

Mesa Valley Estates
 1328 Bertha Howe Ave
 Mesquite, Nevada 89034

Postage
 Information



January 2019

Mesa Valley Estates
 Assisted Living & Memory Care
 1328 Bertha Howe Ave
 Mesquite, Nevada 89034
 (702) 344-5050

**Norwegian Cities
 Word Search**

- ADRENDAL
- BERGEN
- DRAMMEN
- FREDRIKSTAD
- HAMMERFEST
- LILLCHAMMER
- NARVIK
- OLSO
- RINGSAKER
- TRONDHEI

I S Y S H S N U L L Y J O S C X A
 D V O B L Q R A L N X R G E H M U
 N V N E V S D R I P Z T X K M D U
 A H Q E R N W U L L I A F V Q R P
 R N Q M E C W T L Q O P F U T A Q
 V Z Q R D N Q I C N E G R E B M J
 I U D E G Z U A H W B I E B C M X
 K A G K R A H L A H H G D T N E A
 T G I A Y Z H O M A I L R L M N X
 R C E S L Q O R M X J O I W Y T Y
 O Z E G P S S M E H S H K C I U Y
 N P X N J V E Y R L R F S Z N O O
 D O P I D R F S O V V V T P P K W
 H G N R F A I T C L F N A I G L S
 E G D E W P T Y G V L E D X Q U L
 I U S C J R Q T G X Q V T V J T I
 X T O Z C E D A F S D J U H G S Z



Celebrating January

The first month of the year in the Gregorian calendar-January has been named after God Janus, who holds two faces. One face looks backwards, while the other one looks towards the future and represents the 'spirit of the opening'.

New Traditions

The New Year's Eve Ball first dropped in 1907. While the tradition of a Times Square New Year's Eve celebration dates back to 1904, the ball was not dropped at this event until 1907, according to Times Square's website. The first Ball weighed 700 pounds and had a diameter of 5 feet. It was constructed out of wood and iron, and had one hundred 25-watt light bulbs on it. Today's ball is made of 2,688 LED Waterford crystals.

Opening Fall 2019



In the beginning, there was a ground breaking. With all the progress that has been made, it's hard to believe that was only a few short months ago.



Mesa Valley Estates is almost half-way completed and we're looking forward to hosting our 'sneak peek' event this Spring.



Keep an eye on our Facebook page to view weekly progress photos.



<http://mesavalleyestates.net/>

<https://www.facebook.com/Mesa-Valley-Estates>

Monthly Arm Chair Travels

Several months ago, our sister communities began adventuring to various destinations around the world through Arm Chair Travels. We have learned of different cultures, histories and fun facts, and have engaged in cooking indigenous recipes, learning a few words of each language and creating crafts from each respective country we've toured. Needless to say, we are having a great time with Arm Chair Travels and have decided to explore the Scandinavian country of Norway during this month of January.

Our Arm Chair Travels began only six months ago and we have already visited the following destinations; July – Australia, August – Japan, September – Bolivia, October – Hawaii, November – Ethiopia, December – Philippines. In this January edition of our newsletter, we have included several 'on location' pictures of our Ethiopian and Japanese craft projects, in addition to a team member dressed in a traditional Japanese Kimono, and a resident completing Bolivian word puzzles. We hope you will enjoy our travels as much as we have.



January 2019, Destination Norway

Ice Hotels exist for only around four months of the year, from December 20 – April 20, and it takes no small amount of courage to commit to spending a night on ice.

Kirkenes Snow Hotel is located in the tip-top northern part of Norway. This hotel first opened in the 2006/2007 season and has been going strong throughout the winter months ever since. There are 20 individually decorated rooms at the hotel, as well as Gabba Restaurant that specializes in region specific dishes, particularly with salmon, cod, and arctic charr. Also located in close proximity is Gabba Reindeer park, a reserve with friendly, domesticated reindeer and Sami guides who you can sit and enjoy a hot cup of coffee with.

Most people who stay in the ice hotel enjoy it. The snow has an insulating effect that makes it silent and tranquil, and when you switch off the lights at the headboard, the room turns dark in a way that only people living in very remote areas experience these days.

Mesa Valley Estates' MVP's

There are a number of communities offering assisted living in Nevada. But you'll find there's something different about Mesa Valley Estates...and it isn't our well-furnished rooms nor our various amenities. It's simply six words that define our mission and impact how we care for our residents on a day-to-day basis:

Caring People, Serving People, Improving Lives.

Our mission statement guides everything from how we train our team members to how we discover—and meet—your loved one's unique needs.

Our Mission

Caring People, Serving People, Improving Lives

Values

Respect
Integrity
Collaboration
Excellence
Transparency

Core Principles

- **SERVICE** – We will be passionate about caring for and serving our residents, their families and in seeking new residents.
- **LEADERSHIP** – We will seek to identify and train effective leaders at every level of the organization.
- **SIMPLICITY** – We will focus on the fundamentals.
- **IMPROVEMENT** – We will get a little better each day.
- **STEWARDSHIP** – We will be stewards of all our resources.
- **ATTITUDE** – We will enthusiastically support each other in accomplishing our mission and goals.
- **PERSEVERANCE** – We will always PRESS ON.

Mesa Valley Estates' Sister Communities

Summit Estates: 222 E Patriot Blvd.

Reno, NV 89511 (775) 434-1880

Carson Valley: 1189 Kimmerling Road,
Gardnerville, NV 89460 (775) 265-1400

Fernley Estates: 1130 Chisholm Trail
Fernley, NV 89408 (775) 372-8625

Skylark Assisted Living: 900 Skylark Pl.
Ashland, OR 97520 (541) 552-1713

River Valley Estates: 7053 E. 31st Place
Yuma, AZ 85365 (928) 433-6958

Learn to Speak Norwegian

Every month in our Arm Chair Travels we learn how to speak a few words of each respective language. Join us in learning a few words & phrases of Norwegian.

Meeting People		
good day	god dag	(go)(dahg)
good morning	god morgen	(go)(mor-en)
good afternoon	god ettermiddag	(go)(et-tair-mid-ahg)
good evening	god kveld	(go)(kvel)
good night	god natt	(go)(nait)
hello/hi	hallo	(hah-loh)
please	vær så snil	(vair)(shoh)(snil)
thank you	takk	(tahk)
you're welcome	vær så god	(vair)(shoh)(go)
excuse me	unnskyld	(un-shool)
I'm sorry.	Jeg beklager.	(yay)(beh-klahg-air)
yes	ja	(yah)
no	nei	(nay)
Mr.	herr	(hair)
Mrs.	fru	(froo)
Miss	frøken	(fruhk-en)
My name is . . .	Jeg heter . . .	(yay)(het-air)
What is your name?	Hva heter du?	(vah)(het-air)(doo)

