

A Message from Shannon

Happy New Year to all our wonderful residents, family members and friends. I hope you all enjoyed the Holiday Season and were able to spend time with your families and loved ones.

Thank you to all the family members, friends and staff that donated to our annual holiday party. The staff and I very much appreciate the giving family that Vista Gardens is.

We have some exciting projects in store for the year as we continue to make Vista Gardens an even more beautiful place to live and work.

All the staff of Vista Gardens wish you a happy and healthy start of the new year. Have a great month and thank you!

Shannon Hundley

Executive Director

Management Team

Shannon Hundley

Executive Director / Administrator

Evelyn Delgado

Associate Executive Director

Rachel McIntyre

Memory Care Director

Stephanie Morgan

Director of Sales & Marketing

Mara Carney

Activity Director

Dee Warner

Culinary Director

Easter Sialoi

Staff Development Manager

Peter Ledesma

Maintenance Manager

Leah Wallis

Community Liaison

Carmen Gonzales

Garden Level Programmer

Mara Sialoi

Memory Care Assistant

Karina Tellez

Administrative / HR Assistant

Favorite Photos



January Highlights

Wednesday, January 1st
New Year's Toast, 2 pm
Bingo w/ North Coast
2:30 pm Library

Friday, January 3rd
Music with Teah & Jervin
2:00 pm Lobby

Wednesday, January 8th
"Our January History"
10:00 am Community Center

Thursday, January 9th
Sunset Drive & Picnic Outing
4:00 pm Bus

Friday, January 10th
Hot Cocoa Bar
2:00 pm Lobby

Wednesday, January 15th
Resident Council Meeting
1:00 pm Library

Thursday, January 16th
Piano w Margie
3:00 pm Lobby

Friday, January 17th
"Minding Motion" Class
10:00 am Library
Music with Celeste Barbier
2:30 pm Lobby

Friday, January 24th
Music w/ Peter Seltser
2:30 pm Lobby

Friday, January 31st
Music w/ DeAnna Manley
3:00 pm Lobby

Happy New Year!



*Wishing all of our Residents
and Families a very Happy
and Healthy New Year!*

Family Support Meeting

*Caring for a loved one can be isolating and
overwhelming, but you are not alone...*

Alzheimer's San Diego

Support and Discussion Group

Facilitated by Sandy Braff, MFT

Thursdays 1:30 - 3:30 pm

Build relationships Learn from others

Develop new coping strategies

Find comfort and strength

Compassionate safe environment

Monthly educational speaker: 3rd Thursday

Vista Gardens

1863 Devon Place Vista, CA 92084 760-295-3900

www.vistagardensmemorycare.com

RCFE # 374604198

Resident Spotlight: January



Cheryl Sisario

Cheryl is a very proud Canadian who moved from Winnipeg, Canada to Redondo Beach, CA at the age of 15 with her family of 7 brothers and a sister. She met her first husband, Clifford "Mike" at Redondo Beach H.S and together they had 2 girls, Gina and Gaylene. Cheryl spent her time caring for her home and family and shopping!

Following the early loss of her husband, she met a career Naval soldier, Fred, through a friend and they lived in Vista, CA. Together they enjoyed socializing and going to the local Casinos to play penny slots.

At Vista Gardens, Cheryl continues to enjoy socializing, humor, movies and parties! Cheryl, we're happy to know you!

Welcome New Residents!



to our Vista Gardens Family!

Joseph "Pat" O.

Virginia P.

Thomas G.

We are very glad to meet you!

Food for Thought

***We cannot give them
their memory back,
but we can give them an
experience that
triggers memory.***

Moyra Jones

December 2019 Employee of the Month



**Jose Robles
Med-Tech**

Jose' was born in the city of Guadalajara, Mexico and moved to Fallbrook with his parents and 3 brothers at the age of 15. He has remained in Fallbrook and enjoys time there with his partner and 2 Corgis.

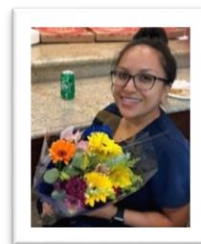
Jose' began working in Senior Care communities as a server, then a caregiver and ultimately a med-tech. He plans to start Nursing School next year with the goal of earning his RN degree in 2 years.

Jose' says he has remained at Vista Gardens for 5 years because our residents have become like family and he has a supportive staff and encouraging Management team.

Way to go, Jose. We're proud of you!

2019 Employee of the Year

**Mercedes
Bahenas**



Mercedes was chosen by our Management team as 2019 Employee of the Year. She is one of our very special caregivers. She is small in stature, but we have learned not to underestimate her abilities!

Mercedes has served her residents and families at Vista Gardens 3 years and has won the respect of her supervisors and co-workers. Our residents love her calm demeanor and her smile. Our team loves her dependability, capability and her positivity.

She is the proud mother of two beautiful Children, Sofia and Antonio Thanks, Mercedes for being part of our Vista Gardens team!

Congratulations from all of us!