



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



V Valley Voice

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WATER USAGE DURING A DROUGHT

California is facing a significant water shortage. The California Department of Water Resource website states Governor Newsom announced several actions related to drought preparedness back in April 2021 as we faced a second dry year in a row. Californians have had multi-year droughts in 2007–2009, and in 2012–2016

With the rainy season months away, every person should be mindful to conserve water every day.

Ideas for ways we can wisely use water include:

- * When waiting for water to get hot in your shower or sink, use a container to collect the cold water for use on plants
- * Reduce the length of time you

shower and wash your hair

* Turn off the faucet when you brush your teeth

* Wash clothing on a cooler water setting; launder only full loads

* Repair dripping faucet or leaking valves immediately

* Run only full dishwasher loads

* Wash your vehicle in a drive-thru car wash to conserve potable water

* Examine your toilet for leaks

Each of us are responsible for how and when we use water.

Please, do not waste water.



"Be devoted to one another in love. Honor one another above yourselves."

– Romans 12:10



HAPPY
ANNIVERSARY

*Ballard & Jean
Cheatham
August 16, 2003*

*Herman & Beverly
Graham
August 27, 1950*

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.

MORE 'NORMAL' AT VALLEY HEIGHTS

With Covid-19 public health restrictions essentially lifting in the middle of June, Valley Heights Management was able to amend policies for residents to experience life again more like it was prior to 2020.

Some examples of 'back to normal' activities we are enjoying:

- * *Scheduled shopping trips three times a week to local stores with our Valley Heights transportation service.*
- * *Indoor Tuesday Social Hour performances with local talent*
- * *Hosting outside guests during meals on our beautiful re-imagined patio or in the A-side dining room (advance reservations are required)*
- * *Longer guest visits in a resident's apartment*
- * *Vaccinated residents no longer are required to wear a mask in common living areas of Valley Heights*
- * *Full occupancy at Activities like BINGO and exercise*



Each step forward is made with intention to keep our residents, our staff, and guests of Valley Heights healthy and safe.

These two picture show our lucky resident BINGO players enjoying an afternoon of jun.

WORDS OF WISDOM

"What you get by achieving your goals is not as important as what you become by achieving your goals."

~ Zig Ziglar

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

~ William James

"Sometimes you will never know the value of a moment, until it becomes a memory."

~ Dr. Seuss

Planning for *Retirement Living*

You have been anticipating this exciting life chapter- now is your time to retire in style! A move to a senior community can be both exciting and overwhelming. When you feel ready to make a leap into your newest chapter, contact Georgeann Menasco, Valley Heights Marketing Director, to discuss whether our community is right for you!



UPCOMING EVENT SPOTLIGHT

ALOHA! On Friday, August 13, Valley Heights will be celebrating the spirit of Hawaii. DANCELAND will perform a special collection of tropical music during our Social Hour on the first floor patio. Dinner will be a choice of Polynesian fare. Come enjoy O'hana with us at Valley Heights.

Welcome our newest residents:

*Sharon Cardno,
Blanche Karnes, and
Helen Jane Pybrum*

Valley Heights Hawaiian Picnic Celebration

Residents are invited to our August Picnic at Valley Heights. Enjoy a delicious lunch while basking in the sun on our beautiful patio that is adjacent to our dining room. The picnic seatings will be at 11:45 AM, and 12:15 PM Wednesday, August 4, 2021.

Sign up at our front desk to reserve your space for our Hawaiian Picnic!

*“The hula is the heartbeat of the Hawaiian people.”
~J. A. Medders*

VALLEY HEIGHTS FUN FACTS

Since opening in 1991, Valley Heights has been “home sweet home” to hundreds of seniors craving luxury retirement living for a sensible price.

Valley Heights is known as an extraordinary place, where friendships are developed and everyone becomes extended family.

Residents receive a weekly housekeeping visit included with their affordable monthly rent. Our professional staff will help keep your apartment fresh and clean!

Make *Your* Time Count

Schedule a friendly tour of Valley Heights today. Call Georgeann Menasco, our

Marketing Director at
(831) 722-4884.



OWNER

Richard Murphy

GENERAL MANAGER

Don Ditlevsen

MARKETING DIRECTOR

Georgeann Menasco

CHIEF FINANCIAL OFFICER

Heidi Murphy

**PUBLIC RELATIONS
DIRECTOR**

Lori Welch Bettencourt



**VALLEY HEIGHTS
SENIOR COMMUNITY**

Our residents enjoy an active independent retirement lifestyle, full of good friends and all the pleasures of life.

For more information, a free brochure, or a personal friendly tour, call Georgeann at (831) 722-4884

*Visit our website at
www.valleyheights.com
or email us at
valley@valleyheights.com*

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