



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



Valley Voice

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Getting to Know You: JUDY HOFFMAN

I was born and raised in Watsonville. I graduated from Watsonville High School, class of 1960.

Although we were not sweethearts in high school, I married man who was a former school mate. His name was Hilde. We became parents to twin daughters; however one of the girls' lungs were underdeveloped and she did not survive. We were then blessed with a second pregnancy that resulted in another daughter. Our beautiful girls are named Lisa and Gina.

It was the late 1960's, and Hilde received his draft notice to serve in Viet Nam. Unfortunately, he was killed while serving. We were married for 10 years.

In an instant I became a twenty-something, single mom, in charge of raising 2 girls. I began work at Pajaro Valley National Bank. I worked there for a number of years, even after it changed to Wells Fargo.

After a few years passed and I met my second husband, Larry. We were married and relocated to a far off land... Santa Cruz. (That's happens to be the farthest I've ever lived away from Watsonville!) Larry and I became delighted parents to a bouncing baby boy, Steve.

We relocated our family back to Watsonville after my parents purchased a mobile home. They were getting older and I wanted to be closer to them. It felt right to live near them in case they needed help or some type of support. This also meant I had to start commuting every day for work.

I still worked in banking. In my career, I have 33 years of banking experience. Much of that time was spent working for County Bank of Santa Cruz. I was assigned at branches in Scotts Valley, Capitola, and throughout the branches in Santa Cruz. I was with the bank when they became Pacific Western Bank and then again

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“The future belongs to those who believe in the beauty of their dreams.”
- Eleanor Roosevelt



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.



“ March, when days are getting long,
Let thy growing hours be strong
To set right some wintry wrong.”
~Caroline May

when they became CoMerica Bank.

After I retired, I took a very special trip with my Mom. It was a paddleboat cruise down the Mississippi River. It was terrific, and so many interesting stories were told by costumed crewmembers. At dinner, we all dressed up and got to walk down an elaborate staircase—it was as if we were Scarlett O’Hara every night!

Speaking of Miss Scarlett, my favorite book of all time is *Gone With the Wind*. I think I’ve read it 5 times. The movie is a perfect representation of the book to me; it’s exactly the way I envisioned the characters and scenery in my imagination whenever I read it.

I am an avid reader. One of the most enjoyable aspects of living at Valley Heights is that I’m afforded the time to read as much as I want. When I was working and raising my children there was not much time for that luxury.

I also have a deep love of Disneyland! The last time I went was to celebrate a great-grandson’s 6th birthday. There have been a times I’ve met my son and his family from Las Vegas there for family vacation, too. I have traveled to Disneyland countless times and I still love going there. I now use a wheelchair in the park so I can keep up with the rest of my family. They are always on the move!

I have spent some Christmases with my son and his family in Las Vegas. This is wonderful and I cannot wait to see my football team move their franchise there. Yes, I am a Raider fan. You probably would not guess this since I am pretty quiet and somewhat shy.

My daughter, Lisa, lives in Sacramento and Gina lives in Santa Cruz. Between my three children, I have been gifted 11 grandchildren and blessed with 7 great grandchildren. Life is pretty good.

March Theme Night

Valley Heights will be celebrating the ‘Luck of the Irish’ on Saturday, March 17. Celebrate St. Patrick’s Day with a very special dinner menu planned for this lucky day!

Welcome to Valley Heights
**Jeff & Helen Stoneham, and
Colleen Ward**



OUR SERVICES

Valley Heights residents have peace of mind knowing staff is always on property to offer help if an emergency presents itself.

Our Resident Care Staff offer help if an emergency pull cord is activated during

the day and into the late evening. If something occurs during the overnight hours, the trained Security Staff will respond.

It is a relief knowing that someone would always be available to offer assistance at Valley Heights.

VALLEY HEIGHTS FUN FACTS

Valley Heights is the most sensibly priced independent senior living community located in Santa Cruz County.

Included in the monthly rent, residents enjoy two delicious daily meals (breakfast, dinner) in our beautiful Cattail Dining Room.

Valley Heights residents receive weekly housekeeping service that includes a linen change.

Our rent includes weekday transportation on the Valley Heights van to local doctors and shopping at no additional cost.

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 groups, song and dance performers, piano players, or sing-alongs, each Social Hour is unique and enjoyable.

Here is a list of performers scheduled for March:

Richard Stauff- 3/2

David Field- 3/6

Hoaloha- 3/9

Young At Heart- 3/13

Danceland- 3/16

Chris Ring- 3/20

Michelle Kiba- 3/23

Danceland- 3/27

Mike Noonan- 3/30

UPCOMING EVENT SPOTLIGHT

Dr. Thomas Hyland will be at Valley Heights on Thursday, March 22. As a podiatrist, Dr. Hyland supports the needs of our residents with foot care on-site. To sign up to be one of his patients and to make an appointment to see him when he visits monthly, contact the Valley Heights front desk.

A Special Piano Performance

Ellen Khayat Piano Students will perform for us on Sunday, March 4 at 3 PM. Come listen to their hard work and precision on our Steinway piano, also located in our formal Living Room. This performance is open for our residents, their family and friends of Valley Heights to enjoy. Hope to see you there!

Make *Your* Time Count

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