

SPRING 2013

UPCOMING  
EVENTS

- **Art Show celebrating NALW 9/15 2:00**
- **Fall Color Tour**
- **Senior Mobile Dental Clinic 10/4**
- **A Matter of Balance Class (eight week course)**

Management  
Team

Administrator:  
Scott Saunders

Resident Services Director:  
Kim LaRocque

Dietary Supervisor:  
Sissy Mlakar

Activity Director/  
Community Liaison  
Kathy Germano

Weekend Supervisor:  
Amy Jo Cruz

Maintenance  
Technician:



# 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/mesa-vista/index.html>

## Paying it Forward to Seniors

Mesa Vista is proud to host a program for the community called "Paying it Forward to Seniors" We invite anyone from the community to have lunch with our residents to visit and share your company. The first participants were six employees from EnCana. The resident dining room was humming with conversation and the resident's enjoyed visiting and seeing new faces.

Columbine Health Care has added a new facet to

the free foot clinic. They now serve the diabetic sector on every even month, the first Thursday of the month. To make a reservation call Mesa Vista at 970-285-1844

Yet another way to Pay it Forward is to volunteer to help with the community garden. The resident's love the flowers and fresh vegetables, but need a helping hand for the more difficult tasks.



### Feeding the Ducks and Geese at Corn Lake

A fun time was enjoyed by all at Corn Lake in Grand Junction. We had lunch and then shared lunch with the ducks and geese.

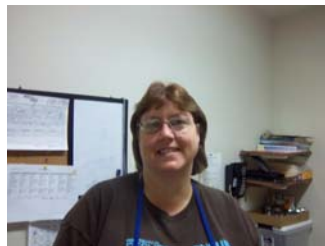


#### Volunteer Today!

- 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: Pepper Bowen



Pepper Bowen, our dietary manager is truly an asset for the resident's and staff at Mesa Vista. Not only are her tasty meals appreciated, but her attention to the resident's dietary

wishes are always a part of her daily routine. We can also depend on her team attitude in lending a hand whenever needed. Pepper is married and has one daughter, Misty that is a junior at the Parachute high school. Misty was a welcomed volunteer for Mesa Vista last summer. Pepper loves to read and enjoys camping with her family. We thank Pepper for going above and beyond for the residents.

### 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)

**Mesa Vista Assisted Living  
A Senior Housing Options Residence**

0072 E. Sipprelle Dr.  
Parachute, CO 81635  
Phone : (970) 285-1844  
Fax: (970) 285-6351  
TDD: 1-800-659-2656  
Email: [MesaVista@seniorhousingoptions.org](mailto:MesaVista@seniorhousingoptions.org)

**Staff Email Addresses**

**Scott Saunders, Administrator:**  
[MesaVista@seniorhousingoptions.org](mailto:MesaVista@seniorhousingoptions.org)

**Kathy Germano, Activity Director/ Community Liaison:**  
[kathygermano@gmail.com](mailto:kathygermano@gmail.com)

**Kim LaRocque, 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.

Mesa Vista Assisted Living Residence  
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Parachute, CO 81635

**TO:**