



Independent & Assisted:

- * Mardi Gras Celebration
- * Valentine's Day Celebration
 - * Crazy Hat Day
- * Women's Afternoon Tea
- * J.J. Dion Music Performance
 - * Pizza Party
 - * Valentine's Day Craft
 - * Social Events

Memory Care

- * Mardi Gras Celebration
- * Valentine's Day Celebration
 - * Crazy Hat Day
- * Women's Afternoon Tea
- * J.J. Dion Music Performance
 - * Dance & Music
 - * Valentine's Day Craft
 - * Crochet With Me!

A NOTE FROM OUR DIRECTOR

We have almost made it everyone and almost out of winter and the flu season! I know I am surely looking forward to the warmer weather. I hear cupid is coming and I want everyone to get ready for Valentine's Day this month. Please continue to donate to Our Place ministries as we have our donation box on the third floor. We are looking for any household donations that will go to help the North Central Spokane area. There are lots of really fun activities planned this month, such as Valentines Day, Mardi Gras & fat Tuesday Celebration, and our Crazy Hat Day! Please come to these special outings and make sure you sign up at the front desk to come to McKenzie River Pizza Company, Northern Quest Casino, and our Pizza Party Luncheon. Also please check out our Moran Vista Facebook site where you will find updated pictures of all our activities. I would like to make some special announcements about our management staff we have added Demarcus Garner as our new resident care coordinator. He is a recent graduate of Central Washington University. Please welcome him to his new position. We have promoted Kellie Grabow to our maintenance supervisor position! So please congratulate her as well. I want everyone to also recognize our two outstanding caregivers this month who won the heart of an angel award for January. These caregivers are Samantha Bauman and Kyle Turk. I wish everyone a Happy Valentine's Day and know that you each have a special place in my heart! *Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.*

Blessings,
Andrew Steighner



2/6 Maryls B.
2/6 Liz C.
2/9 Preston P.
2/16 Kathryn S.
2/17 Denise B.

2/20 Marie W.
2/27 Bernard N.
2/28 Mary P.
2/28 Muriel B.

Don't Miss Out!

HOW SENIORS CAN MAINTAIN A POSITIVE ATTITUDE

ARTICLE FROM: WWW.ANDELCARE.COM

Positive Attitude = Happy & Healthy

Happy, happy sounds charming, but what if you are a born pessimist?

Author Elisabeth Scott, M.S., explains that although we come with a certain “set point” for some traits such as openness, agreeableness, extroversion, conscientiousness and neuroticism, we have a lot of “wiggle room.” That is, we can actively alter our perceptions and cultivate different attitudes and behavior.

But why even try to move out of our comfortable dark place filled with despair and depression?

“Optimism or a positive attitude,” says Scott, “Can bring you greater health, happier relationships and more luck in life, compared with what you would find in life with a perpetually grouchy disposition.”

Health Benefits to Seniors of Positive Thinking:

- Increased life span
 - Lower levels of distress
 - Lower rates of depression
 - Greater resistance to the common cold
 - Better psychological and physical well-being
 - Reduced risk of death from cardiovascular disease
 - Better coping skills during hardships and times of stress
- While the article admits science doesn't know exactly how or why people with positive thinking experience these health benefits, the authors offered one explanation:

One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet.

How Can Seniors Change Negative Thoughts to Positive Thoughts

In her book “When It's You Against Them: Keeping a Positive Attitude Despite it All”, Kathy A. Eubanks offers strategies for improving attitude and, as a result, improving health, leadership ability, relationships and life.

She says it is possible to wake up each morning and look forward to the day, “Having a positive attitude not only allows us to enjoy life more, it can improve our health and relationships with others.”

7 Tips to Help Seniors Stay Positive:

1. Decide to have a positive attitude. We are responsible for our own happiness.
2. Surround yourself with positive people. Their attitude is contagious.
3. Use positive affirmations. Instead of “I hate getting up.” say, “I am grateful for a new day.”
4. Be very selective of the music and news you listen to. GARBAGE IN = GARBAGE OUT!
5. Help other people. Service gets us out of our own misery & positively impacts our world.
6. Get in touch with your spiritual source. Faith fuels hope, hope fuels a positive attitude.
7. Don't stop; never give up. Do not give in to the negativity around us.



**Hogan's Lunch &
Brunch Outing! *YUM!***



**We enjoyed a fun
winter snowman
craft!**



**An afternoon
spent playing
Montana
Horseshoes.**



**We took a trip to
see:**

Titanic The Artifact Exhibition.



**Beating the Winter
Blues with some
BEAUTIFUL puzzles.**



**CELEBRATE CRAZY HAT DAY
WITH US! WEAR YOUR FAVORITE
HAT OR SOMETHING WILD!
WEAR YOUR HAT ALL DAY!**



Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Sally Johnson RN
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Demarcus Garner
Resident Care
Coordinator

Kayla Baroch
Office manager

Mike Morgan
Dietary manager

Jessica Kinney
Activity Director

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping
Coordinator &
Environmental
Services

3319 E. 57th Ave.
Spokane, WA 99223

Phone: 509-443-1944

Fax: 509-343-1881



EMPLOYEE SPOTLIGHT- KATRINA:HOUSEKEEPING

What do you enjoy most about working here?

That I get to come in and make the residents smile over cleaning their home.

Where are you from?

Reno, NV

How long have you worked at Moran Vista?

Since the end of November.

What is your favorite food?

Pasta, pasta, pasta, and oatmeal cookies with raisens.

What do you enjoy doing in your free time?

Hiking, dancing, playing board games. Most of all talking to people I don't know. I like to know others' story.

If you could go anywhere in the world where would you go?

Rio, because it is very colorful, the music, time spent with good people.

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



Resident Spotlight- Tom M.

How long have you lived at Moran Vista?

About 3 months.

What do you like to do in your down time?

I used to love to do wood working, and anything I could do to help someone who needed help.

What was your occupation?

I worked for the Spokane Police Department for 26 years.

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

Grin and bare it. No one wants to move into a retirement home but once you accept that it is reality life gets better.

What do you enjoy most about Moran Vista?

The staff, they are the greatest bunch of people!

If you could go anywhere in the world where would you go?

Costa Rica, its beautiful and they have great environmental laws.

