food and drinks.

January 25th
at 6:30 pm

Pizza Party and Karaoke
Sing the night away at our pizza party karaoke night with Jan & Friends!



CASTLE
VISTA



Dear Castle Vista Resident:

As 2018 comes to a close, and we welcome 2019, I want to reflect on all the fun and memories we had and gained.

Great conversation, and new friends were made. We said goodbye to some beloved residents, but remember their spirit and friendship.

From water aerobics and volley ball, horse races, bingo, board games and more... not to forget about the on-going competition between the residents and staff in a "friendly" game of bean bag baseball. We always have tons of fun!

I look forward to many more memories and fun for 2019. May your 2019 be as exciting and prosperous to you and yours!

Respectfully,
Jennifer Krumm, Community Administrator