

Mesa Valley Estates
 1328 Bertha Howe Ave
 Mesquite, Nevada 89034

Postage
 Information

February 2019



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



Once Upon A Time; Assisted Living Myth Buster

Once upon a time there was no such thing as assisted living. Those who required assistance with the daily activities that most of us take for granted, *such as medication management and socialization*, didn't have much of a choice other than to move into a nursing home. Thankfully, the new millennium has introduced assisted living, providing an option to live in a comfortable atmosphere where you remain independent in your own apartment, bring your own furniture, and are able to get back to doing the things you've always loved to do.

- ✓ Assisted living gives people the comforts of home and a helping hand, if needed.
- ✓ Nursing homes have evolved into rehabilitation facilities for a few days or weeks of skilled services after an injury, surgery or illness.

Assisted living is a new chapter of life; A place to call home that provides an opportunity to develop meaningful relationships. We do the cooking and the chores, while you focus on doing the things you love.

It's a new day! The assisted living way!
 Assisted living is completely different than nursing homes, and we're thankful for the additional choices offered in the 21st century.

Arm Chair Travels

Several months ago, our sister communities began adventuring to various destinations around the world through Arm Chair Travels. This month of February, our destination is the buoyant Central American country of Mexico.

Did you know the National University of Mexico was founded in 1551 by Charles V of Spain and is the oldest university in North America? Now a UNESCO World Heritage site and renamed the National Autonomous University of Mexico, it ranks highly in world rankings based on the university's extensive research and innovation in robotics, computer science, mathematics, physics, human-computer interaction, history and philosophy, among others.

Cities in Mexico

- ACAPULCO
- CHIHUAHUA
- ECATEPEC
- ENSENADA
- GUADALAJARA
- GUADALUPE
- HERMOSILLO
- JUAREZ
- MAZATLAN
- MERIDA
- MEXICALI
- MEXICO CITY
- MONTERREY
- OAXACA
- PUERTO VALLARTA
- SALTILLO
- SANJUANDELRIO
- TIJUANA
- VERACRUZ
- ZAPOPAN

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

<http://mesavalleyestates.net/>

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

Doing what we've always loved to do

Meet assisted living residents, Wes & Bob. They've always enjoyed working in maintenance, and they're still doing what they love.



Meet assisted living residents, Don, Lorraine & Betsy. They were enjoying the beach at Lake Tahoe this past summer because that's what they love to do.



Meet assisted living resident, Audrey. She has tasty family recipes and loves preparing them with our chef. #doingwhatwelove



Meet assisted living resident, Irene, who grows much of the food that's prepared by our chef. It's healthy to do what you love.



Happy Valentine's Day

Mesa Valley Estates' Sister Communities

Summit Estates: 222 E Patriot Blvd. Reno, NV 89511 (775) 434-1880

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

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

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

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

Mountain Lakes Estates: Breaking Ground in Reno, NV - Spring 2019

Living the Good Life

After all the years of hard work, taking care of others, and earning doctorates from the University of the Hard Knocks, we are now enjoying life to the fullest degree in our vibrant assisted living communities.



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 well-furnished apartments 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:

It's Our Mission

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.

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.

Arm Chair Travels, Trivia

Mexico introduced chocolate, corn, and chilies to the world.

The Zapotec civilization (600 B.C.-A.D. 800) established great cities along southern Mexico and developed the first writing system in the Americas.

The largest pyramid in the world is the Great Pyramid of Cholula in Mexico. It is also the largest monument ever constructed in the world.

Modern Mexicans are a unique blend of many ancient civilizations, including the Olmec, Zapotec, Toltec, Maya, Aztec, Inca, African, French, and Spanish.

Mexico City has the highest elevation and is oldest city in North America. It is also one of the largest cities in the world.

The border between Mexico and the United States is the second largest border in the world (only the U.S.-Canadian border is longer).

Texas was a Mexican province which declared its independence from Mexico in 1836, resulting in war with the United States (1836-1838).

The Chihuahua is the world's smallest dog and is named for a Mexican state. Relative to their bodies, Chihuahuas have the biggest brain in the dog world.

Millions of monarch butterflies migrate from Mexico every year to the U.S. and Canada.