

UPCOMING
Events

INDEPENDENT & ASSISTED

North Town Lunch & Shop 12/3

Christmas Choir 12/7

Lunch to Applebee's 12/8

Christmas Letters Play 12/10

Chris Ellenberger 12/12

Casino Trip 12/15

Photos w/Santa 12/19

Christmas Light Tour 12/19

Christmas Eve Party 12/24

All outings in December are
weather permitting

MEMORY CARE

BIRTHDAY BASH 12/5

MEMORY GAMES 12/10

MORAN ELEMENTARY
CHOIR 12/14

CHRISTMAS MEMORIES 12/15

PICTURES W/SANTA 12/19

MUSIC PARTY 12/29



A NOTE FROM OUR DIRECTOR

I want to thank everyone for a great November. I hope everyone had a wonderful Thanksgiving. I hope that you had time to spend with family and reflect on the many blessings to be grateful for. It is quickly moving into that time of the year once again and we need to get ready for Christmas!

The snow will be flying here soon so please be careful on the sidewalks. Remember to take your time walking and allow extra time to get to places. I want to thank our activity department for all the extra outings we are doing this year and I hope you all have enjoyed the armchair travels activities. Please join us this month for all these fun outings. We will be going to North Town to shop and have lunch, and we will be going on a Christmas Light Tour around town. You also won't want to miss all of the music of the season with all the performers coming to share with us, so be sure to watch everyday on your calendar. We are going to get in the spirit with some dress up days too which are always fun. We are on Santa's list to visit on December 19th for fun photos and hot cocoa. We have to be "GOOD" so we stay on his list! Also sign up for Christmas Dinner this year with Marcia A.S.A.P. as spots will fill up fast. The meal will be held on December 18th. I want to thank our angel of the month winner Nathaniel Atkinson we all think Nate does a great job here and appreciate him.

I would like to announce Krystal Bridges as our new RCC! Please welcome her, she will do a great job in her new role. Congrats as well to Natalie Brown as she will be leaving the kitchen and be our new housekeeper.

I do want to say thank you to all the residents this year and want to wish each and everyone of you a Merry Christmas and a Happy New Year.

God Bless you all and thank you!

Blessings,

Andrew Steighner

Employee Spotlight ~ Allyssa Miller



Position: Server

Where are you from? "I have been in Spokane my whole life."

How long have you been working at Moran Vista? "Six years or so"

What is your favorite part of our job? Serving the residents and making a difference in their lives."

"Favorite Food? "Anything seafood with the exception of shrimp. I hate Shrimp."

What would people be most shocked to know about you? "I had a full spinal fusion at the age of 12."

What are some of your hobbies? "Reading, I also listen to a lot of audio books. I like to travel and I love to learn."

Thank You Allyssa for making a difference to OUR residents!

Resident Spotlight ~ Shirlee S.



Shirlee used to hold a profession as a secretary.

Shirlee has lived at Moran Vista since March of 2015

Her favorite animal is a poodle

Her favorite color is yellow

She enjoys Mexican food

When asked to pick a favorite caregiver she said all of them!

We Love You too Shirlee, so the feeling is mutual!

Do you really know what Bullying is?

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children. It can be a concern for seniors as well, especially those living in senior communities. Studies show bullying is on the rise in senior facilities all over the country even in places just like Moran Vista. But would you recognize bullying if it happened in front of you? Would you know if it happened to you? Here are some ways to tell if you are being bullied or if you are doing the bullying.

According to a researcher who studies issues related to aging, senior-to-senior bullying tends to take place in senior centers, nursing homes or assisted living facilities. These are places where seniors spend a lot of time together and need to share resources, whether it's chairs, tables, TV stations or the staff's attention.

It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. Men and women are equally likely to be the victim and the aggressor. Women tend towards passive-aggressive behavior like gossiping and whispering about people when they enter a room, while men are more direct.

Bullying behavior can range from verbal intimidation all the way to physical violence. Features to be alert to include the following:

- Repetitive, negative behavior towards another person which violates standards of appropriate conduct
- Negative behavior occurring over a period of time, typically becoming more extreme
- Behavior which may be consciously or unconsciously committed by the bully
- Behavior which is unsolicited by the victim
- The effects on the victim are lasting and harmful

The causes of bullying vary. Dementia can sometimes be the cause of violence since someone with dementia may wrongly perceive things as threatening so they resort to a more primitive response. Alternatively, a person with dementia can be the victim who is picked on. Bullying can also be a result of the human phenomenon of the strong picking on the weak, and not a function of aging at all. Alternatively, some people don't adjust well to aging and can become disruptive and abusive, pushing others away from group activities, social gatherings or meal time.

Bullying impacts both the victim and the bystanders. The impact for the victim can be cognitive, physical, psychological and physical. Take the case of Mary, who had never experienced bullying until she moved in to a building for seniors. Since moving in, a number of residents who make up a "controlling group" have conspired to isolate her. They've spread false rumors, including one that she'd been evicted from her previous home. As a result, she curtails her activity in the building, avoids the laundry room if others are present and stays out of the recreation room. She's been having a hard time sleeping and is often fatigued. She says, "It's hard because I've never had to deal with it before. It would be easier to take if there was any truth to it." For bystanders, bullying creates a toxic environment of fear and mistrust.

"Intervention is the key to halting bullying. Third party bystanders should report any abuse," says Jean Tucker, MA, LPC, LBSW, a Medical Social Worker with THE MEDICAL TEAM. She suggests that seniors and family members who are concerned about potential bullying should report their concerns to the management or the social workers at their center who are trained to address it. Those in the process of selecting a senior community should ask if the community has a policy in place to handle bullying. Bullying behavior should not be ignored as the behavior can often escalate.

Source:

Retirement Living SourceBook

Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Shelly Broyles
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Krystal Bridges
Resident Care
Coordinator

Terrie Colvin
Office manager

Mike Morgan
Dietary manager

Shannon Clark
Activity Director

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping &
Maintenance Director

3319 E. 57th Ave.
Spokane, WA 99223

Phone: 509-443-1944

Fax: 509-343-1881

MORAN VISTA
SENIOR LIVING

Unscramble Words Holiday Theme First Letter Provided

1. RITPARO A_____

2. KTTEIC T_____

3. SSPRTOA P_____

4. EEOAANLPR A_____

5. RIESUC C_____

6. ATINR T_____

7. MGANIPC C_____

8. NETT T_____

9. TDSNNTAEIO D_____

10. OMSSTUC C_____

11. TPOIL P_____

12. SAIV V_____

13. GGGAEUL L_____

14. XIAT T_____

15. YIIRRAENT I_____

WELCOME TO THE
Neighborhood

Amy Filer 317

Linda Cortez 205

Charlotte Coker 138 (C)

