

## UPCOMING Events

### INDEPENDENT & ASSISTED

*Chef's Table 1/3*

*Casino Outing 1/5*

*Lunch at Mod Pizza 1/4*

*Winter Tea 1/7*

*China Kick Off! 1/8*

*Evening Dance of China 1/11*

*Lunch Palouse Bar & Grill 1/14*

*Chinese New Year Party 1/16*

*Wal-Mart Trip 1/18*

*All outings in December are  
weather permitting*



MEMORY CARE

BIRTHDAY BASH 1/2

MUSIC & MEMORIES 12/9

LUNCH AT MCDONALD'S 1/2

HAPPY HOUR 1/23

TRAVEL CLUB 1/30



2019

## A NOTE FROM OUR DIRECTOR

I want to thank all the residents and staff for a wonderful December and hope everyone had a blessed Christmas. Its time now for 2019 and a new year! I want all the residents to make sure they come to the Special Winter Tea, and don't forget we will be traveling to China this month for the Chinese New Year, so remember your passports for all the China inspired functions. Speaking of the New Year, I want to mention that the new year is a time of new beginnings and a good time for resolutions if you want to come up with one for 2019. It is a time to reflect on the year passing and remember what we have and to be grateful for our blessings. All across the world different countries celebrate new year's to bring peace, happiness, and good fortune! As another reminder, be careful on the sidewalks in the winter and take your time walking on them.

I want to wish all the residents, staff, and families a wonderful and healthy 2019! Remember peace comes from within do not seek it without.

Blessings,  
Andrew Steighner



## Employee Spotlight ~ Natalie Brown



Position: Housekeeping

How long have you been working at Moran Vista? "About a year and a half"

What is your favorite part of our job? "Now that I am in housekeeping it gives me more one-on-one time with the residents to get to know them better."

"Favorite Food? "Smoked trout."

What would people be most shocked to know about you? "I was a Merchant Marine for 7 years."

What are some of your hobbies? "Snowboarding, camping, fishing, and swimming. I love being outdoors"

**Thanks for all you do Natalie, you do an AMAZING job!**

## Resident Spotlight ~ Dick & Ruth King



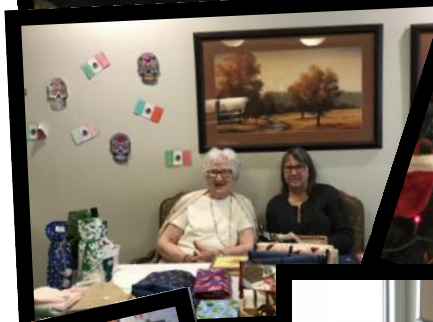
Dick and Ruth King have lived here for almost six months. They have been married for 42 years. Dick married into a ready made family as Ruth had 5 children (ages 9-19) They became a happy family. The family loved to play games together and traveling was a favorite pastime. Dick had many interesting occupations, from managing a kitchen to being a psychiatric therapist. Ruth was an house wife and later an orthopedic nurse.

Dick enjoys cooking, music and reading.

They moved here together so they could live in the same place where Ruth has some help and Dick can still be independent. There was a family feud about where the two should reside, here is Spokane or in Seattle. Their daughter won and they moved to Spokane.

**All we can say is we are glad to have you both here and happy that Spokane won!**





**Andrew Steighner**  
Executive Director

**Tali Rinaldi**  
Community Relations  
Coordinator

**Shelly Broyles**  
Director of Health  
Services

**Debra Gayler**  
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Coordinator

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**Terrie Colvin**  
Office manager

**Mike Morgan**  
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**Shannon Clark**  
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**MORAN VISTA**  
SENIOR LIVING

## **NEW YEARS RESOLUTION IDEAS FOR 2019!**

### **1. Try a new healthy food each week**

Do you think you have tasted every food on the planet? Think again! There are 250,000 to 300,000 species of edible plants on earth, according to the [United Nations Food and Agriculture Organization](#). You do not have to eat them all – of all the edible plants, farmers only grow 150 to 200 species. You can find many of them at your local farmers' market.

### **2. Learn something new every day**

Learning can help reduce cognitive decline associated with aging, according to [Psychology Today](#). It can also help older adults deal with depression and poor self-image.

### **3. Pick up a hobby**

Participating in hobbies can lower the risk for developing dementia and other mental health problems, according to the [National Institutes on Aging](#). A recent [survey](#) of older adults found that the most popular hobbies for people ages 65 and older are walking and jogging, outdoor maintenance, and playing sports.

### **4. Find a new favorite dessert**

Have you ever had kuchen or kolackies? How about a salted caramel chocolate tart? Try out some new desserts to find your new favorite or revisit an old treat, like natural molasses cookies or gingerbread cake.

### **5. Write**

You have seen and learned so much in life – why not put it down on paper? Writing can be a fun, fulfilling experience. [Research](#) shows that writing about your life can even help you avoid depression. Write a book, pen a poem, or jot down a joke!

### **6. Play more**

In the immortal words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Playing boosts your energy and vitality, and can even improve your body's [resistance to disease](#).

### **7. Take up a dance or exercise class**

Older adults need 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise each week, according to the [Centers for Disease Control and Prevention](#) (CDC).

### **8. Read more books**

Reading enhances memory, sharpens decision-making skills, reduces stress, and can even help you sleep better.

### **9. Set aside one hour a day to achieve a dream**

Write the Great American Novel, paint your own portrait, learn a new language – it's all up to you!

### **10. Be more grateful – count your blessings**

Gratitude [improves physical health](#) and psychological health, enhances empathy, reduces aggression, boosts self-esteem, bolsters mental strength, and can even help you sleep.

## **Answers from December's Holiday Word Scramble**

1 - Airport, 2 - Ticket, 3 - Passport, 4 - Aeroplane, 5 - Cruise, 6 - Train, 7 - Camping, 8 - Tent  
9 - Destination, 10 - Customs, 11 - Pilot, 12 - Visa, 13 - Luggage, 14 - Taxi, 15 - Itinerary



**Janet Mason**  
**Bill Murray**

