

MORAN VISTA SENIOR LIVING



UPCOMING Events

INDEPENDENT & ASSISTED

- * Mother's Day Tea
- * David Cooley Music Performance
- * Manito Park Outing
- * Lunch @ Chef Lu's
- * The Weddle Twins Music Performance
- * Ghost Tour with Chet
- * Trip to the North town mall

MEMORY CARE

- * Scenic Drive
- * David Cooley Music
- * The Weddle Twins Music
- * Cooking Corners
- * Scenic Drive
- * Planting and Garden Party
- * Arts & Crafts
- * Mother's Day Tea

A NOTE FROM OUR DIRECTOR

The sun is finally out! We are all excited for warmer weather and summer to be here. I want to give a special thank you to all of the mother's here at Moran Vista and wish you a very special Mother's Day! We will be having some great events this month. We will be having our Mother's Day Tea, a spectacular music performance by David Cooley who has been in People Magazine, Manito Park outing, a trip to the North town Mall and a lunch outing to Chef Lu's Asian and Szechuan restaurant. We encourage everyone to attend these fun events and outings! Don't forget to check out our Face book page as we have great pictures of all our fun events that are posted regularly. Also I continue to encourage everyone to donate to Our Place Ministries in the drop off box on the third floor. They are always accepting used clothing or household items for donations. We will be planting this month and preparing to beautify our community, so if you have a green thumb and want to help out, please talk with Andrew or the activity department. Strive constantly to serve the welfare of the world; by devotion to selfless work one attains the supreme goal of life. Do your work with the welfare of others always in mind. Have a great month everyone!

Blessings,
Andrew Steighner

Birthdays this month:

Anne. A 5/5
Nadine S 5/13
Gloria L 5/15
Elsie C 5/18
Jean M 5/20

Sheila H 5/23
Gene E 5/24
Helen D 5/28
Erma O 5/30



What are the health benefits of being social?

Humans are born into social groups and live their entire lives as a part of society, so the social element can't easily be removed from the evolution of an individual. But how does social contact affect our health? As human beings, we dream, learn, grow, and work as part of society. The society that we're born into and the societies that we navigate throughout our lives shape our personal identities.

And in fact, so keen are we to communicate with each other — even beyond geographical limitations — that we've developed a plethora of tools to help us achieve that, including pen and paper, telegraph, telephone, and the Internet. When I asked my colleagues in the *Medical News Today* office what benefits — if any — they thought that they derived from social connection, most of them said that they found some measure of comfort in social interaction.

Some colleagues said that they enjoyed the shared experiences, whereas others explained that friends kept them motivated to do "some healthful activities from time to time." Others said that being around friends helped them to "distress and put things into perspective." Even the most introverted among us crave social contact from time to time. But why is that, and does being social bring us any actual health benefits? In this Spotlight, we investigate why humans thrive in society, and how social interaction impacts our mental and physical well-being.

'Face-to-face contact is like a vaccine'

Psychologist Susan Pinker states that direct person-to-person contact triggers parts of our nervous system that release a "cocktail" of neurotransmitters tasked with regulating our response to stress and anxiety.

In other words, when we communicate with people face-to-face, it could help to make us more resilient to stress factors in the long run. "Face-to-face contact releases a whole cascade of neurotransmitters and, like a vaccine, they protect you now, in the present, and well into the future, so simply [...] shaking hands, giving somebody a high-five is enough to release oxytocin, which increases your level of trust, and it lowers your cortisol levels, so it lowers your stress." She adds that, as a result of social interaction, "dopamine is [also] generated, which gives us a little high and it kills pain, it's like a naturally produced morphine."

This idea is corroborated by the findings of a study covered by *MNT* last year, which concluded that the touch of a romantic partner can actually help to relieve physical pain.

Another study from last year showed that those undergoing chemotherapy for cancer tend to fare better if they have access to social support and interaction, suggesting that just by being around family, friends, or peers going through similar experiences can strengthen us both mentally and physically.

Go onto Medical News today to continue reading more of this article...



Thank you Rick Chase and Ben & Jerry's!



Residents out enjoying some sunshine & fresh air!



Painting flowers to get ready for the beautiful flowers popping up!

Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Shelly Broyles
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Demarcus Garner
Resident Care
Coordinator

Terrie Colvin
Office manager

Mike Morgan
Dietary manager

Jessica Kinney
Activity Director

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping &
Maintenance Director

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EMPLOYEE SPOTLIGHT: CHEF MIKE MORGAN

When is your birthday? “ August 15th
1960”

How long have you been at Moran Vista?
“Believe it or not in April it will be 18
YEARS!”

What is your favorite part of your job? “Giving the residents the best
food possible.”

What is your favorite kind of food? “Italian”

What are some of your hobbies? “Gold, Tennis, Bowling, and walking.”

Random fact? “I ran Bloomsday in 52 minutes in middle school and got
1st place in shooting in middle school.”

***Thank you, Mike for all of your hard work and the delicious
food you serve our residents! We are thankful for you!***

Couple Spotlight– Hartford & Nadine S.

Hartford and Nadine are one of the couples
living with us at Moran Vista. They have
been married for 72 YEARS!

These two met in Tulare, CA in church and
continued living in the central valley of Cali-
fornia. They had four children and now have
six grandchildren and eleven great grand
children! Hartford always worked in the agri-
culture field working as the manager of a
cotton gin and at an almond huller. Nadine worked as a high school li-
brarian.

Nadine says their greatest joy has been their children and grandchildren
who they have been greatly blessed with.

We are thankful to have Hartford and Nadine in our community!

