

## Resident Spotlight

This month's Resident Spotlight goes to...

**ARNIE**



Arnie is one of our newest members of the community. Arnie was a deep-sea diver and is very passionate when talking about his experiences. He's done a lot of exploring and he enjoys sharing his stories. Our staff loves how polite and courteous he is to them and to other residents. Arnie has a big heart and is always willing to help our staff when needed. He helps gather our chairs for our activities and the tables for our mealtimes. Arnie likes to watch documentaries about history and the ocean. Thank you, Arnie, for being so amazing and putting a smile on other people's faces!

## Employee Spotlight

This month's Employee Spotlight goes to...

**MILO**



Milo has been with Vista Prado for about 14 years. He is one of the amazing chefs we have in our kitchen. Milo comes to work with a positive attitude and a bright smile on his face. Aside from making sure all our residents are fed, he also goes out of his way to make sure our staff is accounted for during mealtimes. Whenever there are issues, Milo always has solutions. He is an exceptional problem solver and never turns down a task. Thank you, Milo, for being a great asset to this team!

January 2023

VISTA PRADO

A MEMORY CARE COMMUNITY

105 Power Dr. Vallejo, CA. 94589 | Phone (707)6437617 | Fax (707)643-2412 | Lic #486803704



Vista Prado  
Management

Executive Director  
*Adiam Weday*

Business Office Manager  
*Margaret Gonzalez*

Health Services Director  
*Veronica De Leon-Tan*

Health Services Coordinator  
*Ana Trinidad*

Community Relations  
Director  
*Vhaeda De Leon*

Move-in Coordinator  
*Lokalani McCall*

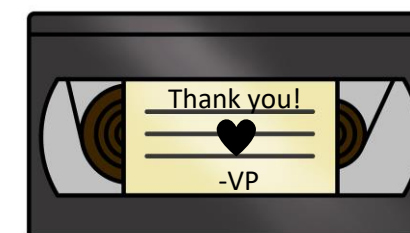
Maintenance Director  
*Robert Glaes*

Activities Director  
*Lyzette Melgoza*



We hope everyone enjoyed their holidays, and that they were filled with love and joy! We have officially dived into 2023. In honor of Remembrance month, we're "digging" the free-spirited 'sixties with Peace, Love & a Flower Power January. The 1960s were a time of change and innovation. From beach movies to fashion, to the British invasion, there is a variety of significant events that happened during the '60s. This month, our residents will engage in reminiscing about the '60s through activities like Trivia, Music, Socials, Food, and more. Other observances that will be celebrated are Hot tea Day (Jan 12<sup>th</sup>), Martin Luther King Jr. Day (Jan 18<sup>th</sup>), and Chocolate cake day (Jan 27<sup>th</sup>).

As we welcome the new year, we would like to thank you all for showing your continuous support to our staff. Our staff works tirelessly to make sure your loved one's needs are met and we are very fortunate and grateful to do so. Thank you, families, for allowing and trusting our team for your loved one. Let's make this year great!



We hope you have a groovy January!

STAY  
GROOVY



## Community News

### Birthdays of the Month

Happy Birthday to the following residents! We hope your birthday is filled with happiness and joy.

- David



### Welcome, New Residents!

We are thrilled to welcome the following residents to our vista Prado Community!

- John



### Hair Cut & Nail Hygiene Dates

Our next hairstylist and nail hygiene visit will be on January 17<sup>th</sup> at 9:30 am.

Women's Haircut	\$30
Men's Haircut	\$25
Beard Trim	\$10
Fingernails	\$15

Payment Type: Cash or Check

Note: Checks must be made out to 'Styles for you'. Failure to have payment in by the service date may result in no service.

### Refer a Friend to Vista Prado!

Refer a friend to Vista Prado and win a limited-time referral fee of \$2,000 paid to you for each referral that moves in. The referral fee will be applied to your loved one's rent after the resident has lived with us for 30 days! If you would like more information or would like to fill out the referral form, please ask our CRD or Move-in Coordinator.

### Visitation Reminders

As we start the year fresh, we'd like to make some friendly reminders regarding our visitation rules.

- Please try to avoid visiting during mealtimes to optimize meal intake for your loved one and other residents.
- When visiting a loved one, please **do not** share food or snacks with other residents before consulting HSD or HSC.

## December Recap

We decorated our community with some personal DIY decorations that our residents helped make. We created Christmas tree ornaments and gift-wrapped boxes to add underneath our tree.

As mentioned on our Facebook, we decorated our canned goods box to match the holiday spirit. We are still hoping to reach our goal of 100 cans!

Our residents enjoyed listening to caroling by the American Canyon Baptist church. Thank you to A.C Baptist Church for volunteering some of your time to carol for our residents!

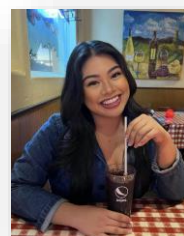
*Our beautifully decorated home*



On Christmas morning, we enjoyed our Daily Chronicles and trivia with hot cocoa. We had our annual Christmas party filled with games, singing, and fine dining. Please check out our Facebook page for photographs taken on Christmas day.

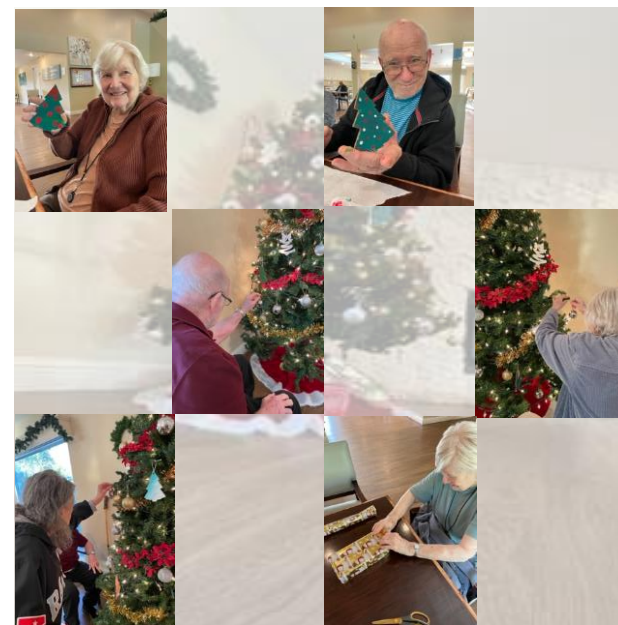
### Welcome to the team!

We would like to introduce and welcome Vhaeda De Leon to our Vista Prado team! Vhaeda is our new Community Relations Director, she will be working closely with Lokalani to make our community grow.

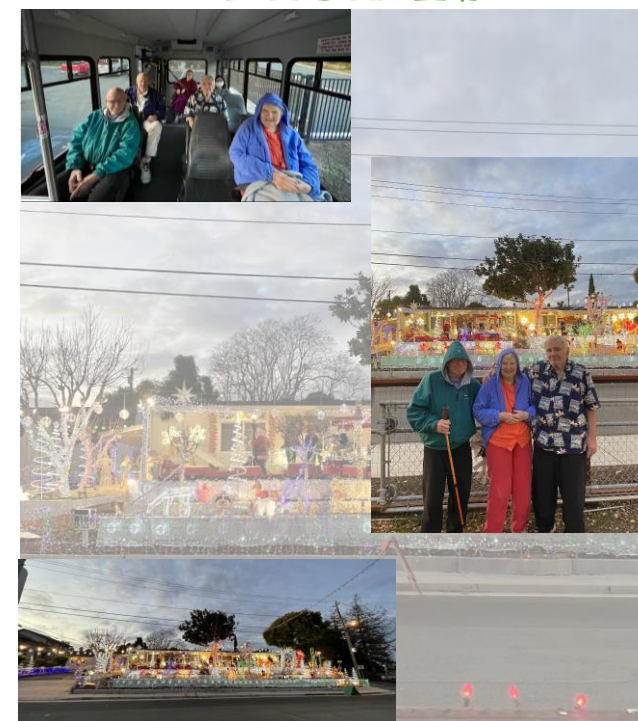


*Welcome Vhaeda!*

## DIY DECORATIONS



## SCENIC DRIVE: CHRISTMAS LIGHTS



A special Thank you to Bob Taylor for going out of his way to make our residents smile... one heart candy cane at a time.

## Activity Benefits

### Fidget Toys

Sometimes for people with Dementia, there are often signs of anxiety and fidgety hands. Fidget toys provide a great sense of sensory therapy to release some of that anxiety, calm their nerves, and provide comfort. With fidget toys, there are no right or wrong answers. It provides them with something to keep their hands happily occupied. Below are some examples of fidget toys.

- Fidget Blankets
- Busy board
- Stress ball
- Fidget aprons
- Fiddle hand muffs

There are a considerable number of options for sensory therapy. Fidget toys are just one to name a few. Our residents will try and make their own stress balls during our Art & Craft hour.

"6 Ways to Calm Dementia Fidgeting Hands." *Daily Caring*, 1 Feb. 2021, <https://dailycaring.com/6-ways-to-help-seniors-with-alzheimers-keep-hands-busy>



Hip-BEE

Let's make this a great Year!

**Welcome 2023**