



News & Views



2251 Springport Rd. Jackson, MI 49202
May 2023

www.vistagrandevilla.com

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Vista Grande Villa would like to thank Terry Sullivan, Grounds Foreman for his 30 years of service to the community.

Congratulations on achieving this anniversary with us! We appreciate your hard work through the years and hope you're proud of all your accomplishments. You should be so proud of your work here - now enjoy these next years.

Congrats on an amazing 30-year career!

Please join us to honor Terry in his retirement from VGV on Thursday, May 4 at 2:00 p.m. in the Rose Room.



MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Holidays and Observances: 5: Cinco de Mayo, 14: Mother's Day, 29: Memorial Day



5/6	Diane Kline
5/7	Ann Miller-Chisholm
5/8	Joanne Johnston
5/8	Diane Zimmer
5/11	John Toth
5/12	June Knierim
5/14	Dick Snell
5/17	Sharon Bell
5/21	Flo Silvernail
5/21	Jane Damm
5/23	Jean Boylan
5/23	Diane Richards
5/28	Rita Mason
5/28	Nadine Sprowl
5/30	Jerry Sanborn

5/4	Terry Sullivan Retirement Party 2:00 p.m. Rose Room
5/6	Jackson School of the Arts Children's Performance—10:00 a.m. Grande Room
5/10	Visit to Holland Tulip Festival. Sign up in the MSL.
5/12	Mom's & Mimosa's Brunch—Mother's Day Celebration followed by an instructor-led watercolor painting class. Sign up in the MSL.
5/14	Happy Mother's Day
5/19	Monster Box Theater will be providing entertainment (<i>Comedy</i>) in the Grande Room at 6:30 p.m.
5/24	Turkeyville Dinner Theater— <i>Sex, Please, We're 60!</i> Sign up in the MSL.
5/26	Kicking off Memorial Weekend with TGIF and entertainment by Lee Piper—2:00 p.m.
5/29	Happy Memorial Day





DID YOU KNOW?

CLASSIFIEDS

A watercolor portrait of family or friends, cat or dog make a unique and welcome gift, as well as memories of your own pet. Call Barb Anderson, a professional artist at 563-8230 for more details. Proceeds benefit the Cascades Humane Society.

VGv provides a free membership to Ancestry.com for our residents!

The username and password are below:

Username:
vistagrاندevilla

Password:
jus4riob2
(case sensitive)

Tune into Channel 954 on your television to see news and activity information for Vista Grande Villa!

If you would like to receive communication via email, please leave your email address with the front desk or email kbraun@vgvilla.com

New Wi-fi Information:

Wi-fi Name: Vgvguest

Password: VGVGu3st!



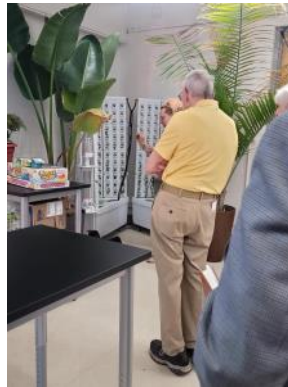
If you are thinking about getting a pet, please inquire at the Front Office for a copy of the Pet Policy. Also, if you are currently a pet owner, please be sure you clean up after your pet to keep Vista's grounds looking sharp!

See the bulletin board near the Front Office to stay current on community happenings! Minutes are posted monthly for each resident committee.





Community Outreach is an important mission of Vista Grande Villa team members. See how the team has been busy providing assistance outside of the campus.



VGV Residents visit JPS 4th Street Learning Center VGVenture Garden Site



Congratulations to Nicole Benner, Fund Development Coordinator on gradating from Leadership Jackson!

SAVE THE DATE!

Friday, June 23

9:00 a.m.—3:00 p.m.

Vista Street Market

Vista Grande Room & Back Parking Lot

\$15 to reserve a table

Come to shop, sell or both! Grab a neighbor and share a table. Remember someone else's trash is another person's treasure!

RSVP to Matt in Marketing



Watch What We Say

Proverbs 15: 1-4, 7 KJV

Cedric Lowe

Spiritual Wellness Coordinator

A soft answer turneth away wrath: but grievous words stir up anger. ² The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness. ³ The eyes of the Lord are in every place, beholding the evil and the good. ⁴ A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit. ⁷ The lips of the wise disperse knowledge: but the heart of the foolish doeth not so. Good Evening VGV. I would like to make a provocative statement right here. All of us have said some things we wished we kept to ourselves. Amen? Somehow, we allowed some thoughts in our heads to flow out of our mouths that we knew should never have come out. Whether it was in a moment of blind anger or a premeditated attack, we have all said some hurtful things to people we care about that we knew we shouldn't have. What's even more interesting Vista Grande Villa, at times we try to disguise these mean-spirited comments as lighthearted jokes, harmless sarcasm, or some form of passive aggression. Am I talking to anybody? For some of us, we are quick on the draw. You say something crazy to me, I'm getting you together right now. I'm getting you told ASAP. Amen? For some others, we will wait for the perfect opportunity to get the greatest response possible. Amen? We will wait until we have the perfect conditions to not only hurt someone but to possibly embarrass and humiliate them as well. Amen? Worse yet, we will recruit or disciple other people to our cause so they can "join in the fun". Amen? My question to all of us tonight VGV is "Where is the Jesus in this type of behavior?" Is God pleased with us when we act like this? I can tell you my sisters and my brothers that God is not pleased when we act like this and this is not why He saved us. If we need to repent and change our ways, then let's do it so we can please God and Watch What We Say. God Bless.

WELLNESS CORNER



**Heather Chichester, PTA
Senior Personal Trainer**



CARE IN HOME

VGW WELLNESS PROGRAM
FUNCTIONAL FITNESS
TRAINING
&
FREE WELL SCREENS

TRY FIVE FINGER BREATHING FOR DEEP RELAXATION

There are many breathing techniques that effectively reduce stress and anxiety. Five finger breathing engages multiple senses and quiets your “monkey mind”.

1. Set your left hand out in front of you.
2. Focus your gaze on where your finger and hand meet.
3. With your right pointer finger, SLOWLY trace your fingers up and down starting at your pinky.
4. Breath in as you trace your finger upward and breath out and your trace your finger down.
5. Breath in and out through your nose, or in with your nose and out with your mouth. Either technique is effective.
6. Keep going until you have finished tracing your hand.
7. Reverse directions and go back the way you came. 😊

**CONTACT HEATHER TO LEARN MORE ABOUT
FUNCTIONAL FITNESS & SCHEDULE YOUR FREE WELL-SCREEN
CALL - 517-414-5943**

Word Search

MAY FLOWERS



R O S E X Z I N N I A D M I
B U H V L S Y D L I M A A Q
E D Y B S R P M N U A F R Y
G M A I Z I X U F E R F I B
O C C I L N T L G E Y O G T
N X I T S E V N W A L D O U
I P N I P Y A O G S L I L L
A P T A N R L O U T I L D I
X O H O D F P C C E S I S P
N P E Y N J S H U R Y L Y W
E P H U M I R G I L O A E V
G Y S U B O R C H I D C X F
Q S X I M V I J H L P H U X
D A H L I A H Q P Y Y K R S

Tulip

Crocus

Begonia

Peony

Amaryllis

Rose

Daffodil

Sunflower

Easter Lily

Hibiscus

Petunia

Dahlia

Lilac

Hydrangea

Daisy

Marigold

Poppy

Orchid

Hyacinth

Zinnia

Vista Grande Villa Mission Statement

Vista Grande Villa, a non-profit senior living community, exists for the purpose of providing a quality continuum of care to enrich the lives of those we serve in a family environment.

www.vistagrandedevilla.com

Ind. Living: 787-0222
Campus Care: 783-9054
Assisted Living: 783-9040
Health & Rehab: 787-0226

VGV Board of Directors:

Dr. Michael Burgess
Alex Dinkels
Wendy Kim
Greg Putra
Mick Thorrez

Senior Management Team

Chelsea Eisele
Executive Director

Will Smith
Administrator—Health Center

Amy Tucker
Director of Human Resources

Kim Braun
Administrative & Hospitality Director

Kim Vander Band
Director of Finance

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Director of Nursing

Megg Gieger
Director of Dining Services

Steve Benkovsky
Director of Plant Operations

Tami Miles
Director of Sales & Marketing

Tim Swope
Director of Fund Development