



2018



### Upcoming Events

#### Independent & Assisted:

- \* Titanic Exhibition
- \* Hogan's Diner Outing
- \* Regal Cinemas Movie
- \* Rancho Viejo Mexican Food
- \* New Music Performances
- \* History of the Moran Guest Lecture with Chet
- \* Women's Health Seminar

#### Memory Care

- \* Happy Hour
- \* Women's Tea
- \* Cocoa & Cookies Social
- \* Scenic Drive
- \* Pingpong Crafts & More
- \* Music & Dancing



### A NOTE FROM OUR DIRECTOR

I want to wish everyone a wonderful 2018 as another year has passed. This is a great time to think of New Year's resolutions or things that you would like to do differently this year. I am very thankful and blessed to be with all of you another year and have enjoyed our time together. I encourage everyone to check out these fun activities this month: Titanic Exhibition at the MAC, Regal Cinemas Movie to see the Greatest Showman, History of the Moran guest lecture with Chet, Woman's Health Seminar and many more. Please don't forget to tell your friends and family to check out our Facebook page with new photos of all the fun things we do here at Moran Vista! I am working on our fall reduction program for the year and encourage all of you to take your time outside. We will be using ice melt outside to prevent anyone from slipping in the parking lot. I wish everyone at Moran Vista a blessed and healthy 2018! Remember to perform all work carefully, guided by compassion.

Peace & Blessings,

Andrew Steighner

### JANUARY BIRTHDAY



1/5 Janice R  
1/10 Verla R  
1/15 Bill W  
1/17 Betty B

1/21 Floyd M  
1/23 Kent S  
1/29 Zelma G  
1/31 Pamela G



# Lunch outing to Orlando's at the Spokane Community College Culinary Arts School!



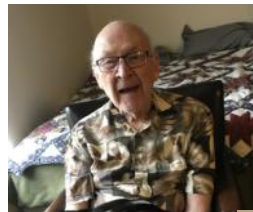
Winter calls for cozy drinks and treats! We loved our caramel apples & hot cider!



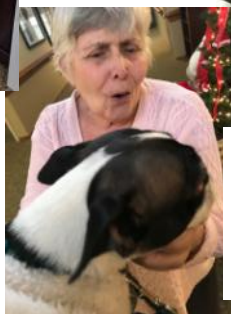
Christmas Cookie Decorating!



The Ferris High School Bells Choir was **BEAUTIFUL!** And we loved having the 4th-6th grade choir from Moran Prairie Elementary as well as the Weddle Twins!



We had a month full of fun crafts & activities!



Beating Holiday Blues with Puppy loves!

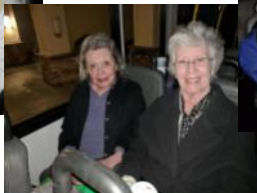


# 5 Winter Health Tips

## for Seniors



1. **Keep Eating Healthy-** During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.
2. **Exercise Outdoors, Smartly-** If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season.
3. **Let the Sunshine In-** Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it’s just to walk the dog or check the mail. If it’s particularly cold, open your blinds and spend some time sitting by the window. Don’t underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.
4. **Keep in Touch-** Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.
5. **Winter-Proof Your Home-** As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, hypothermia is a very real concern for seniors, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit (many utility companies offer assistance to seniors on fixed incomes during the winter months on their bills). It’s always a great idea to have working carbon monoxide detectors in the home, especially if you use space heaters. With a little planning and determination, winter can be truly *enjoyed*, rather than simply endured. Prioritize your health and well-being, body and mind, and you can make the most of the cold season.



Christmas Lights, Cocoa  
& Cookies!

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Executive Director

**Tali Rinaldi**  
Community Relations  
Coordinator

**Sally Johnson RN**  
Director of Health  
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## *EMPLOYEE SPOTLIGHT- KELLY: CAREGIVER*

What do you enjoy most about working at Moran Vista? "Helping the residents."

Where are you from? "Laos- Asia"

How long have you worked for Moran Vista?

"About 6 months. "

What is your favorite food? "Asian food- Pho"

What do you enjoy doing in your free time? "Spending time with my kids and family and going to the gym."

If you could go anywhere in the world, where would you go? "I would go back home. I haven't been back to Asia for 7 years."

***Thank you for all of your hard work and  
caring for our residents!***



## *Resident Spotlight- Helen D.*

How long have you lived at Moran Vista? "About 5 years."

What do you like to do in your free time? "I" enjoy coloring with markers and playing games."

What was your occupation? "I was a Secretary and a Med-Tech."

What word of advice would you give to our new and old residents?

" To the new residents, 'be nice', and to the old residents, 'stay involved And cherish your friendships."

What do you enjoy most about moran Vista? I enjoy playing Bingo, the music performances, the caregivers, and the meatloaf!"

If you could go anywhere in the world, where would you go? "Europe I have always had a map of Europe in my home."

