



## A message from Lonnie Martin

My Dearest Vistas Family,

I am writing this letter to let you know I have recently accepted a position with MD Imaging. I am both excited and honored to step into my new role as Medical Community Liaison.

I joined the Vistas team in 2009, just a few months short of a decade ago, and in that time I have grown tremendously as an employee, as a leader and as a person. Thank you for your

investment in my life and thank you for allowing me to walk with you through yours. Together we have experienced so many things from birthdays to weddings to the legendary Vistas parties (which I fully intend on crashing!). I appreciate every experience and I will forever treasure this incredible season. Keep in touch.

**With Much Much Love!**

**Lonnie**

## FRIENDLY REMINDER:

We are still experiencing a problem with side doors left propped open in the evenings. Please remember to not leave rocks in the door frame and to pull the door tightly behind you when you leave.



## Happy Birthday!

### RESIDENTS:

Hartley L.	5/3
Shirley S.	5/4
Dian K.	5/13
Doris C.	5/17
Roy T.	5/18
Rudy W.	5/19
Gene G.	5/20
Rita L.	5/21
Friedereka M.	5/27

### EMPLOYEES:

Lexi B.	5/5
Caitin J.	5/7
Analyn G.	5/10
Madeline T.	5/14
Amy A.	5/16
Danielle B.	5/19
Anne M.	5/21
Ruth R.	5/28
Peggy E.	5/30

## May Activities

### May 2nd

North State Symphony

### May 3rd

Potato Bar in the Lobby \$3.00

### May 9th at 3pm

Making Raw Soap

### May 14th-17th Rodeo week!

### May 14th

Wear your Jeans!

### May 15th

Wear your Western Shirt

**10am - Vistas Chili Cook Off**  
Come and Vote

### May 16th

Wear your Western Hat

**3pm - Craft Corner:**  
Bandanna Craft

### May 17th

Wear all your cowboy or cowgirl gear

**In House Rodeo Pancake Breakfast!** \$3.00 Giant Flap Jacks!

### May 24th

Watermelon and Lemonade Social

### May 27th

Memorial Day Sherbet Surprise

### May 30th

Welcome Wagon

### May 31st

Goody Goody Band and Happy Hour



## May is Healthy Vision Month

Do you extend your arms when reading a menu? Or bring the newspaper closer to you? Declining vision may be a sign of aging, but eating the right foods may help improve your vision:

**Vitamin C** may help with slowing macular degeneration and reducing the risk of cataracts and glaucoma. Vitamin C can be found in oranges, cantaloupe, bell peppers, and broccoli.

**Vitamin A** may lower your risk for cataracts, corneal ulcers, and could

help with seeing better in the dark. Vitamin A is found in carrots, sweet potatoes, and spinach.

**Vitamin E** may help reduce the risk for macular degeneration and cataracts. Vitamin E is found in almonds, sunflower seeds, avocado, and blackberries.

It's best to schedule regular appointments to check your eyes. Your physician can help you determine what treatment you may need to improve your vision.

## May 31st: Save Your Hearing Day

**Hearing loss is the result of noise, aging, disease, and heredity. There are two types of hearing loss, conductive and sensorineural.**

Conductive hearing loss is interference of sound waves traveling from the outer ear to the inner ear. This is caused by inner ear infections, fluid in the middle ear, excessive wax, damage to the eardrum, or a bone growing in such a way that it blocks the sound waves from traveling from the middle ear to the inner ear.

Sensorineural hearing loss is when hair cells in the inner ear are damaged. This is due to age, injury from a trauma or noise, pressure in the inner ear, stroke, benign lesions, and brain tumors.

Hearing loss is also one of the most preventable diseases. Even though loud noises may be all around us, wearing earplugs can help reduce noise level.

### *Mothers Day Tea "Motherly Moments"*

**May 8th at 2:30pm**

Come share tea and home made pastries and come share Motherly Moments





# May is National Blood Pressure Awareness Month

Blood pressure can damage the heart, kidney, and brain without showing obvious symptoms. To combat its effects, it is important to know what your healthy blood pressure goal should be.

### What can you do to reduce blood pressure?

**Exercise.** Exercise such as walking, lifting light weights, and simple workouts may reduce blood pressure.

**Lose weight.** Weight may put

excessive pressure on the heart. Before considering a diet, consult a physician to determine which weight-loss plan is right for you.

**Less sodium.** Salt absorbs water. It's the kidneys' job to remove excess water. Too much salt in your body can create extra fluid and increase the pressure on the blood vessels leading to the kidneys.

**Stop smoking.** Nicotine in cigarettes and tobacco causes inflammation of the blood vessels and can narrow your arteries.

## Reminders:

**Thermostats:** With changing weather it can be a challenge to maintain the proper temperature you desire in your apartment. If you need help adjusting your thermostat please do not hesitate to press your button and an RA will be happy to assist you.

**Doggie Doo Doo:** We love furry friends and we are so happy to be a pet friendly community. We are however experiencing an issue with pet potty left in the planters and the grass. If you are paying for "pet walking" then the staff will clean up the doggie doo. If you are taking your own pet out it is your responsibility to clean up after him or her. There are black trash cans located on the east side of the building in both the front and backyard areas and these trash cans are dedicated for doggie potty. If you need to purchase disposable plastic bags you may do so at the Dollar Stop Shop on Saturdays. Thank you for your help in this area.

## MAY 26TH: NATIONAL HEAT AWARENESS DAY

The National Weather Services advises citizen to never leave children, pets, or disabled persons in a car for any length of time. Sunlight can pass through a windshield but gets trapped inside the car. Even in winter, heat can get trapped inside a car.

### To protect yourself from the heat, try these tips:

**Drinking water.** Drinking lots of water may help regulate your temperature.

**Electrolyte salts.** These salts can be found in sports drinks.

**Wear sunscreen.**

**Wear light colored clothes.** Light colors reflect sunlight away while dark clothes absorb sunlight.

## Entertainment

- 5/2 Sherry Duff  
Plays the Accordion
- 5/2 North State Symphony
- 5/15 360 Degree Band
- 5/31 Goody Goody Band

## Excursions

- 5/2 Shasta Dam Tour!!
- 5/6 Scenic Drive
- 5/14 Trader Joes
- 5/17 Out to Lunch Bunch
- 5/27 Walmart



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## MAY – WORD SEARCH

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

ARTERY  
ARTHRITIS  
BONES  
DENSITY  
EARS

HAPPINESS  
HEARING  
HEAT  
MOTHER  
OSTEOPOROSIS

RED CROSS  
SOULFULLY  
STROKE  
VISION  
VITAMINS