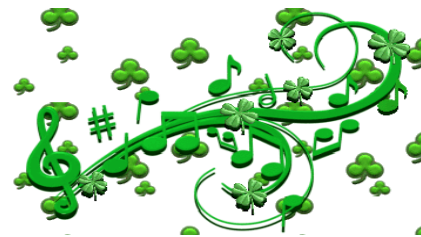


Vista Gardens

A MEMORY CARE COMMUNITY



A Monthly Newsletter for the Families and Friends of Vista Gardens

March 2020

A Message from Shawn

Hello Everyone,

It was a pleasure to have the opportunity to see so many of you again at our family night, and to meet some of you for the very first time. It is wonderful anytime we have the chance to all get together.

I can't believe that we're already into the third month of 2020. There are so many wonderful things that make Vista Gardens home for our residents, your loved ones, and I am very excited for all of the great things still to come.

As we continue to move forward, I am looking forward to getting your feedback, as well as any suggestions that you may have. All of us here at Vista Gardens and Guest Services Senior Living are honored and proud to be able to provide our residents with the highest level of care, and are looking forward to a very bright future with all of you.

Sincerely,

Shawn Rose

Vice President of Operations

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



March Highlights

Monday, March 2nd
"Sunset Strummers" Ukuleles
2:30 pm Lobby

Wednesday, March 4th
"Singing Seniors"
10:00 am Lobby

Friday, March 6th
Music with Teah & Jervin
2:00 pm Lobby

Sunday, March 8th & 22nd
Piano with Jake
2:00 pm Lobby

Wednesday, March 11th
"The History Guy"
10:00 am Community Center

Friday, March 13th
Music with Wil Nauman
3:00 pm Lobby

Tuesday, March 17th
St. Patrick's Day Lunch
11-1 DR & Private Dining Room

Wednesday, March 18th
Resident Council Meeting
1:00 pm Library

Thursday, March 20th
"Minding Motion" Class
10:00 am Library
Songfest w/ Celeste Barbier
2:00 pm Lobby

Friday, March 27th
Music with Peter Seltser
2:30 pm Lobby

St. Patrick's Day

To our Families, Visitors
Vendors and Staff Members...

*Please stop by our Private Dining Room
between 11:00 am & 1:00 pm*

Tuesday, March 17th

for a Complimentary

Luck o' the Irish Lunch

Wear your green
and join the fun!



Our residents will be served in our DR

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

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www.vistagardensmemorycare.com

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