

# MIRA VISTA MOMENTS

March 2010

## MARCHING INTO SPRING

### Resident Birthdays

3/2 Dorothy A.  
3/5 Betty L.  
3/8 Bill W.  
3/10 Evelyn M. & Mary S.  
3/11 Aleise Y.

### Staff Birthdays

3/10 Raychel & Anita  
3/20 Rebecca  
3/22 Claudia & Elisa  
3/24 Melissa  
3/25 Myra  
3/28 Lee

### Anniversaries of Employment

1998 Hiram, David & Elizabeth  
2003 Aida  
2009 Lee



**Happy  
St. Patrick's  
Day!**

### Special Observances

3/5 Dress in Blue Day for Colon Cancer Awareness  
3/7 Nat'l Patient Safety Awareness Week  
3/15 Nat'l LTC Administrator's Day  
3/17 St. Patrick's Day  
3/20 First Day of Spring  
3/23 American Diabetes Day  
3/30 National Doctor Day

## GET MOVIN'

- Music & Movement  
Tuesdays  
9:15 a.m.
- Wheelchair Dancing  
Thursdays  
9:15 a.m.
- Chair Exercise  
Saturdays  
9:15 a.m.



We'll enjoy Irish music in exercise this month!

## HAVE YOU SEEN OUR NEW LOOK?

This month our lobby will be graced by a new mural, painted by local artist Jennifer Bowman.

Ms. Bowman has a long list of accomplishments and awards. Her work is

featured in galleries from Anchorage to Cape Cod. Her work was selected as the 2004 Tulip Festival Poster.

Our residents enjoyed watching the artist in action. More of Ms.

Bowman's work can be seen in our hallways. In addition, there are images by local photographer Lee Mann. Each hallway has a theme to celebrate the beauty of our region.

## HOLIDAY FUN

We kicked off February with a showing of *Singing in the Rain*, starring Debbie Reynolds, Gene Kelly and Donald O'Connor. Residents had a toe-tapping, good time!



On February 10th residents made Valentines to pass out to loved ones.

Residents also enjoyed special treats at Cupid's Happy Hour on February 12th. Then the next day, they played a game of Candy Kiss Bingo.

Our holiday activities wrapped up with a reading of the *Father's Love Letter* at our church service on the 14th.

Now it's time for St. Patrick's Day. Back by popular demand are Shamrock Shakes!

## PETS BRING UNCONDITIONAL LOVE

We are fortunate to have several pet therapy teams that volunteer their time at Mira Vista.

It is not an easy to become a pet therapy dog. Dogs must have the right temperament and go through extensive training and assessment.

The value of animal assisted therapy has long been recognized. Recently, the American Heart Association published a study suggesting that animal assisted programs, in particular

dogs, reduced stress levels in cardiac patients. Pets provide unconditional love for those who are lonely, depressed, chronically ill or in pain. They comfort those who are missing their own pets due to hospitalization.

If your or a loved one at Mira Vista would like a pet visit, please contact Coni Asplund, Recreational Therapy Director at (360) 424-1320 ext. 132.



Our thanks to our Pet Therapy Teams:

**Nancy & Max**  
*Golden Retriever*

**Kendall & Marcos**  
*Greyhound/Lab mix*

**Kathryn & Annie**  
*Pug*

**Lindy & Fischer**  
*Newfoundland*

**Laura & Seaweed**  
*Mixed breed*

**And other occasional visitors!**

