



THE MESSENGER

APRIL 2012

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FINDING 'ME' TIME

Don't feel guilty about taking some "me" time every day. You aren't wasting time; rather, you are investing time in yourself that will benefit yourself and others, too.

We all need time to do something we enjoy or that will help to improve our lives. When we pay attention to our own needs, we become better spouses, parents, grandparents, friends and employees.

Find a time of day that works best for you, and keep the date with yourself every day. Block off the time in your printed or electronic calendar to make it easier to keep the date.

P.S. Don't forget to check your Life Enrichment Department Calendar for exciting programs and upcoming events.

— Maria S.

FROM THE MARKETING DEPARTMENT

We had a lot of fun with Doctor's Day last month. Residents submitted their favorite doctor's name, and we surprised them on Doctor's Day with breakfast. I have found, in the past, that doctors love this surprise because many of them make early calls at hospitals and miss out on eating. Thanks to those who participated.

I also want to thank those residents who mention Monte Vista to people they meet when they are out and about. Our best source of residents has always been word of mouth.

I hope everyone has a happy, healthy April. Happy Easter and good Yontiff!

— Tracy



EMPLOYEE OF THE MONTH

My name is Martha Chairez. I was born in Tijuana, Mexico, and I've been living in National City, Calif., for the last 26 years, I've been married for 31 years. I have three sons, one daughter and nine grandchildren. I have been working at Monte Vista for two years. In my free time, I enjoy attending my grandchildren's soccer games.

ON THIS DAY IN SAN DIEGO HISTORY

The last streetcar of the San Diego Streetcar Company (also called the Electric Railway or Trolley) was retired from service. The San Diego Streetcar Company was an early trolley system that started in 1886 with a horse-drawn trolley on Broadway and Fifth Avenue in downtown San Diego.

In 1892, when John Spreckles arrived in San Diego, he bought the streetcar company and eventually expanded it to the cities of Colorado, Kensington, South Bay and La Jolla in California. The electric trolley was extended from San Diego to La Jolla in 1924, and it ran for 16 years until it closed down in 1940.

The demise of the San Diego Electric Railway was precipitated by the popularity of the automobile and by expansion of the bus lines, which started in 1922 between National City and Chula Vista. People either preferred to drive their own cars or to use the bus lines, which were more flexible than the trolleys, which were limited to traveling on tracks. San Diego was the first major city in California to eliminate streetcars.

The first bus lines in San Diego were run by Western Transit Company, a privately owned company that bought John Spreckles' San Diego Electric Railway for \$5.5 million in 1948 and converted it to a bus transportation company. By 1960, the Western Transit Company was having trouble making a profit. In 1966 the voters of San Diego voted to approve the takeover of the bus company by the city for a price of two million dollars, and it became the San Diego Transit.

The early San Diego Electric Railway had been closed for over 30 years before the present-day trolley system started up with the Tijuana Trolley in 1980. That trolley went from downtown San Diego to San Ysidro, just across the border from Tijuana, making 11 stops along the way.

Later, the new trolley system was expanded to other areas of San Diego by the Metropolitan Transit System. So today, when the freeways and streets are clogged with extra-heavy automobile traffic, the trolley system has become an alternative means of transportation in ever-growing and ever-changing San Diego.

UPCOMING EVENTS

- 2nd: Residents Meeting
- 2nd: Round Table With Adrian
- 3rd: Trip to Point Loma Seafood Restaurant
- 4th: Our History Lady
- 5th: Residents Birthday Lunch
- 6th: Valiant Veterans Meeting
- 7th: Easter Egg Hunt
- 9th: Fabulous Hearing
- 10th: Trip to Viejas Casino
- 11th: Sunshine Ladies Luncheon
- 12th: Trip to Summer Past Farms
- 17th: Men's Breakfast
- 17th: Trip to Shades Restaurant
- 19th: Trip to Balboa Dog Park
- 24th: Trip to Panda Machi Restaurant
- 25th: Showcase Lunch
- 26th: Blood Pressure Screenings
- 26th: Trip to Balboa Park Titanic Exhibit

RESIDENT SPOTLIGHT

I was born Dec. 30, 1922, in Stuttgart, Germany, and later on moved to the U.S.A. with my Mom and Dad and settled in Cleveland, Ohio.

At age 15 I quit school and went into the Civilian Conservation Corps at Tulelake, Calif. I would wake up in the morning and there it was — Mt. Shasta covered with snow.

My work consisted of fighting fires, building irrigation ditches, building roads and other work. My pay was \$30 a month. After one year, my term was up, and I went back to Ohio to go to trade school. At that time I met my future wife, Mary. My schooling consisted of math, basic carpentry, transit, blueprint reading, welding metal work and burning torch. It lasted until I went into the Navy in WWII. I was in the submarine service and underwater demolition unit. (Today they are called SEALs.) I went to diesel torpedo school.

When the war was finally over, I got an honorable discharge, some cash and a one-way ticket to Ohio. A short time later, Mary and I got married. I worked as a boilermaker, a millwright iron worker and a carpenter. My home was in Ohio, but I also worked in Michigan, Pennsylvania and West Virginia. I was well compensated for my work, so I retired when I was 53 years old, My wife and I went to Florida and bought a waterfront home. We fished, swam and enjoyed life.

Our next stop was in the state of Washington on the Olympic peninsula. What a place! We spent our time in the rainforest, hiking in the mountains and along the streams, watching salmon going up the streams and fishing for halibut, salmon, trout, crab and shrimp. We bought a one-acre lot near Sequim, Wash., with a population of 4,500 and only two traffic lights. It was a very nice and laid back place.

My wife and I built a 2000-square-foot home with four bedrooms, where we could look out our windows and see the snow-covered Mt. Olympic all year long. We had deer, elk, quail and eagles on our property.

This came to an end when my wife came down with Alzheimer's. She suffered for eight years until she passed away at home in February 2008 at the age of 85. We were married for 61 good years.

IF ONLY I COULD REMEMBER ...

Momentary memory lapse is a natural part of aging. In our 20s we start to lose brain cells, and our bodies begin to make less of the chemicals needed for brain cells to work. The older we get, the more these changes can affect memory. Short-term and remote memories aren't usually affected by aging. Recent memory may be. For example, you may forget names of people you met today or where you set your keys. To help you remember, repeat names when you meet new people. Keep lists and a detailed calendar. Always put items, such as your keys, in the same place. Follow routines. Make associations. (For example, use landmarks to help you find places. If you misplace something and eventually find it, put it back where you first looked for it, not where you eventually found it.)



BIRTHDAYS

Muriel A. M., 4th

Dorothy (Ruth) R., 16th

Marilyn S., 18th

Henry P., 19th

Duke K., 19th

Christine E., 19th

Ann L., 26th

Mary Ann B., 26th

Helen H., 27th

Roland G., 29th

NEW RESIDENTS

Jane T. 2-1

Mary S. 2-29



2211 Massachusetts Avenue
 Lemon Grove, CA 91945
 619-465-1331



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Business Office Director

Patti Richmond

Resident Services Director

Carmen Ulloa

Plant Operations Director

Mitch Holdinghausen

FOOD AND BEVERAGE/DINING SERVICES

The nutrition we get from fresh fruits and vegetables, whole grains and other foods is irreplaceable. Although many people take multivitamin supplements, try to get much of what you need from food sources. Here is a list of foods organized by the areas they benefit.

- Vision: Low-fat fortified milk, beef liver
- Cell Growth: Spinach and other dark, leafy greens
- Immune System: Vegetables, apricots, carrots
- Healthy Skin: Oranges, squash and other yellow and orange fruits and vegetables.
- Build and Repair Cartilage and Bones: Oranges, grapefruits, kiwi, red and green peppers, broccoli, cabbage
- All-Around Good Health: Brussels sprouts, strawberries
- Build Strong Bones: Low fat milk, low fat yogurt, cheeses
- Prevent Osteoporosis: Broccoli, dark and leafy green vegetables, tofu, sardines, black-eyed peas, figs
- Control Blood Pressure: Bananas, baked potatoes with skins, lima beans and most other fruits and vegetables