

• every journey begins with you •

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vista vibe

Let Vista del Monte Help You to Explore the Benefits of Retirement Community Living

You hear it all of the time ... you should wait until you need assistance with life's daily activities to make a move to a senior living community. But in reality, moving while you are as independent as possible offers you the most opportunities to enjoy and fully participate in community life.

"I understand when people think they are not ready to make the move to a retirement community," said Wendy Cafferky,



Residents enjoy a game of ping pong.

sales manager at Vista del Monte. "But my question to them is usually, when is the right time? You certainly don't want to wait until your health declines and you are forced to move."

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Here are just a few of the benefits of living at Vista del Monte

- Freedom from the burdens and expenses of home ownership
- Opportunities to participate in dozens of life enrichment programs for body, mind and spirit and/or continue to enjoy and share lifelong pursuits
- Support for healthy living
- Enjoy delicious meals served in a beautiful dining environment
- Learn, grow and travel with your friends at Vista del Monte
- Experience "Smart Home" enabled accommodations

Interested in Becoming a Vista del Monte resident? You Have Choices.

We offer month-to-month and entrance fee options for all accommodations.

You can even move in while your house is on the market. Find out about our Entrance Fee Deferral Program and our current move-in special for "Vista Vibe" newsletter readers. Call us today at **800-736-1333** or email us at **VDMsales@frontporch.net** for details.



Helga Carden Stays Fit at Vista del Monte

For anyone who needs motivation to exercise, meet Vista del Monte resident, 98-year-old Helga Carden, who seems to always be on the move – literally.

Ever since moving to Vista about five years ago, Helga has participated in almost every fitness class the community offers. Six days a week, she takes a mile walk around the campus – enjoying its beautiful landscape and checking in with neighbors. She says her favorite and most challenging class at Vista is definitely Pilates and she is a regular at the community's Fitness and Aquatic Center.

She also regularly works out at the local YMCA, where she lifts weights, does aerobic exercise, and has been known to kick it into high gear during kick boxing class.

"I always loved staying active because I had a stressful job and outdoor activities gave me an outlet," said the retired registered nurse anesthetist. "Anytime I'm exercising, I feel better both physically and mentally. There are so many wonderful classes here. I enjoy them all. I encourage people to give it a try."

Helga was also a devoted runner and participated in the inaugural Los Angeles Marathon in 1986 at age 60. Up until the last few years, Helga was an avid skier -- her favorite outdoor sport. She has skied dozens of slopes across Europe, the United States and Canada, including her favorite location, Zurs, Austria. She even met her late husband, John, on the slopes of Mammoth, in California.

"Helga certainly is an inspiration to so many here," said Heidi Reyes, Vista's Fitness and Aquatic Center manager. "I'm happy she found a community that encourages her to maintain the lifestyle she loves."



Helga Carden loves to be on the move.

Some studies show, devoting just 11 minutes of moderately-intense physical activity each day is sufficient to lower the risk of diseases such as heart disease, stroke and a number of cancers. In an international study led by the University of Cambridge and published in the British Journal of Sports Medicine, the authors conducted a systematic review and meta-analysis, finding that one in 10 early deaths could be prevented if everyone managed at least half the recommended level of physical activity.

"I believe exercise is an important component for a long life," Helga said. "I appreciate the opportunities we have here."

Find your inspiration at Vista del Monte. Schedule your tour today by calling **805-687-0793** or by emailing **VDMsales@frontporch.net**.

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For those who have questions about retirement community living, Vista del Monte is a great resource. Experienced staff can answer questions about the different types of retirement communities, levels of care, fees, culture, life enrichment opportunities, the moving process, dining, and more.

"Moving to a senior living community is an important life decision and we encourage anyone to seek all of the facts before making a move," Wendy said. "The Vista del Monte team is here to help."

Vista del Monte is a continuing care retirement community (also known as a CCRC or life plan

community) that offers all levels of care, including independent living, assisted living services and memory care. The chief benefit of CCRCs is that they provide a wide range of care, services and activities, offering residents a sense of stability and familiarity as their abilities or health conditions change.

Most CCRCs charge an entrance fee, but at Vista, residents have two contract options as well as the option and flexibility of month-to-month residency.

Wendy said another common concern she often hears from prospective residents is their fear of having to downsize. "It's not so much that they are

BENEFITS continues on backside >

New Vista del Monte Fitness and Aquatic Center Re-opens to Santa Barbara Community Members

For many years, before moving to Vista del Monte, longtime Santa Barbara residents Roxana and Fred Anson were members of the community's Fitness and Aquatic Center (FAC).

"That's not unusual, we have several residents who discovered Vista through the FAC," said the Center's manager, Heidi Reyes. "It is a community resource we are proud of and that the greater Santa Barbara community appreciates."

Whether it's swimming, aquatic exercises, physical therapy or a friendly but spirited game of volleyball, Vista del Monte residents give the community's newly remodeled in-door pool and adjacent fitness center an A+ rating. For decades, the FAC has promoted health, wellness and wellbeing to Vista del Monte's residents and the Santa Barbara community alike, including, at one time, providing the venue for swim lessons for local children. But for the past few years, the FAC has been closed to the general public due to the pandemic.

"We're pleased to announce the FAC is open again," Heidi said. "It's time for our members to return and enjoy all that it has to offer. We also hope to attract new members. It's a great way to get to know our community and stay fit at the same time."

The 16.5 X 8-meter walk-in, indoor pool is consistently heated to around 88 degrees so no matter what time of year, swimmers can experience



Anyone for a swim?

maximum enjoyment and comfort. Its maximum depth is 4.5 feet so it's ideal for most activities.

"I think it's the classiest pool in all of Santa Barbara," said resident Bill Boyd, who can be found enjoying water exercises on Tuesdays and Thursdays. "It's a tremendous asset for this community. It's one of the main reasons my wife and I moved in."

Marjorie Elkin has been using the pool for 20 years, even before she was a resident. "Water volleyball is my game," she said enthusiastically. "And the way the pool is designed with the tiled walls, murals and ceiling is very calming, fresh and nice."

New to the FAC is an endless pool that uses a propulsion current to enable users to swim continuously. It can be used as a swimming training aid or for physical therapy, allowing people to swim non-stop long distances.

The Vista del Monte FAC emphasizes improved strength, balance, coordination and cardiovascular fitness. The state-of-the-art fitness center features equipment specifically designed for older adults.

And don't forget having fun! Join the Vista del Monte FAC and enjoy the stimulation of new challenges, new friendships, and the delight in achieving your fitness goals. Participants at all levels of ability are welcome.

FAC memberships start at \$45 a month. Personal training is also available for an additional fee. For more information, call **805-879-5556**.



Fitness and Aquatic Center Manager Heidi Reyes checks in on a resident during his workout.

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unwilling to give up some of their possessions, but more so that they don't know where to start," she said. "The good news is that Vista can refer new residents to specialists who can help them with that task before they move in. Most of our residents who have gone through this process have found it very refreshing and liberating."

Wendy has extensive experience in the senior living field of service. "I have more than 25 years' experience working at not-for-profit communities and clearly see the benefits for myself and for residents," she said. "Not-for-profit organizations like Vista commit their revenues over expenses to furthering the mission of the organization, rather than sharing their profits with stockholders. That is an important distinction. It means that Vista del Monte places meeting residents' needs at the forefront. I feel very strongly about working for an organization that I believe in and feel residents should live in a community they believe in. For me that is Vista del Monte."

As part of Front Porch Communities and Services, Vista's mission is to ... "inspire and build community

by cultivating meaningful relationships and experiences" Vista del Monte's philosophy is to encourage residents to be as engaged as they want to be and receive community support for those choices. The community has a full menu of social, educational, recreational and well-being opportunities and residents are encouraged to continue and share existing hobbies as well as explore new pursuits.

"Our residents have such diverse backgrounds, it's easy to connect with new friends," Wendy said.

Vista del Monte also has the support of its philanthropic partner, the Front Porch Communities Foundation. Gifts to the Foundation assist residents who outlive their resources and support community improvements that enhance resident quality of life. Vista also partners with the Front Porch Center for Innovation and Wellbeing, which brings innovation to all Front Porch communities, for the purpose of better meeting residents' needs.

Call Wendy today at **805-687-0793** and she will be happy to guide you through this very important decision.



Vista del Monte
a front porch retirement community

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Vistadelmonte.org



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