



2017

### *A NOTE FROM OUR DIRECTOR*



#### Independent & Assisted:

- \* Tom Stack of Alaska Music
- \* Ladies Tea
- \* Greenbluff Outing
- \* Picabu Bistro Lunch
- \* Kendal Yards Outing & Brunch
- \* Halloween Costume Party
- \* Pumpkin Carving
- \* Cider & Carmel Apples

#### Memory Care:

- \* Tom Stack of Alaska
- \* Birthday Bash & Music
- \* Afternoon Tea
- \* Halloween Crafts
- \* Pumpkin Decorating
- \* Halloween Party
- \* Sensory Games

It's starting to become fall again. The weather is getting colder and it's time to get our sweaters out. I want to encourage all residents to participate in Halloween this year as we will have our annual costume contest. We will also be having a Pumpkin contest on 10/24. Staff will carve a pumpkin and residents will vote on the best carved pumpkin for our community. Our Halloween party will be on October 31<sup>st</sup> starting at 2:30. Please don't forget to go to these exciting activities and outings this month: Greenbluff, Kendal Yards Brunch and Outing, Picabu Bistro Lunch outing, and the Titanic Museum at the Museum of Arts and Culture. I want everyone to congratulate our four angels this month, Julie Jorgensen, Pam Rogers, Vumilia Tambwe, and Krystal Bridges. They all do a wonderful job and we appreciate them so much. I want to thank everyone that came to the carnival last month. It was so much fun to see everyone's smiling faces. Tell your families to check out our Facebook site as we will add all of our photos to the site. We will be stripping the parking lot this month as well as doing a sweep of the whole parking lot. I will leave a reminder for everyone as soon as I know the date. Thanks also to all that have made hurricane donations to those in need this month. Our hearts and prayers go out to all of those who were affected. I can't say how proud I am to be here and be part of the Moran Vista family. I look forward to seeing everyone in their costumes. Remember we are community we are family.

Blessings,  
Andrew Steighner

10/1 Ruby H.  
10/4 Robert K.  
10/5 Bonnie N.  
10/10 Joan S.  
10/10 Evelyn S.



10/13 Joanne K.  
10/19 Ken M.  
10/20 Margaret K.  
10/22 John N.  
10/24 Mary Lou S.

# Stay Healthy During Flu Season: 5 Tips for Seniors

By: 5 Star Senior Living

Autumn is here. Creepy skeletons, costumes, and candy corn fill store aisles. You can buy pumpkin spice *anything*. But with all the wonders of fall, there's something even scarier than Halloween in the air: the flu.

## Flu Season: Unpredictable at Best

Last year's flu season started earlier and peaked later than it has in the past. Flu season typically begins in early October, peaks mid-winter, and ends in March.

The 2015-2016 flu season started in September and didn't peak until March. This left many people who skipped flu vaccines and thought they were in the clear unpleasantly surprised when they caught the flu in late in the season.

Seniors are especially at risk of complications that may arise from the flu, including pneumonia. Fortunately, health-savvy seniors can take several steps to protect themselves.

## 5 Ways to Shoo the Flu this Winter

**1. Get the Flu Vaccine-** Because it can take up to two weeks for the body to develop full immunity, the CDC recommends getting the flu vaccine early in the season.

*Did you know?* Even if this year's vaccine is not a perfect match against the flu, it can still protect against it.

**2. Wash Your Hands Often** -Doctors call good hand hygiene "the next best thing" after the flu vaccine to prevent the flu. Wash your hands several times a day with soap and warm water. Do like the pre-schoolers do and sing the "Happy Birthday" song twice, making sure to scrub both sides of your hands and between your fingers. Germs can live on surfaces such as doorknobs, handrails, and countertops for up to two hours, so wash your hands after touching any surface that wasn't just cleaned. Can't get to a sink? Carry alcohol-based hand sanitizer everywhere you go.

**3. Keep Your Hands Away from Your Face** - Touching your eyes, nose, and mouth can spread germs into your respiratory system and mucus membranes, where they are more likely to cause illness. Make it a habit to not touch your face—if you have an itch, use a tissue or wash your hands before scratching.

**4. Avoid Crowded Public Places-** If you want to avoid germs, it makes sense to avoid places where germs gather. That is, locations with lots of people crowded into close quarters. That doesn't mean you should skip movie night at the senior living complex. In fact, gathering for a social outing can help reduce stress. And if it's a comedy, you could actually *boost* your immunity with laughter. Just carry hand sanitizer and avoid close contact with people. Again, avoid touching surfaces that have had lots of other hands on them, such as doorknobs and countertops.

**5. Increase Your Immunity with Vitamin C-** Vitamin C, a powerful antioxidant, has been shown to boost immunity and reduce cold and flu symptoms by 85 percent. A healthy immune system can also help fight the flu virus before it attacks. Elderberry extract is another proven antiviral supplement. Talk with your family doctor to learn more.

Residents, staff, family and friends of the community joined us for an afternoon of fun for our carnival and open house! Thank you to everyone who helped make this so special!



Don't forget to come to our  
ALL resident Halloween  
Party on October 31st at  
2:30.

Games, food, costume contests  
and more!



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Coordinator

**Sally Johnson RN**  
Director of Health  
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**Debra Gaylor**  
Resident Care  
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**Melissa Pound**  
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**Kayla Baroch**  
Office manager

**Mike Morgan**  
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## **RESIDENT SPOTLIGHT: *DON S.***

How long have you lived at Moran Vista? “2 years in October.”

What do you like to do in your down time?  
“Watch television, visit with my friends and family, and sleep.”

What was your occupation? “I was a middle schoolteacher at WestValley and a football and wrestling coach.”

What work of advice would you give to new and old residents? “Be happy, meet people and eat well.”

What do you enjoy most about Moran Vista? “The people.”

Where are you from? “Spokane. Born & raised.”

*Thank you Don for your encouragement and positive attitude towards all staff and residents of Moran Vista!*

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## **EMPLOYEE OF THE MONTH: *ALYSSA-SERVER***

What do you enjoy most about working at Moran Vista? “Getting to know the residents.”

Where are you from? “Spokane, WA”

How long have you worked for Moran Vista?  
“5 years or so.”

What's your favorite food? “fresh seafood, except shrimp-YUCK!”

What do you enjoy doing in your free time? “Watching football– Go Saints!”

If you could go anywhere in the world, where would you go? “Anywhere tropical.”

*Thank you Alyssa for your hard work and joy you bring to the residents of Moran Vista! We appreciate you!*

