



A monthly newsletter for residents, family, and friends of Valley Heights.



Valley Voice

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Flu Season is Approaching-- Know the Facts

The 2017-2018 Flu Season has begun, with vaccine clinics available throughout each community. Below is an article used courtesy of the CDC website with information about this year's vaccine.

Information for 2017-2018

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications. This page summarizes information for the 2017-2018 flu season.

What viruses will the 2017-2018 flu vaccines protect against?

There are many flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated to match circulating flu

viruses. Flu vaccines protect against the three or four viruses that research suggests will be most common. For 2017-2018, three-component vaccines are recommended to contain:

- * an A/Michigan/45/2015 (H1N1)pdm09-like virus*
- * an A/Hong Kong/4801/2014 (H3N2)-like virus*
- * a B/Brisbane/60/2008-like (B/Victoria lineage) virus*

Four-component vaccines, which protect against a second lineage of B viruses, are recommended to be produced using the same viruses recommended for the trivalent vaccines, as well as a B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

Article used courtesy of the CDC. Article can be found at <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

“On Halloween, the parents sent their kids out looking like me.”
- Rodney Dangerfield

Special student performance at Valley Heights
On Wednesday, October 18, enjoy the cherub voices of Monte Vista Christian Middle School Choir students as they sing for us in our formal Living Room. The show will begin at 9:30 AM. Invite your friends and neighbors to this extra-special morning show!

Senior Network Services

Senior Network Services is a Santa Cruz county community resource agency serving older adults and persons with disabilities with support services essential to their physical and mental well-being. Their focus is on helping people continue to live independent, fulfilling lives by giving them access to necessary information and resources. Visit their website (<http://www.seniornetworkservices.org>) or call them at (831) 462-1433.

Make **Your** Time Count

Schedule a friendly tour of Valley Heights today. Call Georgeann Menasco, our Marketing Director, at
(831) 722-4884.

Resident wins Santa Cruz County Fair Poetry Ribbon

Ray Gardner, resident of Valley Heights, has won the 2nd place ribbon in the Santa Cruz County Fair Poetry Contest this past September. According to one of the judges, Ray's poem is "...so sweet and endearing."

Mr. Gardner graciously allowed us to include his ribbon-winning poem in our monthly Valley Voice newsletter.

MEMORIES - at 88

*As the days draw down, I reminisce
Of my years, with you in wedded bliss
Your smile, your grace, your lovely face
I remember, at 88*

*As the night grows long, I often dream
Of you and I in the bloom of spring
Sensing the joy only love can bring
I dream, at 88*

*With idle time, I think of things
Our walks, our talks, our happy dreams
Things that made my heart sing
And I smile, at 88*

*With the passing of years, life's span is short
There's a chill, it's my life's December
But when I think of you my darling
It is lovingly warm September
And I am content, at 88*

SAFE & SECURE

We aim to provide a safe, secure senior retirement community for residents, staff, and visitors.

We have implemented many safety and security measures, behind the

scenes and visibly, so you and your loved ones have peace of mind at Valley Heights.

The Valley Heights staff is here to make you and your home safe, secure, and enjoyable.

Weekly Entertainment

Valley Heights offers a range of musical performances in our main Living Room twice a week for residents and friends to enjoy.

Whether it's a children's group, song and dance performers, piano players, or events, each Social Hour is unique and enjoyable.

Here is a list of Social Hour entertainment for October:

David Field- 10/ 3

Richard Stauff- 10/6

Young At Heart- 10/10

Mike Noonan- 10/13

Danceland- 10/17

Bob Hughes - 10/20

Liz Fischer- 10/24

Danceland- 10/27

Halloween Costume

Contest- 10/31

UPCOMING EVENT SPOTLIGHT: HALLOWEEN COSTUME CONTEST

On Tuesday, October 31, Valley Heights will host our weekly Tuesday Social Hour from 3:30-4:30 PM. Our entertainment on Halloween day will consist of numerous funny, amazing and creative costumes that people wear to celebrate this day. We will have a small parade around the Living Room before awarding prizes for costumes (approximately 4:15 PM). Everyone is welcome to visit, take part and enjoy this fun day!



Planning for Retirement Living

You are ready for a new chapter. You desire to no longer maintain a yard or stress to upkeep your property. You may be looking for just the right blend of social activities and private accommodations. Perhaps you are tired of cooking for yourself. If any of these sound familiar, call Valley Heights to inquire if this community is right for you!

Happy Halloween
Tuesday, October 31

VALLEY HEIGHTS FUN FACTS

Valley Heights is an independent senior living community that is family owned and operated.

Valley Heights has 80 apartments, each with one or two bedrooms. Every apartment comes with a full kitchen, private deck, storage, and personal washer/dryer.

Since 1991, Valley Heights has been "home sweet home" for hundreds of active seniors who crave luxury retirement living for a sensible price.

Breakfast and dinner are served daily in our formal dining room every day of the year!

Welcome to
Valley Heights

Sally Leach

"If human beings had genuine courage, they'd wear their costumes every day of the year, not just on Halloween."
- Douglas Coupland