

Mountain Vista View

Mountain Vista Senior Living- 4800 Tabor Street Wheat Ridge CO 80033 | 303-421-4192 |

FOOTBALL PICKS

We continue to have a lot of fun with our Football Picks fundraiser! Each week participants can select which teams they think will win in all of the scheduled NFL matchups for the week ahead. Correctly guessed night games are worth 2 points and Sunday day games are worth 1 point. It is \$3 to play: \$2 from each participant will go into the winner's pot and \$1 will go to the Employee Appreciation Fund. The person with the most points for the week will get the winner's pot. If you would like to play, come by the Activities office to select your teams.

November winners

- Thea
- Felicia
- Erica
- Amy Y

We're Hiring!

Mountain Vista is hiring for a number of positions! We've been recruiting in the community at technical colleges, community colleges & county workforce centers to connect with job seekers! We also have a staff referral bonus program! Staff: Spread the word and you can be eligible for up to **\$1000!**

She's Got Your Back!



An article from your Resident Council President, Pam S:

HO HO HO!

Happy early Christmas, everybody! There are going to be a lot of fun things to do in Activities this month. Come out and celebrate with us. Thank you Mountain Vista, for getting the Christmas decorations up, it looks very pretty. I hope you all have a prosperous new year to come in 2023!

It has been nice to see the Dining Room full of people, again! Keep up the good work.

Join us for the next Resident Council meeting on December 28th. It is a good place to bring complaints or compliments to management. Come one, come all.

-Pam S



Celebrating December

Birthdays

- Laura A- Nursing
- Armani T- Dining Services
- Jesus M- Nursing
- Maria P- Nursing
- Sara M- Nursing
- Uttra R- Nursing
- Al G- Nursing
- Joe P
- Dale N
- Shirley M
- Bill D
- Christine D
- John H

Anniversaries

- Felicia S (Activities)- 9 Years
- Saul G (Dining Services)- 4 years
- Julieta D (Nursing)- 11 years
- Rafael J (Dining Services)- 4 years
- Melissa Martinez (Nursing)- 7 years
- Carmen A (Nursing)- 21 years
- Maria P (Nursing)- 22 years
- Bianka Q (Activities)- 1 year

Hanukkah

December 18-26

Christmas

December 25

New Year's Eve

December 31

A Tribute to Our Veterans



(Above: The Lydia Ladies)

On Veterans Day we were fortunate to have the return of the Lydia Ladies to Mountain Vista to celebrate Veterans Day. They helped us host a great party for our Vets. During the ceremony we recognized our Veterans at Mountain Vista with a service coin, certificate, and ribbon. We also sang along to old familiar patriotic tunes which brought back sweet memories for many. In addition, we enjoyed many treats together. We are so grateful that they Lydia ladies were able to return to Mountain Vista to help make Veterans Day special. We are especially grateful to those who have served our country! It was a great day.

Dia De Los Muertos



(Above: Audra R & Judy G smiling with their face paint)

On Tuesday, November 1, we celebrated Dia De Los Muertos, which is a tradition originating from Mexico in which the dead are honored and remembered. Residents' festivities included decorating skull cookies, face painting & listening to live music entertainment. Prior to this gathering, we decorated the chapel and created an altar, complete with candles, flowers & skull decorations as is the tradition in Mexican culture. We honor & remember our beloved residents, friends & family that we have lost.



(Above: Annie L, Angel M, Jesus R, Felicia S, Audra R in the decorated chapel)

Trick or Treating Fun

We can't leave out a story on how much fun was had on Halloween. Students from Mountain Phoenix Community School visited our residents in costumes for treat-or-treating fun. They also worked alongside residents to make Halloween crafts. These energetic kiddos were so much fun, we even had an impromptu dance party complete with a conga line! We can't wait until they come back to visit!



(Above: students from Mountain Phoenix Community School)

BINGO Updates

Bingo is a popular activity here at Mountain Vista! We offer cash prizes to winners and play 3-4 times a week! We want to give you all some updates to the rules of the game. Each Bingo player may have up to 3 cards per game, no more. Each player may only win one game per round. We do monthly payouts- you should have your total winnings for the month, which we tally, before the 5th of the next month. Good luck!

Employee Spotlight: Thea H

This month we would like to shine a spotlight on one of the strongest members of our team, Thea H. Mountain Vista is very fortunate to have her on the team as one of our CNAs. Those who know her well would describe her as compassionate, resident-centered & empathetic. Her attitude is purely caring & she brings smiles to so many faces at Mountain Vista. She takes it upon herself to learn the little things that make residents happy & gives residents the personal attention that they deserve. Families describe her as friend to their loved one & many consider her a part of their family. She is most certainly loved by many. When asked about Thea's care for a loved one, a family member stated, "the world needs a lot more Theas." Thea, thank you for caring for our residents as if they were your own family member. We appreciate you.



Culture Corner

At Mountain Vista we value Diversity and Inclusion for all those who are associated with our community. In fact, Diversity is one of the Core Values of our organization, ABHM. What is Diversity and Inclusion? These are two interconnected concepts- but far from interchangeable. Diversity is about representation or the make-up of an entity. It is a dimension that is used to differentiate groups of people. Examples of diversity include race, ethnicity, age, nation of origin, gender identity, sexual orientation, and physical ability. Inclusion is about how well the contributions, presence, and perspectives of different groups of people are valued and integrated into an environment. We can empower people, residents & staff, by respecting and appreciating what makes them different. By better understanding one another, we can provide better care to those we serve. This can also foster an environment that more reflective of the community as a whole and one that is more capable of being a strong and harmonious place to live and work. We are stronger together!