

• every journey begins with you •

WINTER 2017

# vista vibe



*A work in progress, the new Vista del Monte landscape is taking shape.*

## New Year, New Landscape!

***Vista del Monte is undergoing a dramatic landscape revitalization using drought tolerant plants***

Vista del Monte is currently undergoing a dramatic and colorful exterior revitalization that will bring a lush but drought-tolerant native landscape throughout community.

“The plan is absolutely beautiful,” said Sales and Marketing Director Carolyn Bruce. “Vista is well known for its wide variety of plants and trees. By eliminating large lawn areas and replacing them with new drought tolerant plants, our landscape will be even more diverse.”

The new landscape design will feature low-profile native plants that will surround wide walking paths and new lighting to ensure resident convenience.

“For several years, the City of Santa Barbara has had water saving measures in place. Vista del Monte has a responsibility as part of the larger community to

**LANDSCAPE continues on backside >**

## This is Me! Be Yourself at Vista del Monte

### ***Special offer for newsletter readers***

Love, laughter, friendship and a rich lifestyle are waiting for you at Vista del Monte. A vibrant, full-service continuing care retirement community in Santa Barbara, Vista del Monte is a place where you can be yourself and live among friends who share your passion for living well.

Right now, Vista Vibe newsletter readers can take advantage of a two-bedroom move-in special and receive significant savings.

For details, contact Carolyn Bruce at **805-879-7635** or **cbruce@frontporch.net** or Jean Johnson at **805-879-7639** or **jjohnson@frontporch.net**. This offer expires April 30, 2017.



# VDM Fitness and Aquatics Center is Popular With Residents and Visitors Alike

Whether you're a lap swimmer, weight lifter, aerobics enthusiast, need some rehabilitation therapy, are just looking for a day of fun in the pool or an athlete ready to take a soak in the hydrotherapy pool, Vista del Monte's renowned Charles M. Frazier Fitness and Aquatic Center (FAC) is designed to meet the needs of both residents and non-residents.

"We've designed the FAC to enhance the health, quality of life and functional ability of older adults," said the Center's Director Janis Meloy. "It offers a world of opportunity for physical fitness and wellbeing."

With two pools, training equipment, an experienced staff and innovative programs for building endurance and strength, the FAC helps individuals transition out of rehabilitative therapy and into outpatient rehab right at Vista del Monte. And for those seeking more individualized attention, the FAC offers additional one-on-one guidance in targeted strength training, conditioning, aquatics and nutrition to get you in



your best shape, inside and out.

The FAC also offers the opportunity for fun, featuring various fitness classes for all levels of abilities including fall prevention, yoga, strength training and chair dancing among many, as well as pool activities such as volleyball, lap swimming and aqua aerobics.

"You will find me in the fitness and aquatic center two to three times a week," said Vista resident Rita Shaw. "It's fabulous! That's why I moved here. I have arthritis and regular exercise helps me feel better."

"The FAC is a big part of what makes Vista so unique," Janis said. "If needed, rehabilitation is available on an outpatient basis. When you're ready, we'll create an exercise program tailored just for you. With access to the swimming pool, conditioning equipment and cardiovascular training, you've got a safe and easy way to increase endurance, strength, balance and flexibility—all while making friends."

Studies show that a comprehensive fitness program is essential to the health (both physical and mental) of older adults. Along these lines goes a measure of fun, derived from the stimulation of new challenges, the pleasure of shared efforts and new friendships, and the delight in achievement of fitness goals.

For a limited time non-residents can receive full use of the Vista del Monte Fitness and Aquatic Center for one month for only \$55. No membership fee required. Call 805-879-5556 for details.



## Resident Artist Marilou Shiells Brings Passion to Vista del Monte

Vista del Monte resident Marilou Shiells has been an artist as long as she can recall. “I remember drawing or painting something in grade school and my mother hanging it up on the refrigerator,” Marilou said. “It kind of took off from there.”

An art major in college, her favorite medium is water-color but she also dabbles in oils. She specializes in still life but enjoys painting landscapes and architecture. What she loves most of all is sharing her art with her fellow residents.

When Marilou moved to Vista del Monte 12 years ago, she brought her extraordinary talent with her. Her one-bedroom apartment overlooking the community’s Sierra Madre courtyard is filled with her art which spills out onto her front door vestibule. For the past five years she has organized the community’s annual resident art show.

“We have many incredible artists here,” said the former Santa Barbara Art Museum docent and past member of the Santa Barbara Art Association. “I had the feeling that would be the case since Vista has its own art studio. That was a definite selling point for me.”



Marilou and her husband decided to move to Vista after a long association with its renowned Fitness and Aquatics Center. As FAC members for many years, they knew when the time was right, the continuing care retirement community would be high on their list.

“We did our due diligence and visited other retirement communities in the area, but they were not what we were looking for,” Marilou said. “They didn’t feel like home. We got a warm feeling here and have not been disappointed. Vista just seemed a happier place than the others. And as an artist, what could be better?”

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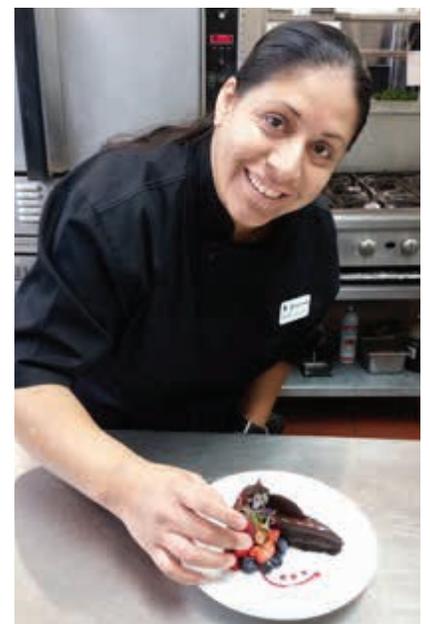
## Dining at Vista del Monte is All About Fresh and Local!

“Fresh and local,” exclaims Executive Chef Michelle Hernandez. “When residents dine at Vista del Monte that’s our commitment to them. You can get an idea of what we’re all about,” she says, stepping into the big walk-in refrigerator, shelves filled with fresh vegetables, fruit, dairy products and meat.

The Vista dining room offers several entrées to choose from each day, along with soups, salads, side dishes, and an alternative menu so residents usually find something that appeals to their own personal tastes. A typical dinner consists

of a classic chicken noodle soup or a spicy gumbo, local seasonal vegetables, fresh fruit and berry platter, and main courses such as seared lemon and red pepper salmon with cilantro lime crema, petit filet with wild mushroom and rosemary zinfandel sauce, or a heart healthy special of herb roasted chicken breast with quinoa pilaf and roasted root vegetables all cooked in the community’s kitchen. “Today’s retirement community residents expect a quality dining experience and we give it to them,” Michelle said.

**DINING** continues on backside >



*Vista del Monte Executive Chef Michelle Hernandez puts the finishing touch on a scrumptious dessert.*

**DINING** continued from inside >

“The food is wonderful,” said resident Marilou Shiells. “The dining room and kitchen staff certainly know how to take care of us.”

“Mealtime is a social time for residents,” Michelle said. “It is a time when they enjoy visiting with friends and often invite family members to join them. The dining services staff consistently ask... is the fresh, nutritious food that they prepare each day delicious and presented well? The goal is to not only meet expectations but to continually delight the residents and their guests.

Residents are encouraged to suggest menu items and with an ever-changing array of fresh daily specials, boredom doesn't stand a chance.



*Landscapers prepare to plant dozens of new plants, trees and shrubs.*

**LANDSCAPE** continued from front >

do its part to cut back on water use. This project meets those goals plus it's beautiful,” Carolyn said.

To complement the new landscape, future plans include a new outdoor dining patio area adjacent to the resident dining room. “It's our way of bringing the outdoors in and vice versa,” Carolyn said. “Residents will soon have more dining choices than ever.”

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