

• every journey begins with you •

SPRING 2020

vista vibe



Chef Blake enjoys creating a delicious dining experience for residents.

More than Just a Meal, Vista del Monte Offers a Dining Experience

Residents enjoy everything from gourmet food to comfort food

At Vista del Monte we embrace the “foodie” culture! We have experienced chefs, who focus on fresh, locally sourced ingredients while finding the right balance between gourmet cuisine and comfort food.

Vista del Monte’s Executive Chef Blake Montag cut his culinary teeth at luxury establishments like Hawaii’s King Kamehameha Hotel. He spent time as an instructor at his alma mater, School of Culinary Arts and Hotel Management at Santa Barbara City College. For 20 years he owned his own catering business.

DINING EXPERIENCE continues on backside >

Spring into Your New Home at Vista del Monte

Love, laughter, friendship and an engaging lifestyle are waiting for you at Vista del Monte this spring. A vibrant, 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 passions.

Give us a call at 800.736.1333 or email vdmsales@frontporch.net now for more information. Don’t forget to ask about our *SPRING special.

**Restrictions may apply and this offer is only available for a limited time. Cannot be combined or replace other move in specials.*



Residents Have a Blast at SpaceX Tour

Recently, Vista del Monte residents were excited to go on an exclusive tour of one of Southern California's leading aerospace companies and manufacturers, Space Exploration Technologies Corp, more commonly known as SpaceX.

A Southern California company that began as a start-up, SpaceX is a leading name in reusable rockets and manufacturing. So it was no surprise that when Vista del Monte Executive Director Doug Tucker accompanied residents and others to the Hawthorne headquarters, the launch rockets were the main attraction.

"The first thing we saw as we walked in was the very first space craft they launched hanging from the ceiling," Doug recounted upon his first impressions of the facility. However, Doug was not the only one immediately impressed.

Vista residents, who consider themselves lifelong learners, marveled at the sheer scale of the rockets and how much work went into making them. Doug, and the others were shown the command center and the entire process of assembly, as well as parts used in previous rocket launches.

The tour also included a look at other various aspects of the rocket building and launching process, such as cargo bays, fuel pods, and heat shields.

Throughout the year, Life Enrichment Director Helene Hellstern organizes local and regional trips that residents enjoy. Past excursions have included Solvang, the Santa Barbara Mission, the Labyrinth Walk at UC Santa Barbara, museums, wineries, the Harbor Seal Reserve and Rookery, Morro Rock, and to the spectacular "super bloom" of wild flowers at Figueroa Mountain and now SpaceX.

"We are aware that residents have a



Residents and staff enjoy the SpaceX tour.

wide range of interests, so we strive to develop a well-rounded itinerary to provide many choices," Helene said. "If residents want to go to a particular location, if at all possible, I will make it happen. Traveling as a group is always fun. It gives us all a chance to get to know each other better and share our interests."

March for Memory:

Vista del Monte residents and staff, also known as "Team Vista Summer House," recently participated in an on-campus Alzheimer's Walk and Bake Sale to raise money for the Santa Barbara Alzheimer's Memory Walk Team.



Artist's rendering of the new Summer House patio courtyard.

Vista Residents to Enjoy Two Remodeled Courtyards

Assisted living and memory care courtyards to meet unique resident needs

Residents living in assisted living and memory care accommodations at Vista del Monte will soon have two newly remodeled patio courtyards to enjoy the outdoors with fellow residents, friends and family.

What was once a large courtyard for residents residing in Fernbrook assisted living, is now being divided into two areas. This will enable Vista to meet the needs of both residents living in Fernbrook and Summer House, Vista's new memory care neighborhood.

The overall footprint of the existing patio will be expanded so that each level of care has a large private courtyard space to enjoy. The Summer House side will be a quiet retreat for residents, featuring beautiful landscaping and an activity table. A privacy wall will separate the space from the assisted living patio.

The new Fernbrook courtyard features a barbeque, raised planters, beautiful outdoor fireplace and plenty of comfortable seating for residents to socialize, read



Artist's rendering of the new Fernbrook assisted living patio courtyard.

or enjoy a delicious meal al fresco. The stunning water feature provides a serene backdrop under the covered outdoor area. Other amenities include gardening/potting stations, bird feeders, meditation areas and an exercise loop around the spectacular grounds of this courtyard.

"This amazing transformation will allow both assisted living and memory care residents unique experiences," said Vista del Monte Executive Director, Douglas Tucker. "Our aim is to improve both courtyards' overall feel and usability and to provide a protected outdoor space for our memory care residents." Completion is scheduled for spring.

DINING EXPERIENCE continues from front >

“Working at a retirement community is a different experience for me,” Chef Blake said. “Here, I get an opportunity to be ‘on the floor’ instead of being in the kitchen all day, which I love. Residents’ comments are very important to me and I love speaking directly to them. They are the pulse of the community and it helps me prepare meals that please them.”

Chef Blake estimates that each month he and his staff prepare more than 16,000 meals. The Vista dining room offers several entrées to choose from each day, along with soups, salads, side dishes, and an alternative menu. Vista provides a diverse menu for the many personal tastes. A typical dinner consists of 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. Meals can be accompanied with a homemade classic chicken noodle soup or a spicy gumbo, local seasonal vegetables, fresh fruit or berry platter. Menus are also available for special diets such as gluten free, diabetic and low-sodium.

Vista also features specialty themed menus during special occasions like Christmas, Mother’s Day and Valentine’s Day, including delights such as Duck a l’Orange, prime rib and leg of lamb.

“My goal is to create a dining experience just as good or better than something you would find at a downtown Santa Barbara restaurant,” Chef Blake said. “But my favorite thing to do is surprise residents with impromptu menu items like when we have an omelet bar, or a carving station.”

Since arriving at Vista del Monte about a year ago, Chef Blake revamped the six-week menu with new items that change with the seasons as well as creating “chef’s specials” that he serves three days a week.

Many studies have shown that food is an emotional experience for residents. For families of residents, it gives them comfort knowing that their loved ones are being served quality products.

“Residents look forward to dining here,” Chef Blake said. “It’s a very social experience. Some even say dining at Vista is like a cruise ship that never comes into port.”

LI.C. 425800464 COA# 196
**We're an equal opportunity
housing provider.**



Vistadelmonte.org

805.687.0793

Santa Barbara, CA 93105

3775 Modoc Road

Vista del Monte
a front porch retirement community



NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO. 1415