

• every journey begins with you •

FALL 2018

vista vibe

Vista del Monte celebrates 'Fresh New Spaces'

Residents and guests enjoy 'The Park,' newly renovated Fitness and Aquatics Center and a sneak peek at Summer House

Vista del Monte celebrated the community's fresh new spaces with plenty of fresh new faces recently when it



officially unveiled a new eco-friendly landscaping and updated fitness and aquatic center to residents and guests. The well-attended event included residents, families, friends, dignitaries and members of the Santa Barbara community.

"Thank you Vista del Monte for our fresh new spaces," resident Toni Straka told the cheering crowd. "My mother lived here and now I live here. I remember the first day my mother moved in. She met so many more wonderful people during that one day than in the previous 10 years when she lived at another senior community. That says a lot about the people here. And that's still true today. We are active, passionate and adventurous and living life here is wonderful."

Vista's new landscape, called "The Park" by residents, features a wide variety of plants and trees. By

eliminating large lawn areas and replacing them with new drought tolerant plants, the landscape is diverse and beautiful. The new areas feature low-profile native plants that have started to blossom into mature specimens. Majestic pine trees, first planted when the community opened in 1964, remain. They surround wide, crushed stone walking paths and comfortable seating areas with new lighting to ensure resident convenience and comfort. Several of Vista's smaller courtyards have been revitalized with new plants, seating areas and hardscape.

"We are excited to debut our fresh new spaces," Executive Director Douglas Tucker said. "Our residents could not be more pleased. We know all of our visitors here today will be too when you see all the new enhancements to Vista del Monte."

[FRESH continues on backside >](#)



Vista del Monte's newly landscaped central courtyard, dubbed "The Park," by residents was officially dedicated in September.

Birthday Night is Fun Night at Vista del Monte

Themed event is a resident favorite

Each month on the third Thursday at Vista del Monte, “Birthday Night” means a special night of celebration, revelry and joy. Birthday Night themes, all suggested by residents, run the gamut from “Pirates of Treasure Island,” “Pajama Party” and “California Wine Harvest and Barn Dance” to “Night on a Mississippi Showboat” and “Travel to India.”

“Our residents go all out,” said Resident Services Director Helene Hellstern. “They dress up, dance, sing and have a fabulous time. Our residents know how to party!”

For more than 20 years, Birthday Night has been one of the community’s most anticipated and attended events. The dining room and kitchen staff create snacks and drinks appropriate to each theme. The life enrichment staff decorates the community and the only thing the residents have to worry about is having fun.

The celebration features a resident emcee who introduces the theme and all-star resident and staff groups dance to theme-related songs. The “Dancing Divas,” “Prancing Princes,” and the “Walkettes” can’t be missed. “The event builds great camaraderie,” said resident Marilou Shiells. “It’s a crystallization of one of our basic Vista philosophies – we’re one big family.”



“The Walkettes” perform at a recent Birthday Night at Vista del Monte embracing the night’s pirate theme.

“We pack the house each month,” Helene said. “During the party we introduce new residents, perhaps screen a slideshow or video and sometimes we bring in special entertainment that fits the theme like an accordion player for Oktoberfest.”

Vista puts on a special show each month for residents living in assisted living and memory care if they are unable to attend the main event.

“By far this is the residents’ favorite event,” said staff member Bente Maike, a member of the Dancing Divas. “The staff looks forward to each month’s theme as much as the residents. And we go all out preparing for it.”

Other themes have included or will include ... “Grab a Pint ... Irish Pub Night,” “Kentucky Derby Crazy Hats,” “School Days,” “Sports Night” and “Trip to the Hawaiian Islands.”

Vista del Monte Debuts New Website and a Fresh New Logo

Big news! In conjunction with Vista del Monte’s “Fresh New Spaces” campaign which debuted in September, the community has unveiled its new website and logo.

Visit vistadelmonte.org to see our new look and explore all the wonderful

benefits our continuing care retirement community has to offer. Check out our floor plans, amenities, life enrichment opportunities, photo gallery, highlights, happenings and more.

You can even schedule an appointment online to come for a visit.



Vista del Monte’s logo has a fresh new look! Its geometric patterns, clean typeface and bright color palette give our new logo a contemporary, fresh feel that matches Vista del Monte’s personality and style. The graphic elements represent our community’s ever-present mountain vista, majestic pine trees, nearby beach and beautiful sunsets.

Resident Profile

Dean Vogel Finds Vista del Monte is Just What the Doctor Ordered ... for Pursuing New Vistas!

Pioneering physician, veteran, family man, detective novel enthusiast, 60-year Santa Barbara resident and amateur astronomer all describe Vista del Monte resident Dr. Dean Vogel.

“I have a full life -- a somewhat exciting life -- and I’m looking forward to experiencing new things at Vista del Monte,” Dr. Vogel said.

Dr. Vogel was born in a small town in Indiana but moved to southern California when his brother received a basketball scholarship to play at USC. After graduating from medical school, he was an associate member of the Mayo Clinic before coming to Santa Barbara. He was instrumental in bringing coronary care to southern California in 1968 when the field was in its infancy.

Although the retired internist likes to keep up to date on the latest medical news, he spends most of his time enjoying the simple pleasures of life with his wife Mary at Vista del Monte.

“The last few years I’ve been the cook in the family so I’m glad I don’t have to do that anymore,” Dr. Vogel said with a smile. “The food here is excellent. And whenever we go to dinner here we end up



Dr. Dean Vogel and his wife, Mary, enjoy a chat on their patio.

sitting with someone with a PhD, or someone who performed on the New York stage or someone with an interesting hobby or story. The people here are just fantastic!”

He describes his wife Mary as a crossword puzzle expert. They both appreciate the newly landscaped grounds. “I don’t think there is another retirement community in the area that has such a wonderful garden as we have here.”

When Dr. Vogel wants some quiet time, he listens to detective novels using books on tape or gazes at the stars from his balcony through his telescope – lifelong hobbies that he has plenty of time to savor.

“Living at a continuing care community was important to us at this time of life.” Dr. Vogel added. “We looked at several communities but Vista del Monte is by far the best choice for us.”



Fall Savings Spectacular

Move to Vista del Monte today and watch the autumn leaves turn to deep red, lemon yellow and burnt orange in the company of friends. Love, laughter, camaraderie and a rich lifestyle awaits you at Vista del Monte. A vibrant, continuing care retirement community in Santa Barbara, Vista del Monte is a place where you can be yourself and live among friends who share your passion for living well.

Choose our entrance fee option, with lower monthly fees, or our month-to-month plan, whichever works best for you. Right now, if you reserve any of our one-bedroom residences before December 31, 2018 you will receive either \$10,000 off your entrance fee or if you choose our month-to-month option, two “Anniversary Credits (at your six- and 12-month anniversaries!

For details, contact Elizabeth Di Novi at **805-879-7635** or edinovi@frontporch.net or Jean Johnson at **805-879-7639** or jjohnson@frontporch.net.

This offer is limited based on availability. We look forward to hearing from you soon!



FRESH continued from front >

The renowned Vista del Monte Fitness and Aquatic Center debuted its new improvements. All new equipment, flooring, lighting and artwork make the space ideal for residents and visitors of all ages.

“Our past successes have inspired our future,” said Peggy Buchanan, the former Fitness and Aquatic Center director and current volunteer.

Residents and guests also got a sneak peek at the design for Summer House at Vista del Monte, the community’s new memory care neighborhood scheduled to open in spring 2019. Summer House is Vista’s innovative brand of highly personalized care supported by the latest

engagement technology. “Our focus is on bringing a sense of joy and meaning to each individual we serve at Summer House,” Douglas said.

In attendance were Santa Barbara Mayor Cathy Murillo and representatives from State Senator Hannah-Beth Jackson’s office and Assemblymember Monique Limon’s office. All three presented Douglas with certificates of recognition to mark the occasion and noted the community’s achievements as a long-standing member of the Santa Barbara community. If you missed the event, please call us for a personal tour and we’ll show you what’s new at Vista!

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