



A NOTE FROM OUR DIRECTOR

It's been a great month at Moran Vista again! Halloween was so much fun and it was great to see everyone in their costumes. I want to let everyone know that our bus will be up and running this month so please don't worry about getting out to any activities. We will continue our donations to Our Place Ministries this month and will focus on non-perishable items for Thanksgiving. Please donate fruit cocktail, syrup, pancake mix, pumpkin pie filling and any other items you can think of. See Jessica for any additional questions on donating the items. Join us for these fun activity outings this month Olive Garden, Hobby Lobby, Rockwood Bakery Coffee Outing and Orlando's lunch outing at Spokane Community College. This month is also our annual Moran Vista Craft Fair. We will be having a lot of wonderful musical entertainment as well, so be sure to keep an eye out on the calendar to attend these performances. Please join us to support our residents and community members. Our angels of the month are Diana McSwain, Carly Bates, and Sarah Teske. They all do such a great job here in our community. Remember to continue to check out our Facebook page for latest pictures of activities and other fun Moran Vista information. November is the perfect month to be thankful and remember what we have and how blessed we are. Let's continue to help others each day and wish everyone a blessed Thanksgiving this month. Remember the meaning of Karma is the intention. The intention behind action is what matters.

Best Regards,
Andrew Steighner

Independent & Assisted:

- ◇ Annual Craft Fair
- ◇ Hobby Lobby Outing
- ◇ Orlando's at SCC-Lunch
 - ◇ Olive Garden
 - ◇ D&T Music
- ◇ Huckleberrry Jam Music
 - ◇ Mich & Rich Music
- ◇ Rockwood Bakery Coffee Outing
 - ◇ Marketing Seminar

Memory Care:

- ◇ Happy Hour
- ◇ Afternoon Tea
 - ◇ D&T Music
 - ◇ Huckleberrry Jam
- ◇ Mich & Rich Bing Crosby Tribute
 - ◇ Chair Yoga
 - ◇ Thanksgiving Crafts
- ◇ Reminisce on Thanksgiving

NOVEMBER BIRTHDAYS



- | | |
|------------------|-------------------|
| 11/3 Margaret S | 11/18 Mary S |
| 11/4 Nell D | 11/22 Christine C |
| 11/11 Virginia N | 11/24 Ann T |
| 11/16 Bud S | 11/26 Eunice S |
| 11/16 Pat B | 11/27 Nancy A |
| 11/17 Jacquie S | 11/29 John K |

Why We Weigh

By: Sally Johnson, RN, BA, CNN

Some of you may wonder “why do I have to weigh every month?” Weight changes can be a significant indicator of a change of health condition. A standard in the profession for Older Adults is based on a percentage of weight change over time.

5% loss in 30 days

7.5% loss in 90 days

10% loss in 180 days

WHY ARE WE CONCERNED? Because unintentional weight LOSS is correlated with

- Increased mortality (death)
- Compromised ability to resist infections
- Signs of other problems

Unintentional weight GAIN may be related to:

- Fluid Overload
- Congestive Heart Failure
- Renal Failure (kidney disease)
- Liver Disease (ascites)

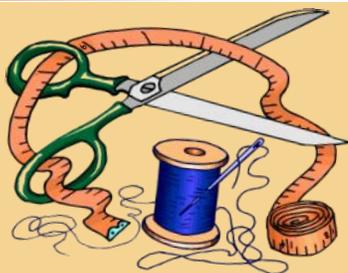
As your Nurse, all weights are reviewed each month and if I see 5% loss in a month (or any of the percentages above), I ask myself ,and may ask you, certain questions:

- ⇒ Were all weights accurate?
- ⇒ Is the weight loss due to decrease in edema?
- ⇒ Is the Resident on any medication that could cause true weight loss?
- ⇒ What does the Resident say about their appetite or food preferences?
- ⇒ Any dental or swallowing issues?
- ⇒ Is pain playing a role?
- ⇒ Is the resident trying to lose weight?

There are many more questions that can be asked to put together a plan of care such as:

- Current diseases: Cancer, Diabetes, Depression, COPD, CHF, and CKD
- Other factors: Failure to Thrive, Infection, Dehydrate, Ulcers, Constipation

In summary, these “Weighty Issues” can indicate a Change of Condition which should be addressed by the Health Care Team and in your Service Plan. So, next time you are asked to weigh by a staff member, remember it is only because weight is a significant factor in your overall health assessment.



Join us to support
Moran Vista's annual Craft
Fair!

Help support our residents
and friends of the community!

Friday, November 17th from 1:00-4:00

During the month of November, we will be donating special Thanksgiving food items to Our Place Ministries!

Suggested Items:

- ◆ *Pumpkin Pie Filling, Fruit Cocktail, Syrup, Pancake Mix, and other items to go along with a Thanksgiving meal.*



This month was filled with fun fall and Halloween Crafts!



We enjoyed a delicious outing to the Yards Bruncheon in Kendal Yards!

YUM!





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Executive Director

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Coordinator

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RESIDENT SPOTLIGHT: *MARY LOU S.*

How long have you lived at Moran Vista? "March will be my 10 year anniversary!"

What do you like to do in your down time? "I enjoy puzzles, playing the piano, and reading."

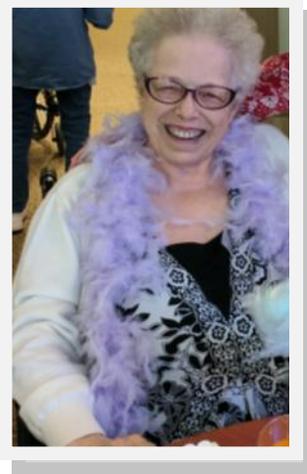
What was your occupation? "I was a 1st and 2nd Grade teacher and also taught at Spokane Community College."

What word of advice would you give to our new and old residents? "For new residents: Make every effort to move forward in your life. And to our old residents: Always inspire good in others."

What do you enjoy most about Moran Vista? "I enjoy the people and the staff has always been good to me."

If you could go anywhere in the world, where would you go? "California- to be a volunteer for Operation Christmas Child."

Thank you for your loving and compassionate heart! We appreciate you!



EMPLOYEE OF THE MONTH: *DEBRA GAYLOR- RCC*



What do you enjoy most about working here? "I enjoy giving back to our residents and those who have given so much in their lifetimes. I want to give them the care they deserve."

Where are you from? "Alaska"

How long have you worked for Moran Vista? "I just had my 6 year anniversary."

What is your favorite food? "I love all food, but my favorite food is the Chinese food at the Cathay Inn."

What do you enjoy doing in your free time? "I love hiking, movies and time with family."

If you could go anywhere in the world, where would you go? "I very much want to travel abroad. I would definitely go to Greece and Italy."

Thank you Debra for your love towards our residents and the hard work you always put in!