

Mountain Vista View

Mountain Vista Senior Living | 4800 Tabor Street Wheat Ridge CO 80033 | (303) 421-4161 | 7th Edition

Looking Ahead: August

Mountain Vista will have a few fundraiser events in August hosted by the Alzheimer's Association. On August 12 we will be having a Bake Sale and \$4 Nacho Buffet from 2-4 pm. Some grab some baked goods and an afternoon snack of nachos! On August 19th they will have a \$2 Pizza by the Slice and \$1 Beverages. On Friday August 26th they will host a Silent Auction which closes at 3 pm. Come check out what items are available! Funds raised will benefit the Alzheimer's Association.

Sensory Outing



(Above: Barbara F, Richard R, Norma D, Jo G & Angel M at Anderson Park) In July, Mountain Vista residents attended what we call a Sensory Outing. Our residents had the opportunity to spend some time outdoors taking in all that nature has to offer for the senses from the views, the breeze and the sounds of the scenery. We selected Anderson Park for our location. This park is located in Wheat Ridge and Clear Creek runs through it. Residents were able to spend some time down by the creek listening to the flowing water, which was soothing. It was a warm summer day but comfortable in the shade near the water. We look forward to more outdoor adventures while the weather is nice and warm!

She's Got Your Back!



An article from your Resident Council President, Pam S:

Hello residents,
Here I am again. I know you are tired of hearing the same old things and I am tired of telling you the same old things. So, just come on over & shoot the bull with me. Tell me a joke, tell me your life story. Let's get to know one another. I am here to support you.
I want to invite you to the next Resident Council meeting. Hope to see you there.
Thanks,
Pam S



(Left: Barbara F enjoying Some sun & Smiling for the Camera)

Celebrating August Birthdays

- Evelyn C, Arlene D, George F, Charlene G, M. Jeanne M, Peggy Anne S, Pete V, Pat W*
- Melissa C- Nursing*
- Angelica H- Nursing*
- Nirmala A- Nursing*
- Perry P- Nursing*
- Alicia H- Nursing*
- Judy F- Nursing*
- Gabriela R- Nursing*
- Josh T- Nursing*
- Heather S- Nursing*
- Audra R- Activities*
- David F- Nursing*

Anniversaries

- Total years of service: 165 years*
- Diane S- 23 years*
- David F- 1 year*
- Sandra M- 1 year*
- Patsy T- 17 years*
- Kandy M- 32 years*
- Salina R- 6 years*
- Al G- 3 years*
- Stephen D- 4 years*
- Uttra R- 19 years*
- Linda F- 4 years*
- Lorena Ortiz V- 22 years*
- Cynthia N- 6 years*
- Amber H- 3 years*
- Elena V- 1 year*
- Jill J- 23 years*

Happy Campers



(Above: Judy G, Leonard O and Rudy V staying warm by the campfire)

Mountain Vista participated in our first-ever overnight camp out in July. This was such an incredible experience for all that attended. We went to Wilderness on Wheels, which is a non-profit organization that has wheelchair accessible accommodations that include cabins, restrooms, fishing dock and a hiking boardwalk. Many of our residents have visited WOW before, but this was our first overnight adventure. WOW is in Grant, Colorado, which is about 1 hour from Mountain Vista, down highway 285, at about 8,600 ft. It is nestled in pine and aspen trees. We set up tents around a small cabin called Ridgetop cabin, which sits on the top of a small mountain peak. Here we had access to restrooms if we needed them and we were very close to a boardwalk that led us down to the fishing pond. We had a crew of staff that set out to set up camp before residents arrived. Shortly after we regrouped, our wonderful dietitians prepared us sandwiches for lunch, which we enjoyed under our very own gazebo at picnic tables. (Cont.)

Happy Campers (Cont.)

Shortly after, we took a stroll down the hiking trail towards the fishing ponds. Along the way, residents pointed out many wildflowers such as Indian Paintbrush, Columbines and Lupine. The fishing pond was full of very hungry rainbow trout. We lost track of how many fish were caught! Even Lisa S, our former Social Services Director, managed to catch her very first fish! Congrats, Lisa! Judy G caught the biggest fish of the day and we all debated whether to cook them up for dinner, but opted to throw them all back and eat our cheeseburgers instead. Our fishing came to a halt when a little rain rolled through the area. Of course, as soon as we packed it up and returned to our gazebo, the rain stopped. We wound up spending the afternoon singing old familiar songs together with a little guitar and hot cocoa. No participants were harmed at the sound of Danielle's voice. We also enjoyed s'mores by the campfire and some star gazing after dinner. There just so happened to be a full moon at the time of our visit, which made for a lovely evening. Thursday morning consisted of a hike back down the hill and a trip to the gift shop for some souvenirs. It is safe to say we all had a blast and had an early bedtime following this eventful excursion. Residents that did not attend the overnight trip were invited for a day trip to Wilderness on Wheels, which was also lots of fun! We are grateful for WOW and the opportunity to spend some quality time together in the outdoors. We will go back for a day trip in the fall to see the fall foliage and can't wait until 2023's overnight camp out! Mountain Vista has started a new tradition!

Summer Fun

Summer is truly shaping up to be a great one here at Mountain Vista. We have been enjoying popsicles, iced tea and flavored water to stay hydrated and cool. We've also enjoyed some snow cones and cold beers. To beat the heat, we've been watching lots of Rockies games together, playing some of our favorite games like Pictionary and doing some scrapbooking. We also made tie dye t-shirts, which was tons of fun! We had several colors to choose from and no two shirts look the same! We also had a blast at our Classic Car Show and Carnival on July 22. We enjoyed shopping, sweets like cotton candy, churros and ice cream, popcorn and a miniature pony! Our friends from Franklin Park even came by for a visit to get in on the fun. There were over 20 classic cars on display to take us down memory lane. It has been so much fun to enjoy summertime festivities together. Please remember to be careful with the hot sun. We are entering peak summertime heat & this is tough on our skin & bodies. We also do not want to risk over-heating. Drink plenty of water, find shade & enjoy outdoors early in the day or in the evening. We also have sunscreen, hats & sunglasses if needed!



Engaged: An Employee Spotlight Column

This month we would like to shine a spotlight on a true team player at Mountain Vista. Her name is Susan R and she is our primary Activity Assistant on Memory Care. She is a total rockstar, having worked in multiple departments prior to this role. She has always been willing to step up and help in different departments and has worked with Medical Records, Admissions, Dining Services and Laundry. She has taken her creativity to her new position and has been providing quality programming for our residents. Our residents stay active and stimulated throughout the day with arts & crafts, music, physical activities, and socialization. She is always thinking about ways to engage our residents based on their personal interests and abilities. She even through an Avalanche watch party with treats. Residents decorated their own Avs t-shirts, too! Thanks, Susan for making our memory care neighborhood fun and homelike for our residents.

Gardening Updates

Our gardens seem to be faring well this summer. We have many tomatoes that are starting to take shape, though are not quite ready to eat. We have so many varieties to look forward to! A few cherry tomatoes in the front entry way have ripened quickly & we have been snacking on those from time to time. We've also got some pumpkins that are growing slowly but surely. Hopefully by late summer our pepper plants will provide us with some spiciness to our meals, for those brave enough. We are fortunate that many of these afternoon winds haven't toppled our beloved plants over! (cont.)

Attention Residents

Here is some important information about Mountain Vista's grievance process.

Each month residents are invited to meet for Resident Council. Managers have a standing invitation to attend this meeting to hear any concerns related to their department & follow up. We also review the grievance process during this meeting as a reminder to all residents. The meeting minutes are posted on each wing of facility for review & throughout facility. **More reminders:**

- Concern forms are located throughout the facility and can be submitted at any time

- All residents and representatives are encouraged to use these forms to report any concern.

- Once the form is filled out, please place in return location next to the concern forms.

- The concern will be reviewed by our Social Services Department and distributed to the appropriate employee to address.

- Once the form is received, the responsible employee has 72 hours once received to provide follow up with the individual expressing concern.

- Resolution may not be achieved in 72 hours but a plan to resolve will be provided at the time.

- Employees can also assist anyone with filling out a grievance form if needed. If you are not able to fill out a concern form, please ask any employee to assist.

Please utilize grievance process to help us better serve you

Gardening (Cont.)

They have been quite destructive! Also destructive are our fellow rabbits in the yard. They have been snacking on some of the sunflowers we have planted. If you haven't had a chance to visit the gardens on our main patio area, check them out!