

### Laissez Les Bon Temps Rouler!



(Above: Angel M & Donna S in Mardi Gras masks)

We had a blast at our Mardi Gras party this year! We enjoyed a visit from Chuck Fisher, who played guitar and sang several blues songs and other familiar tunes. We danced, sang along, and enjoyed our fill of King Cake. Everyone in attendance was offered a feathered mask and Mardi Gras beads to be in costume for the occasion.



**Girl Scout Cookies!**  
(Left: Annie L, retired Girl Scout, with 2 Girl Scouts from Troop 78569)

We had a great visit from a local Girl Scout Troop in February. The girls sold 98 boxes of cookies to our residents & staff. They intend to use their funds for a service project. Last year, they made a Free Little Library in a neighborhood with cookie funds. Great work, girls!

### I Am Here For You!: A note from your Resident Council President, Pat S



I enjoyed chairing my first Resident Council meeting in February. I thought it went fairly well and I heard several compliments on the meeting. I like to hold efficient meetings, so you will see more of that. We want your input; don't be afraid to speak up if you have a concern about the community. If you have an individual concern, I encourage you to utilize the Grievance Process, which involves the completion of the Green Concern Forms. These are located around the facility & are processed by the Social Services team. Let's celebrate St. Patrick's Day in grand style this month, it is my favorite day of the year! Let's drink some green beer! Let's also welcome spring and the changing of the seasons. I look forward to planting the vegetable garden & the flowers that were donated by the Home & Garden show. Remember, our next meeting is on March 29 at 10:30 am. Thanks to everyone who arrived on time to our last meeting. Let's have a great month! -Pat S

# Mountain Vista View

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



### Celebrating March

#### Birthdays

- Carol C
- Mary O
- Carole H
- Clyde H
- Duane R
- Betty V
- Norma M
- Betty J
- Debra N
- Kenny N (Nursing)
- Stephanie M (Nursing)
- Maricela A (Nursing)
- Cheryl R (Nursing)
- Danielle R (Dietitian)
- Heather D (Maintenance)
- Patricia R (Nursing)
- Tinisha L (Dining Services)
- Cherryanna A (Housekeeping)

#### Anniversaries

- Maria W (RCNA)- 24 years
- Anysha J (LPN)- 4 years
- Gabbie R (CNA)- 4 years
- Lu E (Receptionist)- 6 years
- Deb L (Admissions)- 7 years
- Laura A (CNA)- 25 years
- Aurelio R (CNA)- 9 years
- Lisa O (Dietary Supervisor)- 18 years
- Josh T (RN)- 10 years

**St. Patrick's Day**  
March 17

### Valentine's Day Fun



(Above: Norma M & Rudy V with students)

Our friends from Mountain Phoenix Community School came to visit us again for Valentine's Day! It was such a great time! Mountain Phoenix is a local public charter school that is rich in arts, music and experiential learning. We began the visit with some craft projects. The students brought supplies for making Valentine's Day baggies that were each unique with hearts, smileys and more. The students then delivered each resident to deliver handmade Valentine's cards. After, they gathered to sing several songs to us. We also enjoyed a performance in which they played their violins and cellos for us. They finished the visit with a few folk dances that they have learned. They students are so incredibly talented, and we were all so fortunate that they made our Valentine's Day special!

### Culture Corner

February was Black History Month, which is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. History. In February, we reflected on key figures in African American History. Here are some examples of what we learned and remembered:

1. Of seamstress, librarian, and nurse, which was Rosa Parks' occupation at the time of her historic bus incident?
2. What Olympic gold medalist broke three track and field world records within a 45-minute span while competing for the Ohio State University in 1935?
3. What right did African Americans gain in the United States with the 15th Amendment ratification in 1870?
4. What is the name of the Army Air Corps group of African American aviators from WWII?

Answers:

1. Department store seamstress. Parks was arrested December 1, 1955, after refusing to give up her seat to a white man.
2. Jesse Owens. Owens' achievement happened within 45 minutes on May 25, 1935, in Ann Arbor, Michigan, at the Big Ten meet where he broke three world records and tied a fourth. The right to vote. The 15th Amendment prevents each government in the United States from refusing a citizen the right to vote based on "race, color, or previous condition of servitude" (i.e., slavery).
4. The Tuskegee Army. They were based out of Tuskegee, Alabama.

### CHCA Legislative Session



(Above: Patsy S with Rachel Zenzinger, Senator)

In February, Mountain Vista was represented at the Colorado Health Care Association (CHCA) Legislative Reception. The purpose of this reception was to provide an opportunity for lawmakers to meet directly with the long-term care industry to better understand the challenges & triumphs that are faced. Mountain Vista's Resident Council president, Patsy S, & Annie Lozano attended on behalf of our community. It took place at the Warwick Hotel in Denver. Thankfully, Patsy has a lot of experience speaking with lawmakers, so she was totally in her element! Our hope is that lawmakers can make informed decisions that impact the care that seniors receive in long-term care. We will be in touch with our local representatives to let them know what they missed. We hope to create a dialogue with these individuals! Stay tuned.

### Engaged: Employee Spotlight



(Above: Todd Ostrander arranging baggies for our rehab grand opening)

This month at Mountain Vista, we would like to shine a spotlight on Todd Ostrander. He is our Culinary Director, and we are so fortunate that he is on our team. We all know how important food is and Todd takes his role seriously! He understands how important it is to have quality food that is unique to the preferences of our residents. He and his team have put together outstanding food for special events such as the Employee Holiday party and the Grand Re-Opening of the Rehab Unit! We are thankful for Todd, his team approach and positive attitude.



(Above: Student interns being trained on unit tasks by Ramona S, RCNA)

### Felicia's Pop Quiz Winners

Each month at All Staff, employees are quizzed on how well they know our residents' interests.

*Congrats to our Winners:*  
 January: Angel & Nikki  
 February: Ramona

### Interns & Manicures



(Above: Carol C smiling after receiving a manicure)

We've been enjoying the company of our Wheat Ridge High School Navigator Interns this semester. In addition to supporting the CNAs on the units with making beds and other non-clinical duties, the students spend quality time with the residents doing things like manicures. Our residents enjoy the energy of these young adults. Each Wednesday is a little brighter around Mountain Vista because of their laughter, hugs and fun! We are so glad they are here!