



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



# V Valley Voice

## In This Issue



**Senior Network Service**  
PG 2

**Getting To Know You**  
PG 2

**Safe and Secure Living**  
PG 3

**Upcoming Events**  
PG 3

## Happy 2019 Everyone!

### *A Note from Valley Heights Don Ditlevsen, General Manager*

*As the new year dawns, a sincere "thank you" from myself, my family, and all who work at Valley Heights. We ended another memorable year and look forward to providing residents a special community filled with quality services and support in 2019.*

*Last year numerous projects were put into motion. Some have already been completed, while others will be finished this year. These improvements include:*

*\* Our maintenance department has continued to make improvements to the natural spring area, located behind our building. This project will continue once we have comfortable weather.*

*\* Upgrades to security has continued throughout the year (mostly behind the scenes) to better secure our beautiful community.*

*\* A beautiful large screen map is now readily available to observe in our lobby.*

*\* On-going changes with our TV system to provide a greater variety in viewing options.*

*Valley Heights has been home to active seniors in Watsonville for close to 30 years. We now look forward to continuing these special friendships, enjoying fabulous food, having a beautiful property, and creating more joyful memories for our residents. On behalf of all of us, we wish you a wonderful New Year.*

*- Don*

*Celebrate New Year's Day*

*Music with Bob Hughes  
1:00-2:00 PM in the Living Room*

*Open Seating Dinner  
from 2:00-5:00 PM*



## Happy Anniversary

*Elaine Castle &  
Jim Thompson  
January 25, 2014*

## OUR COMMUNITY

Family is the cornerstone of the Valley Heights recipe. Since Richard Murphy and the late Kelly Chilcote built Valley Heights in the early 1990's, independent seniors have been provided quality services and support by the same caring family.

Keeping these cherished family values is at the heart of our daily operations. Now three generations are involved with providing a wonderful environment for seniors to live and thrive.

We believe in treating people like they are one of the "FAMILY" and it shows.

## 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**.

## Getting to Know You: Shop at the Top

*Odete Santos has been the owner and operator for more than 15 years of "Shop at the Top," our community's Beauty/Barber Shop conveniently located on the 3rd Floor (across from our Library).*

*Her skill, patience, and reputation is unmatched. She provides our residents support with their hair cutting, nails, and other esthetician services. Her prices are posted in her salon.*

*To make an appointment, you need to speak directly with Odete. Like other salons, she does have a 24-hour cancelation policy. If a resident does not show and does not call to cancel their scheduled appointment, she reserves the right to charge for the missed service.*

*Don't wait- Make you appointment today with the talented Odete Santos at the Shop at the Top!*

***"I was born in my parents' bedroom on January 16. The World Almanac says it was 1909. I say it was 1912. But what difference does it make as long as I feel 33?"***

***- Ethel Merman***

## Planning for **Retirement Living**

Retirement is a special chapter in life. Choosing an independent retirement community affords you fewer hassles and heartache along the journey. If you are ready for discuss this new chapter at Valley Heights, call us at (831) 722-4884.

# Weekly Entertainment

Valley Heights offers a wide variety of performances in our lovely Living Room twice a week for residents and friends to enjoy.

Whether it's a group of singers, song and dance performers, piano players, or a sing-along, each Social Hour is unique and enjoyable.

Here is a list of performers scheduled for January:

Richard Stauff- 1/4	Mike Noonan- 1/18
Young At Heart- 1/8	Lizz Fischer)- 1/22
Jasmine String Quartet- 1/11	Bob Hughes- 1/25
Danceland- 1/15	Danceland- 1/29

Welcoming  
New Residents

**Veronica  
Corbett**

## VALLEY HEIGHTS FUN FACTS



Valley Heights is an dynamic and active independent senior living community.



Our property has 80 beautiful apartments. Each apartment has 1- or 2- bedrooms that are both spacious and clean.



Since opening its doors in 1992, Valley Heights has been “home sweet home” to seniors craving luxury retirement at a sensible price.



In addition to scrumptious meals every day in our lovely dining room, residents receive weekly housekeeping service and local transportation provided by our staff at no additional cost.



## UPCOMING SOCIAL HOUR EVENTS

Social Hour is scheduled for every Tuesday and Friday (excluding some holidays). These unique performances occur while our staff serves refreshments.

These shows are performed in our formal Living Room (located on the 2nd Floor), adjacent to the Front Desk.

Don't miss out on the variety and talent of the performers at our memorable shows!

### **Dr. Martin Luther King Jr. Holiday - Monday, January 21**

***Dr. Martin Luther King, Jr. was an important civil rights activist, believing in non-violent protests. He became the youngest recipient of the Nobel Peace Prize at age 35 in 1964.***

***Dr. King was born on January 15, 1929 and assassinated on April 4, 1968. This January holiday is seen as a day to promote equal rights for all Americans, regardless of their background. It is observed the third Monday of every January, near Dr. King's actual birthday.***

***The earliest Monday for this holiday is January 15 and the latest is January 21. In 2019, the federal holiday is on January 21.***