

December



A Note From Our Director

Its Christmas time here at Moran Vista and we are ready for a fun filled month of Christmas activities and things to do in our community. I am proud that we continue to be virus free by the grace of the Lord. I encourage everyone to get in the Christmas spirit and join some of our fun activities this month. Every Monday in December we will be offering Christmas movies in the main dining room on a projector at 2pm so please check the schedule and make sure you are able to make it down. We will also be offering Christmas light tours every Friday at 4pm seating is limited so please sign up and talk to Rachel if you are interested in attending. We will also be offering pictures with Santa Claus on 12/10/20 at 10am so make sure to get your list ready for Santa that day!!! There will also be increase in Christmas crafts and things to do on the activity calendar so please take advantage of all these fun holiday activities. During the week of Christmas we will have different dress up days in the community for all the residents and the staff to enjoy. I do want to remind all of the residents to try our meditation group offered by Manjit on the weekends every Saturday and Sunday at 10am. I have heard some great things about the class and heard other residents that participate saying how relaxed they feel and a sense of peace within themselves. This is a great time to try and de stress and try the mediation group. I also want to remind residents that Manjit will be doing a special presentation titled "Grace" on 12/22 at 1pm. He will be talking about the life and history of Sarada Devi. Last but, not least we will have the New Years Eve Celebration on 12/31/20 so get ready to party!!! If you want have any questions regarding visits with family or need to talk my door is always open for you. I want to thank all of you for making Moran Vista the best senior community in Spokane. I wish everyone a healthy and safe Christmas and holiday season. If you want peace of mind, do not find fault with others. Rather learn to see your own faults. Learn to make the whole world your own.

*Blessings,
Andrew Steighner*



Resident of the Month

Norma H

When did you move to Moran Vista?

Norma joined the Moran Vista family back in July of this year

What do you like the most about living at Moran Vista?

Norma likes the activities and care staff at Moran Vista. She also mentioned she is blessed with all the friends she's made so far!

What did you do before retiring?

**Norma had many jobs before retiring, some she mentioned were: Adminis-
trating work for the School District, and payroll work for the City. She has an
adopted daughter and a beautiful granddaughter.**

If you had one Super Power, what would it be?

Norma said she would save all the endangered species

What is your favorite food?

Norma LOVES ice cream, besides Strawberry.



Activity Highlights

All Activities are Limited Seating

Independent & Assisted

12/3 – Christmas Stocking Decorating

12/4 – Christmas Light Tour

(Every Friday)

12/7 – Christmas Monday Movie

(Every Monday)

12/10 – Pictures with Santa

12/15 – Gingerbread House Decorating

12/17 – Wood Sign Decorating

12/22- “Grace ” Presentation w/ Manjit

12/24 – Christmas Eve Happy Hour

12/29 – MV Spa

12/31 – New Years Happy Hour

Memory Care

12/2 – Christmas Stocking Decorating

12/7 – Christmas Monday Movie

(Every Monday)

12/9 – Christmas Tree Craft

12/10 – Pictures with Santa

12/11 – Christmas Poetry & Cocoa

12/16 – Gingerbread House
Decorating

12/22 – Christmas Sing-a-long

12/23- ‘Twas the Night Before Christmas

12/30 – History of Christmas



Christmas Word Scrabble

TSNAA

REHCE

EJSSU

NIRGCH

EMRYR

SART

SMWANNO

KTUERY



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Coordinator

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Director of Health
Services

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Michael Wieber
Dietary Manager

Rachel White
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Housekeeping &
Maintenance Director

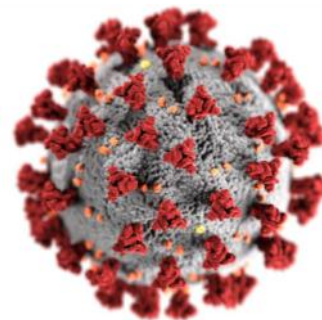
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MORAN VISTA
SENIOR LIVING

Nurses Notes

Ryan Walker, RN



Due to the recent surge in coronavirus cases, I felt it appropriate that you all were aware of our governor's actions in response to the uptick, as it affects us all. The following is from the governor's website on November 15.

Gov. Jay Inslee today announced a four-week statewide set of restrictions in response to the recent rapid spread of the COVID-19 virus in Washington and across the country.

The new restrictions come as Washington sees consistent increasing daily case counts, with over 2,000 cases a day over the weekend and average cases in the state doubling over the past two weeks.

"This spike puts us in a more dangerous a position as we were in March," Inslee said during a press conference Sunday. "And it means, unfortunately, the time has come to reinstate restrictions on activities statewide to preserve the public's well-being, and to save lives. These were very difficult decisions that have very real consequences to people's livelihoods. I recognize that and don't take those impacts lightly, but we must act now and act quickly to slow the spread of this disease."

The restrictions are statewide and will take effect Monday, November 16 at 11:59 PM and will remain in effect until Monday, December 14. The modified restrictions of restaurants, however, will take effect Wednesday, November 18 at 12:01 AM.

As you can see, we are still battling this disease and I encourage you all to wear face coverings if able and continue to wash your hands to help us remain free of any outbreak at Moran Vista.

Happy holidays!

Many Blessings,
Ryan Walker, RN

