



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



# V Valley Voice

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*The 2018-2019 Flu Season has begun. Flu Vaccine Clinics are available throughout Watsonville. Below is information found directly on the CDC website regarding this year's vaccine.*

The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses.

Flu vaccines protect against the three or four viruses (depending on vaccine) that research suggests will be most common.

For 2018-2019, trivalent vaccines (three-component) are recommended to contain: A/Michigan/45/2015 (H1N1 pdm09-like virus; A/Singapore/INFIMH-16-0019/2016 A(H3N2)-like virus (updated); B/Colorado/06/2017-like (Victoria lineage) virus (updated). Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus.

You should get a flu vaccine before flu

begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins.

CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

More information is available at:  
<https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm>

Welcome to  
Valley Heights

Ruth Rummell  
Kathy Idoine  
Robert Miller

**“October had the tremendous possibility. The summer’s oppressive heat was a distant memory, and the golden leaves promised the world full of beautiful adventures. They made me believe in miracles. “**

**-Sarah Guillory**

## HAPPY ANNIVERSARY

Bill & Lupe Burgstrom  
Oct. 24, 1948

## 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.

“Adopting the right attitude can convert a negative stress into a positive one.”  
~ Hans Selye



## UPCOMING EVENT SPOTLIGHT: HALLOWEEN COSTUME CONTEST

On Wednesday, October 31, Valley Heights will host the annual Halloween Costume Contest at 3:30 PM. The event will showcase many funny, thoughtful, amazing, and creative costumes that people wear to celebrate this holiday. We will have a small parade around the Living Room at 4:00 PM before awarding costume prizes (at approximately 4:15 PM). Everyone is welcome to visit, take part and enjoy this fun day!

**“October turned my maple’s leaves to gold; The most are gone now; here and there one lingers; Soon these will slip from out the twig’s weak hold, Like coins between a dying miser’s fingers.”**

**\_Thomas Bailey Aldrich**

## 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:

Bob Hughes- 10/ 2  
Richard Stauff- 10/5  
Young At Heart- 10/9  
Steven Valle- 10/12  
Chris Ring- 10/16  
Danceland- 10/19

Lizz Fischer- 10/24  
Mike Noonan- 10/27  
Danceland- 10/30  
Halloween Costume  
Contest- 10/31

## SAFE, NOT SCARY--

At our goal at Valley Heights is to provide a safe, secure, and healthy environment for residents, staff, and guests. We have security policies and measures in place, behind the scenes and visible. You and your loved ones have

a great peace of mind at Valley Heights that we are doing all we can to protect you and your property. Valley Heights staff is here to make your home safe, secure, and enjoyable.

### Did You Know: Breast Cancer Awareness Month

*You may not know that breast cancer is the second most common type of cancer for women. About 1 in 8 women born today in America will get breast cancer at some point in their life. Men also develop this type of cancer, but it is more rare.*

*With advancement in detection and treatments, most women survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.*

*National Breast Cancer Awareness Month is October.*

## VALLEY HEIGHTS

### FUN FACTS



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



Since 1991, Valley Heights has been “home sweet home” for many active seniors who desire luxury retirement living for a sensible price.



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

## Planning for *Retirement Living*

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

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

**“O hushed October morning mild,  
Begin the hours of this day slow  
Make the day seem to us less brief.”  
- Robert Frost**

**Happy Halloween**  
*Wednesday,  
October 31*