

MORAN VISTA SENIOR LIVING

Volume 1, Issue 5
January, 2016



Upcoming Events

Independent & Assisted:

- ◆ Orlando's Lunch Outing
- ◆ Northern Quest Casino
 - ◆ Ice Cream Social
 - ◆ Birthday Bash
- ◆ Musical Performances
 - ◆ Sip and Paint
 - ◆ Luau Party
 - ◆ High Tea

Memory Care:

- ◆ Ice Cream Social
 - ◆ Manicures
- ◆ Music Flashbacks
- ◆ Cooking Corner
 - ◆ Luau Party
 - ◆ Bingo
- ◆ Coffee Hour
 - ◆ Poetry

A NOTE FROM OUR EXECUTIVE

It has been another fantastic month at Moran Vista. The Christmas Party was a blast and it was great to see Santa come down from the North Pole and nice to see everyone at the party. I want to give a special thanks to our activity department for organizing and planning the party. Please be careful outside as we continue our winter weather. Also, use the resident parking if you are driving too! Well it's 2017 now and it's time for another year. I am looking forward to setting goals for Moran Vista and making 2017 the best it can be for all of you. I wish all of you a healthy and happy new year. Thanks for making Moran Vista the best!

Sincerely,

Andrew Steighner

JANUARY BIRTHDAYS!

| | |
|--------------|--------------------|
| 1/2 Harley M | 1/17 Betty B |
| 1/5 Janice R | 1/19 Mary Alice D. |
| 1/8 Joyce R | 1/21 Denny D. |
| 1/10 Verla R | 1/23 Kent S. |
| 1/15 Don K | 1/29 Catherine S. |
| Bill W | Zelma G. |
| Hazel E. | 1/31 Pamela G. |
| Betty L | |

Happy Birthday!



TAKE A LONG WINTERS NAP

WHY YOU NEED MORE SLEEP IN THE WINTER - BY DEBORAH QUILTER

Do you find it hard to leave the warm covers in winter time? Do you yearn to take curl up and take naps?

If you answered yes, it may be because we have more in common with bears, bats, groundhogs and other hibernating animals than we think. Animals hibernate to conserve energy and avoid having to scrounge to find food in bad weather. While humans can work long hours all year long, we still seem to have an inner clock attuned to the seasons.

"At the first fall of snow the whole family gathers round the stove, lies down, ceases to wrestle with the problems of human existence, and quietly goes to sleep," write the authors. "Once a day every one wakes up to eat a piece of hard bread, of which an amount sufficient to last six months has providently been baked in the previous autumn. When the bread has been washed down with a draught of water, everyone goes to sleep again." Family members take turns keeping the fire going. "After six months of this reposeful existence the family wakes up, shakes itself, goes out to see if the grass is growing, and by-and-by sets to work at summer tasks."

The authors express their envy that these people can spend half a year removed from the worry and care suffered by their non-hibernating brethren. Of course, that's not a realistic existence for even those of us who are retired, and certainly not for those of us caregiving for others. But there is information we can take away from their lifestyle.

How To "HIBERNATE"

When asked if it is normal for humans to require more sleep when days are short, Joseph Feuerstein, MD, Director of Integrative Medicine at Stamford Hospital in Connecticut, replied, "I believe as mammals we have a tendency to hibernate in winter."

In fact, Dr. Feuerstein considers sleep such a vital human function that he does not recommend the use of alarm clocks. "The point is to wake up refreshed, so an alarm clock is artificially interrupting your sleep. If you don't sleep enough you develop a sleep deficit that must be repaid over the next days. If it isn't, you will get chronically sleep deprived and will not achieve any kind of optimal health. There is actually a sleep syndrome called 'Insufficient Sleep Syndrome' that is seen commonly in our society."

Thank you to all of our wonderful music performances, carolers and schools for coming during this Christmas Season!



Trombone and Saxophone performance!



Moran Prairie Elementary

Family
Christmas
Carolers!

All resident Christmas party!



We loved celebrating with our residents and staff!



Andrew Steighner
Executive Director

Crystal Lorenzen
Director of Marketing

Sally Johnson RN
Director of Health Services

Debra Gaylor
Resident Care Coordinator

Rylee Mason
Resident Care Coordinator

Tali Rinaldi
Office manager

Mike Morgan
Dietary manager

Jessica Ruby
Activity Director

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping Coordinator

Ryan Herres
Environmental Services

3319 E. 57th Ave.
Spokane, WA 99223

Phone: 509-443-1944

Fax: 509-343-1881



RESIDENT SPOTLIGHT: DR. BERG

Birthday: 5/22

Where are you from? Spokane

What are some of your hobbies? Loves skiing (cross country and downhill), hunting pheasants, sand ailing on the lake in the sailboat he build.

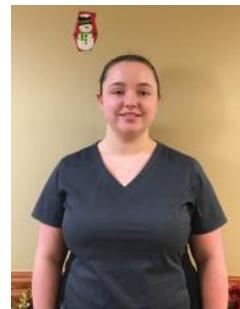
What was your occupation? Went to med school at Washington University in St. Louis. Cardiovascular surgeon at Spokane's Sacred Heart Hospital.

What is your favorite food? Hot Chocolate.

What is something about you people may not know? I was married to my greatest asset, Mary, for about 75 years.

EMPLOYEE OF THE MONTH:

MEAGHAN— CAREGIVER



- ◊ Birthday: January 19th
- ◊ How long have you worked for Moran Vista?
Since June of 2016
- ◊ What do you enjoy about working at Moran Vista? I enjoy helping the residents in my care and making their day brighter.
- ◊ What do you enjoy doing in your free time? I enjoy cooking, reading, singing, and gaming (things like computer games).
- ◊ Favorite food: I love Kitsune Udon. It's a Japanese noodle soup.
- ◊ Where are you from? Everywhere. I am a military child so I've lived somewhere new every three years. I was born overseas in Okinawa, Japan.
- ◊ Where do you see yourself in 5 years? I see myself continuing my college education or continuing my degree's. most likely the business or culinary degree.

Thank you, Meaghan!