

Courtesy Patrol



Guardco Security
(209) 723-4273 or
(209) 947-2219

For Emergencies,
Call 911



***Please remember -**
Speed Limit is 15
MPH within the
Community Gates

Friends Make Good
Neighbors!

Don't forget our
resident referral fee is
\$250.00



**Received after resident
has completed 30 days of
residency*

Maintenance Corner

Castle Vista Maintenance Tip of the Month

Don't wait until inspection time to report maintenance issues.

As we get ready for end of year unit inspections, we ask that you help us by letting us know ahead of time any maintenance issues that you may have.

No maintenance call is too small! From changing a light bulb to changing the batteries, we are here to get the job done.

During your next inspection we ask that you have your patio closet (hot water heater closet) clear of items in front of the doors. We also ask that this closet not be used as a storage unit. We will be opening this closet to change your air filters.



Jon Lukshaw, Maintenance Lead

Residents that own pets, we ask that the day of your inspection they are on a leash or put away during the inspection. This is a stressful time for the animal since we are entering their home, and their instinct is to protect.

You will receive 48 hours notice prior to your date and time of inspection.

Fall Is Here! Brisk Days Are Upon Us

When starting your heater for the first time in months, you can expect a funny smell. This smell is dust and dirt that has settled in the furnace during the summer months. Don't be alarmed. This is normal. If this happens prior to inspection, give us a call. We will be changing all air filters during the inspection.



Important Numbers and Information

Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193

*If no answer, please leave a message,
we will return the call.*

Make sure to leave your name and address on the message and the issue at hand



2300 Cascade Drive, Atwater, CA 95301 Phone # 209-357-2924 Fax # 209-357-7914

8 Fall Steps for Healthy Living

Our Staff

Jennifer Krumm

Community Administrator

Kiran Prasad

Marketing Director

Denise French

Activities Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Richard Scott

Painter

Adam Blitch

Maintenance Technician

Joseph Long

Maintenance Technician



As the days get shorter and the temperatures drop, change is in the air. That's what makes fall a great time for renewal and fresh starts. It's time to fine-tune your health by making one or two small changes that yield big results.

1. Let Beans Be a Part of Your Diet

If you do one thing to improve your diet this fall, eat 3 cups of beans each week. Besides being a comfort food, beans add flavor and texture to soups, chili, and casseroles. They're also a great salad topper.

Beans are rich in protein, iron, folic acid, fiber, and potassium. So pick a bean, any bean -- lima, black, garbanzo, pinto, or others -- and enjoy.

2. Defuse Stress With Friendship

Fall is a good time to come back together after the summer scattering of vacations and busy schedules -- a great time to relax with friends.

Soothe away stress by making contact in person or by phone with someone you care about, someone you haven't talked to in awhile because life got in the way. The positive emotions will make you feel good, and when joy and stress meet up, the joy wins out.

3. Be Tender With Your Teeth

If you do one thing to improve your dental health this fall, turn over a new leaf by ditching habits that are hard on your teeth.

That means no more chewing on ice or popcorn kernels. Ice is a crystal and tooth enamel is a crystal -- when the two meet, one of them has to give. Sometimes it's the tooth. Popcorn kernels can break teeth or fillings too, and the hull, if lodged in gum tissue, can irritate and cause bacteria buildup.

4. Have Fun With Fitness

Improve your fitness this fall: Try a less-conventional workout to spruce up your regimen.

Break out of your fitness rut by taking a ballroom dance class or a mind-body workout such as yoga, Pilates, or Tai chi. You'll be energized and more likely to stick with it.

5. A Checkup: The Eyes Have It

If you do one thing to improve your vision, take a cue from kids, who often need back-to-school vision exams. Schedule a checkup with your eye doctor.

A comprehensive exam should include an evaluation of how clearly you see, how well your eyes work together, and an assessment of your overall eye health.

6. Heart Health: Know Your Numbers

Give your heart health a boost this fall, capitalize on the seasonal sense of renewal to focus on prevention.

That means scheduling an appointment with your doctor to get your blood pressure and cholesterol checked, and to see if your blood glucose levels are healthy. Knowing your numbers will help you figure out your personal risk for heart disease.

7. Warm Up With Wine

Diversify your alcohol choice with a room temperature glass of table wine. The warmer drink will take the chill off and the wine, especially red, has heart health benefits.

Remember a standard size glass of wine is just 4 ounces.

8. Synchronize Your Sleep

Manage the more demanding fall schedules by synchronizing your internal sleep-wake clock to the outside environment.

In the morning, get outside within 5 minutes of getting up and expose yourself to bright light for 30 minutes. At night, avoid bright light within two to three hours of bedtime because it might delay your sleep onset. This will keep you alert in the morning and make you sleepy at bedtime.

It's time to renew yourself! Try these eight easy health-boosting tips -- they're sure to give you a fresh start this fall.



Date	Time	Castle Vista Event
October 8th	9:00 am	Castle Vista Garage Sale Clean out your closets and organize your cupboards while making some extra cash. Sign up so your address will be on the map for the garage sale.
October 14th	2:00 pm	Halloween Murder Mystery Party Come and help us solve the mystery of “who-done-it”.
October 19th	2:00 pm	Alzheimer’s and Dementia Forum “The Growing Epidemic” Guest Speakers: Dr. Phil Allen and Don Martin
October 28th	7:00 pm	Karaoke & Halloween Costume Party Come join the party! Prizes for the best costumes
November 2nd	2:00 pm	Medicare Forum Guest Speakers: Merced HICAP Medicare RX Part “D” Open Enrollment

Denise French, Castle Vista Activities Director

Exercise for the Body and Soul

Exercise and physical activity are good for just about everyone, including older adults. There are four main types and each type is different. Doing them all will give you more benefits.

- Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming, and biking are examples.
- Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength.
- Balance exercises help prevent falls

Flexibility exercises stretch your muscles and can help your body stay limber.

Join Us!

Castle Vista Exercise Class

Tuesdays, Wednesdays, and Fridays

9:30 am at the Community Center

September 11th Remembrance Ride

This Ain't Your Mamas Church & Castle Vista residents went on their First Annual Bike Ride up to Happy Burger in Jamestown. Six bikes, 20 residents, great food, and great company. What a great day!



Golf Carts

If you are using golf carts we ask that you use the road ways as your main use of transportation. Please use the driveway to the dog park as you make your way to the entrance.

Please do not use the Mojave Court walk way entrance to the dog park.



Congratulations Alicia & Kyle McCleerey

September 3rd, Castle Vista was honored to have the wedding of Alicia Prasad and Kyle McCleerey. It was a beautiful wedding. Thank you for choosing us to celebrate your day!



Dog Park & Our Fury Friends

The dog park is a great place to take our fury friends and let them run and play. Please make sure to leave the dog park toys there to share with others. All dogs must be on a leash walking or riding to the dog park. This is for their safety and others. A friendly reminder to pick up after your pet. Please help us keep the dog park clean and enjoyable for all.

