



### Upcoming Events

#### Independent & Assisted:

- \* Ferris Belles Choir
- \* Moran Prairie Choir
- \* The Weddle Twins
- \* Community Gift Wrapping
- \* Christmas Light Night Drive
- \* Davenport Christmas Tree
  - \* Elegance & Lunch
  - \* Christmas Crafts
- \* Resident & Family Christmas Dinner

#### Memory Care:

- \* Christmas Light Night Drive
- \* Christmas Cookie Decorating
- \* Christmas Music Performances
- \* Christmas Crafts Christmas Party
- \* Christmas Memories



### A NOTE FROM OUR DIRECTOR

I hope everyone had a wonderful Thanksgiving here at Moran Vista. Get ready for Christmas. Everyone we will be decorating our community with lights and getting ready for Santa Claus! We have a lot to be thankful for here at Moran. We have our wonderful residents, great staff, and excellent food. Everyday is filled with fun activities and a great community! We have some exciting events planned this month which include multiple Christmas music performances, Northtown Mall Christmas shopping and lunch outing, Christmas light night drives, Davenport Hotel Christmas Tree Elegance & lunch outing, a community gift wrapping event and our resident and family Christmas meal. Please check out these fun activities and make sure to sign up at the front desk. Also, please continue to donate to Our Place Ministries. We will be looking for children's toy donations this month. Be sure to continue to check out our Facebook page for exciting pictures of past events and current events. I am very thankful to get to spend the holidays with everyone here! Remember if you want happiness in life, make others happy.

Blessings,  
Andrew Steighner

### DECEMBER BIRTHDAYS



Robert M 12/4

Jeanine J 12/4

Ruth W 12/4

Kay P 12/5

RoseMarie H 12/6

Dick B 12/7

Vera H 12/11

Myra M 12/13

Willa D 12/14

Hartford S 12/15

Mickie A. 12/16

Cleo W 12/20

Jacqueline M 12/24

Irene L 12/25

Sal A 12/28

# Easy Ways to Keep Holiday Eating in Check



**(Health Day News)** -- For many Americans, Thanksgiving kicks off a season of high-calorie eating. The trick this time of year is to enjoy the goodies without packing on extra pounds.

It's important to eat in moderation rather than denying yourself any goodies, said food expert Shreela Sharma.

If you try to ignore a craving, it only gets worse, explained Sharma, a faculty member with the School of Public Health at University of Texas Health Science Center, Houston.

"Denying ourselves food groups never works," Sharma said in a university news release. "Food is not the enemy -- it's such an important part of who we are and our social lives. It's portioning that's the big trick."

If you eat in moderation, you don't need to feel guilty about having anything, from an appetizer to a dessert.

Sharma also offered tips for preparing healthier holiday fare:

- When making desserts, substitute whole-wheat flour for regular flour in a recipe, or you can use 1/2 regular and 1/2 whole-wheat if you don't want to make a full switch. Substitute bananas and applesauce for fat. And use natural sweeteners such as shredded carrots, zucchini or beets to cut down on sugar. Make small desserts such as mini-cheesecakes or mini-cupcakes to help with portion control.
- Always have some berries as a side with your dessert. They're naturally filling and will reduce the amount of sweets you eat.
- Eat before you go to a party so you don't arrive with an empty stomach. A slice of whole-grain toast with almond or peanut butter is a good choice.

-- Robert Preidt



We will be doing a Christmas Toy Drive for boys & girls through Our Place ministries until December 11th.

*Please help us as we give to those in need and spread some Christmas cheer!*





*We enjoyed a wonderful outing to the Rockwood Bakery where we had delicious coffees, pastries and good company. Thank you to all who joined!*



*A beautiful Bing Crosby Tribute performed by Michelina & Rich!  
**Thank you!***

**Upcoming**  
EVENTS

*Make sure to check your calendars for all of the wonderful Christmas music, crafts & activities coming up!*

## EMPLOYEE SPOTLIGHT: *CHRISTINA- CAREGIVER*

**Andrew Steighner**  
Executive Director

**Tali Rinaldi**  
Community Relations  
Coordinator

**Sally Johnson RN**  
Director of Health  
Services

**Debra Gayler**  
Resident Care  
Coordinator

**Melissa Pound**  
Resident Care  
Coordinator

**Kayla Baroch**  
Office manager

**Mike Morgan**  
Dietary manager

**Jessica Ruby**  
Activity Director

**Marcia Valdez**  
Receptionist

**Kellie Grabow**  
Housekeeping  
Coordinator

**Jacob Bouvette**  
Environmental  
Services

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◇ What do you enjoy about working at Moran Vista?  
“Giving back to the residents– caring for them and seeing them happy.”

◇ Where are you from? “Fresno, CA”

How long have you worked at Moran Vista? “ 1 year on December 29th.”

◇ What is your favorite food? “I’d say it’s a tie between Italian and Mexican. (Lasagna or Tacos)”

◇ What do you enjoy doing in your free time? “hanging out with my baby, family, shopping & relaxing.”

◇ If you should go anywhere in the world, where would you go? “I would go to either New York or Paris. I would shop til I dropped!”

*Thank you Christina for your genuine personality and helpfulness to*

## *Resident Spotlight: Sheila H.*

◇ How long have you lived at Moran Vista? “Since April.”

◇ What do you like to do in your spare time? “ I enjoy listening to music, reading, listening to PBS and any history or biographies.”

◇ What was your occupation? “I was a science teacher for 22 years at a middle school in upstate New York. I planned to teach biology, but there weren’t jobs available.”

◇ What word of advice would you give new and old residents? “Join as many activities as possible at first and then you can pick and choose what you like.”

◇ What do you enjoy most about Moran Vista? “Activities”

◇ If you could go anywhere, where would you go? “Florence, Italy. My daughter told me it was beautiful!”

