

FALL 2012

Mesa Vista News



Mesa Vista Assisted Living Residence 0072 E. Sippelle Dr., Parachute, CO, 81635 (970) 285-1844 Fax: (970) 285-6351
Email: MesaVista@seniorhousingoptions.org Website: <http://seniorhousingoptions.org/mesa-vista/index.html>

UPCOMING EVENTS

- **Fall Color Tour**
- **A Matter of Balance Class** (eight week course)
- **Don't forget to stop by the Parachute Annual Craft Fair on 11.17.12 at the high school-we will have a booth!**

Management Team

Administrator:
Scott Saunders

Resident Services Director:
Kim LaRocque

Dietary Supervisor:
Pepper Bowen

Activity Director:
Kathy Germano

Weekend Supervisor:
Amy Jo Cruz

Maintenance Technician:
Sissy Mlakar



Community Welcome

Mesa Vista is proud to host and facilitate several programs available to the surrounding communities of Parachute and Battlement Mesa.

Garfield County Senior Programs is sponsoring "A Matter of Balance" class which is an eight week course designed to reduce falls and increase activity levels of the participants. Contact Debby Sutherland at 945-9191 x 3084. Mesa Vista is proud to host this class-starting soon!

We will also be hosting the Senior Mobile Dental Service

on October 4th. This is a low cost preventative oral health clinic that performs cleanings and dental screenings for seniors.

Yet another service hosted by Mesa Vista is the free monthly foot clinic held the first Thursday of each month. Columbine Home Health care providers offer toenail trimming and screening for issues related to foot care and health.

We are proud to partner with these agencies in our ongoing efforts to bring services to our area, and invite you to join us.

Visiting The Glenwood Caverns

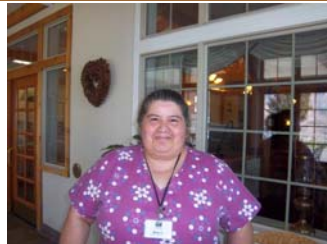
A fun time was enjoyed by all at the Glenwood Springs Adventure Caverns. We rode a tram to the top of the mountain where we had lunch and enjoyed the view .



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: Amy Jo Cruz



Amy Jo Cruz is the weekend supervisor in our community. Amy Jo has worked with Mesa Vista for the past four years. Prior to coming to Mesa Vista Amy Jo worked in skilled care for several years.

She is the go to person for resident's and staff on the weekends. She is always willing to help resident's and staff and does so with a smile. She is known to go out of her way to accommodate a resident's needs.

Amy Jo enjoys camping and loves a great BBQ. Some of her hobbies include crocheting and jig saw puzzles. She has four children ranging in ages 24 to 9.

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 for information.

A Senior Housing Options Residence
Website: www.seniorhousingoptions.org



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

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Phone : (970) 285-1844
Fax: (970) 285-6351
TDD: 1-800-659-2656
Email: MesaVista@seniorhousingoptions.org

Staff Email Addresses

Scott Saunders, Administrator:
MesaVista@seniorhousingoptions.org

Kathy Germano, Activity Director/ Community Liaison:
kathygermano@gmail.com

Kim LaRocque, Resident Service Director:
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: