

• every journey begins with you •

SUMMER 2020

vista vibe



In-Person Tours Now Available at Vista del Monte!

We are pleased to announce that Vista del Monte is scheduling private tours on a limited basis for prospective residents. We've instituted precautions and protocols to protect our guests, residents and staff.

During a typical tour, you may visit ...

- Our expansive campus and all exterior common areas
- Main Lounge, Bistro and Dining Room exterior
- Model apartment(s) as available, if accessible through outside entrance
- Main Park and courtyard areas

Or, if you prefer, you may visit our website at vistadelmonte.org for a virtual tour. On our website you will see ...

- Specific, desired model accommodations
- Floor plans and pricing
- Activities
- Special events
- Fitness and Aquatic Center
- Whole campus tour

To schedule a tour, or for more information about our COVID-19 protocols for guests at Vista del Monte, visit vistadelmonte.org/tours-now-available/ or call 805.687.0793.

Opposites Attract at Vista del Monte: Friends Ed and Gary Find Much in Common Despite Differences

After first meeting residents Ed Grat and Gary Janka, you may not think the two would have much in common. Ed loves the theatre and Gary prefers quiet meditation. Gary is a Buddhist minister and Ed was raised Catholic. Gary has lived at Vista del Monte for a little over a year as opposed to Ed's 13 years at Vista.

But a funny thing happened when the two met at Vista after Gary moved in – they

[FRIENDS continues on backside >](#)



Ed, seated, and Gary, stay protected while enjoy each other's company.

Try Your Hand at Chef Blake's Gazpacho Recipe



Our dining room may be closed right now, but that does not mean our residents aren't enjoying the usual classically prepared cuisine from our own Executive Chef Blake and his staff. Each day, staff delivers breakfast, lunch and dinner to each person's residence, with a smile (behind their masks).

Chef Blake cut his culinary teeth at luxury establishments like Hawaii's King Kamehameha Hotel and spent time as an instructor at his alma mater, School of Culinary Arts and Hotel Management at Santa Barbara City College. He uses fresh, locally sourced ingredients to create a dining experience that finds the perfect balance between gourmet cuisine and comfort food.

Chef Blake would like to share his recipe for *Gazpacho* with you, the perfect soup for a warm summer's day. Be sure to check out Vista's Facebook page to see a video of Chef Blake in action creating this delicious dish.

Yield: 2 1/2 qt

Portions: 12

Portion size: 6 oz

Ingredients / Measurements	Procedure
2 ½ lb. - Tomatoes, peeled and chopped fine	<ol style="list-style-type: none"> 1. If a blender is available, combine all ingredients in the blender and process until liquefied. 2. If a blender is not available, combine all ingredients except the olive oil. Pass through the food mill. If a smoother soup is desired, then pass through a fine sieve. Rub the solids through the sieve to purée them.
1 lb. - Cucumbers, peeled and chopped fine	
8 oz. - Onions, peeled and chopped fine	
4 oz. - Green peppers, seeded and chopped fine	
½ tsp. - Crushed garlic	
2 oz. - Fresh white breadcrumbs	
1 pt. - Cold water or tomato juice	
3 oz. - Red wine vinegar	
4 oz. - Olive Oil	
Salt, pepper, cayenne or hot red pepper sauce	
Lemon juice or vinegar	<ol style="list-style-type: none"> 6. Combine garnish ingredients in a small bowl or bain-marie. 7. At service time, ladle 6 oz. (2 dl) gazpacho into chilled soup cups. Top with 1-2 tbsp (10-20 g) diced vegetable garnish. If desired gazpacho may be served with ice cubes.
2 oz. - Onion, diced small	
2 oz. - Cucumber, diced small	
2 oz. - Green pepper, diced small	

Happy 105th Birthday to Etna 'Honey' Miller who is Aging with Grace and Dignity.

In July, resident Etna "Honey" Miller celebrated her 105th birthday. On that day and for many days after, Honey received more than 50 birthday cards with more probably on their way! *The Santa Barbara Independent* recently sat down with Honey for an extended interview. Honey discussed aging gracefully, growing up on the prairie of South Dakota, her love of swimming and dancing at Vista del Monte and her advice to those who want to live a long and active life, among many topics. Visit the Vista del Monte Facebook page for a link to the entire article (facebook.com/vistadelmonteretirement).



Mateo's Best Stitch is Making Masks

Mateo Gavilanes spent more than two decades perfecting his skills as a tailor in Mexico. But when an opportunity to come to the United States presented itself almost 20 years ago, he decided to make the move.

He has been a maintenance technician at Vista del Monte ever since, with only limited opportunities to practice his former trade. When the COVID-19 pandemic hit earlier this year, this big-hearted man with extraordinary skills took the initiative and sewed more than 700 cloth masks for his Vista colleagues and residents.

"I had the ability as a tailor to make the masks so I decided it was the right thing to do," Mateo said. "I knew at the time, there was a shortage of masks so I wanted to do something for my co-workers."

The Centers for Disease Control and Prevention



Mateo models one of his masks.

recommends, during the pandemic, that people wear face coverings in public settings and when around people who don't live in the

same household. Working at a retirement community, with residents who may be at high-risk for COVID-19, makes staff extra vigilant about following established protocols.

Mateo found a mask pattern on the Internet. He received fabric donations from residents, colleagues and others, as well as using any extra fabric Vista had on hand. The result were comfortable, colorful, breathable and reusable masks made from cotton or cotton blends, for anyone who needs them.

"Any spare time I had I would sew the masks," Mateo said. "I want to help keep people safe and make sure anyone who wanted them could have one."

As soon as masks became more readily available, Mateo donated extras to the community's *Corner Store*, the on-campus resident sundry shop. The store sells the masks with proceeds benefiting the FACT Foundation, Vista del Monte's philanthropic partner that supports the resident assistance fund and other philanthropic funds.



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

Limited Time Offer: \$15K Your Way!

If you reserve your new residence before December 31, 2020, we are offering you a **\$15,000 move-in incentive to use your way.***

We offer month-to-month and entrance fee options for your new Vista del Monte home so you may choose any one of the incentives below.

- \$15,000 off your entrance fees
- \$1,500 off your monthly fees for 10 months
- \$15,000 toward improvements to your new Vista residence

We are a vibrant, continuing care retirement community in Santa Barbara – a place where you can be yourself and live among friends who share your passions. During the pandemic, residents are receiving chef-prepared meals delivered to their homes or are enjoying socially distancing outdoor dining as well as socially distancing and virtual life enrichment opportunities. Give us a call at 800.736.1333 or email vdmsales@frontporch.net now for more information.

FRIENDS continues from front >

became fast friends and have not only enjoyed embracing each other’s differences but have come to realize they have much in common.

Ed served in the Air Force during the Cold War with the Soviet Union in the 1950s and Gary was a Marine a few years later. While strolling Vista’s beautiful grounds together, they discovered their shared love of the flora. “We point things out to each other all of the time,” Ed said. “If one of us does not know the name of a particular tree or plant, the other one more than likely will.”

Their biggest discovery was their mutual love of history. Ed introduced Gary to the Ken Burns PBS documentary, *The Roosevelts: An Intimate History*. They often watched the seven-part miniseries together. “I can count on a call from Ed anytime there is an interesting show about history on TV,” Gary said.

Although raised Catholic, Ed has always been interested in world religions – the perfect subject to discuss with Gary who has a bachelor’s degree in sociology and a Ph.D. in human and organizational behavior.

Of course, Ed and Gary do not do everything together. Gary attends a thrice-weekly meditation Zoom call with interested residents that Ed has yet to join. He would rather meet virtually with his play reading group. Gary isn’t much into plays but looks forward to watching and discussing classic movies with Ed, like his favorite, *Casablanca*.

“Gary is just an easy person to talk to,” Ed said. “It’s as simple as that.”

“I wanted to get to know Ed better when I found out he was a navigator on a B-36 bomber. You don’t meet many people with that experience anymore,” Gary said with a laugh.

Because of the pandemic, the friends don’t visit much face-to-face right now but you will see them waiving to each other across campus, sharing a laugh or embroiled in a deep conversation about history, all while maintaining a safe distance and wearing masks. “The pandemic may have slowed us down a bit but it has *not* affected or *infected* our friendship,” Ed said.

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Vistadelmonte.org

805.687.0793

Santa Barbara, CA 93105

3775 Modoc Road

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Vista del Monte



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