

SPRING  
2014

UPCOMING  
EVENTS

- **Super bowl Party**  
2/2/14
- **Valentine's Day  
Card Exchange**  
2/14/14
- **Family Game  
Night 2/15/14**
- **Synthesis Irish  
Dance Troupe in  
March**

Management  
Team

Administrator:  
Kathy Germano

Resident Services  
Director:  
Amy Jo Cruz

Dietary Supervisor:  
Maria Salcedo

Activity Director:  
Ramy Andersen

Maintenance  
Technician:  
Sissy Mlakar



# Mesa Vista News



Mesa Vista Assisted Living Residence 0072 E. Sipprelle Dr., Parachute, CO, 81635 (970) 285-1844 Fax: (970) 285-6351  
Email: MesaVista@seniorhousingoptions.org Website: http://seniorhousingoptions.org

## Swimming at Mesa Vista

By now our local readers have seen the newest addition to our living room. We have had to go through some trial and error with our tank but we have finally set up a new home for our beautiful little fish friends.



Among them are goldfish, mollies, tetras, neon tetras, plecostomus and freshwater guppies. There are medical benefits to having a fish tank. Studies have shown a significant reduction in blood pressure, stress, anxiety, muscle tension, pulse and calming agitation.



### Billiard Golf

We have a few new games here at Mesa Vista. One of our favorites is Billiard Golf. It plays like billiards or "pool" only instead of using a cue stick and billiard balls, we use a golf putter.



**Volunteer Today!**

- visit with residents
- share a craft you enjoy
- play an instrument
- teach our residents something new
- play cards

**Give the gift of time today!**

## Staff Spotlight: Adrianna Cruz



Adrianna has been with Mesa Vista for 6 years and is a personal care provider.

Adrianna has been a great asset to Mesa Vista in that she is one that will always be there to offer a helping hand and the residents just love her!

She is very knowledgeable in her position and is often responsible for training new staff.

Adrianna likes to read, watch movies, go out with friends, bowl, play video games and listen to music.

Adrianna has two siblings and enjoys being with her family that live in the area.

She is also currently pursuing a Certificate to be a Certified Nursing Assistant.

### Do you know someone who could benefit from Assisted Living Services?

We'd love to help! We currently have both studio and one-bedroom apartments available. Please contact us at 970-285-1844.

**A Senior Housing Options Residence**  
Website: [www.seniorhousingoptions.org](http://www.seniorhousingoptions.org)



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A Senior Housing Options Residence**

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TDD: 1-800-659-2656  
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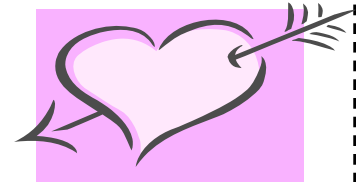


**Staff Email Addresses**

**Kathy Germano, Administrator:**  
[MesaVista@seniorhousingoptions.org](mailto:MesaVista@seniorhousingoptions.org)

**Ramy Andersen, Activity Director:**  
[mvalactivities@gmail.com](mailto:mvalactivities@gmail.com)

**Amy Jo Cruz, Resident Service Director:**  
[MesaVistaRSD@seniorhousingoptions.org](mailto:MesaVistaRSD@seniorhousingoptions.org)



**Senior Housing Options is a 501 (c) 3 non-profit organization**  
Our Mission: To provide and promote quality affordable housing and services  
in a caring environment for older adults in Colorado.

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**TO:**