

• every journey begins with you •

FALL 2023

vista vibe

Community is Why You Feel Welcome at Vista del Monte

Helen McCann had just lost her husband when she started thinking about where she wanted to live. She knew it wasn't in the home they once shared that was now too large for one person. But where?

"I wanted a community where I could have privacy *and* a sense of community," Helen said. "I wanted an apartment on the ground floor, no stairs. I did not want



Residents soak in some afternoon sun and conversation outdoors.

a hallway. I also had two dogs and, you'd be surprised, but not every retirement community is thrilled with that."

She found everything on her floor-plan checklist – along with a friendly welcome for her dogs – at Vista del Monte.

At Helen's courtyard home, the patio door opens onto a garden area surrounded by a low fence and a lush forest of ferns.

But while Helen appreciates a division between public and personal spaces, fellow Vista del Monte resident Jan Purcell revels in the neighborly camaraderie offered by her cheerful second-floor apartment she moved into nearly eight years ago. Its patio and picture windows look onto a canopy of jacaranda and pepper trees.

"I try to keep the door open, so if anyone wants to stop in and chat, they can," Jan said.

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Make Your Move to Vista del Monte Today!

Don't let our fall move-in special pass you by. Reserve a two-bedroom residence by October 31, 2023 and receive \$8,000 off.* You can even move in while your house is on the market. Find out about our Entrance Fee Deferral Program. We offer month-to-month and entrance fee options for your new Vista del Monte home.

Call us today at **805-687-0793** or email us at **VDMsales@frontporch.net** for details.

*Restrictions may apply and cannot be combined with or replace other offers.



Meet Amy Ross, Vista del Monte's No. 1 'Go-To' Person

Come to Vista del Monte and we'll take care of all your day-to-day chores so you're free to do all the things you love. Our entire staff is here for you, and they get quite a bit of satisfaction knowing they're helping you live your life the way you choose.

But on the occasion that you do have a problem – whether it's a question or concern, or a bigger roadblock in your pursuit of happiness – and you're not sure where to turn or who to call, then we have just the person: Amy Ross, Director of Resident Services.

Every resident knows Amy. She's been Vista's "go-to" person for almost seven years.

She's one of the first people they meet as she is part of the pre-admission process. She orients them to the community. And that's just the start. Amy is there for you, no matter what you need, and either she'll solve your problem herself, or she'll expedite your request with the right person on the staff. Either way, you can count on Amy.

"The beauty of our staff is that we all do a little bit of everything," Amy said. "Everyone's goal from administration, environmental services, housekeeping, life enrichment and dining services is to make residents' lives a little bit better. Every day is an adventure and I love it!"

Amy has a wide range of duties. She is part of the disaster preparedness team and the health services

transition team. She helps new residents settle in and shows them the ropes, so to speak and assists residents with internal moves. As a licensed notary public, she assists residents with personal matters, advises maintenance of any requests (and on occasion, does easy fixes herself), picks up mail when residents go on vacation, supervises the beauty salon and much more. During the pandemic, she helped deliver food to resident apartments, and on Fridays, she can be found holding down the resident "Corner Store" and serving dinner many evenings at Fernbrook, Vista's assisted living residences.

“Every day is an adventure and I love it!”

Once upon a time, Amy's career goal was to become a nurse, but after volunteering at a hospital, she realized the job was a little too clinical for her. Instead, she decided she wanted a more personal approach with people and a senior living community was the perfect fit. She worked for more than 20 years as a resident services director, admissions

director, administrative assistant as well as in a myriad of other positions at senior living communities.

"In my last position, I was doing a lot of paperwork and it was not as fulfilling as I would like, so when the resident services position opened up at Vista, I jumped at the chance to come here. I just love that personal connection with residents. They are just a fountain of information. Their experiences and life stories are such a blessing to me."

As a new resident, you'll get Amy's phone number and email, or you can just pop into her office and say, "hello" or ask her any question under the sun. And if you're taking an inventory of all the great amenities Vista del Monte offers, make sure you add Amy to your list.

When you schedule your tour of Vista del Monte, be sure to ask to meet Amy. Call us today at

805-687-0793 or email us at **VDMsales@frontporch.net**.



Amy Ross is Vista's "go-to" person.

Marjorie Elkin Continues to Find Inspiration in Santa Barbara and Vista del Monte

Marjorie Elkin has been part of the Santa Barbara community for decades. She was born here in 1933 and graduated high school in 1950. She enjoys the fantastic Mediterranean climate, breathtaking scenery, glorious flora, wide, palm-fringed beaches and the storied history of the community dubbed the “American Riviera.”

“You could say Santa Barbara is part of my DNA,” Marjorie said with a laugh. “Why would I want to live anywhere else?”

But Marjorie’s roots in California go back even further – seven generations further. She is the direct descendant of Luis Quintero, one of the original founders of the City of Los Angeles on September 4, 1781, then known as *El Pueblo de Los Angeles*. Her descendants moved to Santa Barbara in 1783.

Given her historic past, it’s no wonder Marjorie chose to stay in Santa Barbara when selecting a senior living community.

“When I broke my leg on vacation in India, that was a significant moment in my life,” Marjorie said. “I started to think about my future. My kids took care of me when I had the broken leg but I did not want them to have to take care of me forever.”

Fortunately, around that time, Marjorie was a volunteer at Vista del Monte’s renowned Fitness and Aquatic Center, where she also enjoyed jazzercise classes. She did her due diligence and checked out other communities but they did not feel like home. “I knew deep down Vista was the right place,” she said. “The other places I looked at were large and impersonal. Here, the community is intimate and inspirational.”

One of Marjorie’s desires was to live in a place where she could continue her active lifestyle, not only at Vista but in the greater community. She enjoys Old Spanish



Marjorie Elkin loves living at Vista del Monte.

Days Fiesta every August, a citywide celebration of its heritage and attends mass at her long-time church nearby.

She is a theater buff and attends plays at numerous venues in the area. In fact, for 30 years, Marjorie was a volunteer usher at the Granada, Garvin, Arlington and the Lobero, the oldest continuously operating theater in California and the fourth oldest performing arts theater in the country. “During that time, I crossed paths with Desmond Tutu, Joe Biden and Mikhail

Baryshnikov, when the Russian Ballet performed here.”

At Vista, Marjorie enjoys water volleyball, Pilates, meditation, Rummikub and doesn’t miss the Friday night happy hour each week. She also reads a book a week while enjoying quiet times. She was

“The other places I looked at were large and impersonal. Here, the community is intimate and inspirational.”

thrilled in 2015 when King Felipe the VI of Spain visited Santa Barbara to meet with Spanish decedents. “I actually shook hands with the King!” Marjorie said. “That was exciting.”

“I love having choices here at Vista,” she said. “I can be as busy as I would like to be. I pick the things I like and I do them in a community I love.”

Schedule your tour of Vista today and ask to meet Marjorie. Call **805-687-0793** or email us at **VDMsales@frontporch.net**.

COMMUNITY continues from front >

Find Your Ideal Home

The fact that Helen and Jan both found their ideal, yet very different, living arrangements at Vista del Monte highlights what makes the campus a best choice for anyone considering senior living community options.

Vista del Monte offers independent living, assisted living and memory care onsite. Among the services included in the monthly fee, with or without a continuing care contract, range from housekeeping and chef-prepared meals to on-site security and an emergency call and response system for added peace of mind.

For residents in need of a little more TLC, the Truly Yours program offers a variety of plans that include assisted-living services such as medication management, bathing, dressing and more in the privacy of their home at Vista.

Stay Healthy, Fit and Engaged

Already an avid swimmer before moving to Santa Barbara, Helen loves having access to the Vista del Monte Fitness & Aquatic Center as a major benefit.



Residents enjoy a game of ping pong.

The shallow-water, heated exercise pool offers aqua aerobics, water volleyball and Helen's personal favorites, lap and open-swim sessions. An "endless pool" is Vista's newest feature, which is available for lap swimming against a gentle current or for physical therapy.

Continue doing what you love as you begin a new journey at Vista del Monte. Find your ideal home among friends in a truly exceptional senior living community. Call or email us today for a tour at **805-687-0793** or **VDMsales@frontporch.net**.



Vista del Monte
a front porch retirement community

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Vistadelmonte.org



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opportunity housing
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