

MORAN VISTA

SENIOR LIVING



2018

A NOTE FROM OUR DIRECTOR



UPCOMING Events

INDEPENDENT & ASSISTED

- Music By Red Bass 9/5
- Casino Trip 9/7
- New Seated Fitness 9/11
- Lunch to Twigs 9/14
- Fresh Fruit Social 9/21
- Music by Weddle Twins 9/24
- Hobby Lobby Trip 9/26
- Fireside Chat 9/28
- Lunch to Thai Bamboo 9/31



MEMORY CARE

- CRAFT CORNER 9/5
- ROOT BEER FLOATS 9/7
- HOT CIDER & ROLLS 9/8
- MCDONALD'S LUNCH 9/12
- WEDDLE TWINS 9/24
- COOKING CORNER 9/27

I want to make a special announcement this month and welcome our new Activity Director, Shannon Clark! She will be a great asset to Moran Vista and we are all very happy to have her here. I want to thank all of our residents for another great month at Moran Vista. We are getting ready for fall as August comes to a close and getting ready for our sweaters and hot apple cider & hot cocoa! In light of the season, I want to remind all residents that we are continuing our donations to Our Place Ministries which helps low income families in North Central Spokane. There is a donation box on the third floor and I encourage all to donate. I want to remind residents to make sure that walkers and wheelchairs are moved to the walls during meal times to avoid any accidents. I wish everyone a great Labor Day! Please make sure you sign up for these exciting outings this month which include a trip to the casino, lunch outing to Twig's, and another lunch outing to Thai Bamboo, an outing to Hobby Lobby. We will also be having these fun activities this month which I encourage everyone to participate in, music by Red Bass, singing by the Weddle Twins, as well as a fresh fruit social, and a Fireside chat with hot cider & cocoa.

I thank all of the residents for being so wonderful and wish everyone a happy and safe September. *"Whenever the mind wanders, restless and diffuse in it's search for satisfaction without, lead it within; train it rest in the self."*

Blessings,
Andrew Steighner

Birthdays this month:

Linda G. 9/8
Evelyn P. 9/8
Rosemary B. 9/8
Patricia C. 9/16

Bud H. 9/20
Joleen S. 9/22
Glenda M. 9/26



Employee Spotlight ~ Joyce Womble



Position: Front Desk (Weekends)

What is your Birthday? "December 9th 1956"

How long have you been working at Moran Vista? "For 2 and a half years." "What is your favorite part of our job at the front desk?"

"Definitely the residents! "They make it worth while to come in. I love to help them."

What is your favorite food? "Tacos/Mexican."

What are some of your hobbies? "Swimming. Other than that, my Grand children."

What is a fact that most would be surprised to know bout you? "I was picked for synchronized swimming team in the fifth grade BEFORE it was ever a sport."

Thank You Joyce for being our "Go To" person for the weekends! We Love You!!

Resident Spotlight ~ Ann A.

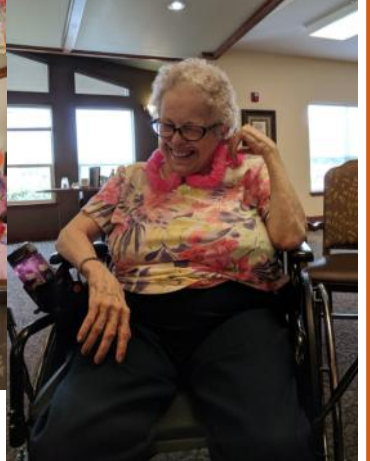


Ann has lived here at Moran Vista for almost a year.

She enjoys attending all sorts of activities, so more than likely you have seen her around. If you listen closely when she talks she has a slight southern drawl. Ann moved here from Kentucky. She moved here to the Spokane area to be near her Daughter, grandchildren, and great-grandchildren.

Ann used to be a seamstress and loved her job until it closed and then she started serving as a waitress. "I loved that job!" she explained. These days Ann says she is really enjoying being retired and spends much of her time reading. She also if a fan of music.

We are glad to get to know you better Ann!



Super Fun Luau Party with musical performance by Ukestra. Proceeds from the performance going to Vanessa Behan Crisis Nursery A Good Time Was Had By All!

Delicious Lunch Outing to Krispie Kreme with Memory Care!



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

Shannon Clark
Activity Director

Marcia Valdez
Receptionist

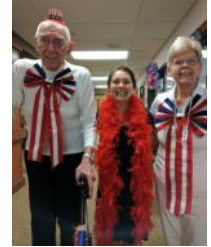
Kellie Grabow
Housekeeping &
Maintenance Director

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Spokane, WA 99223

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We are wishing a Happy Farewell To our current Activity Director Jessica Kinney. She has been a “Jane of all trades” sometimes one of the best ears to talk to with her kind spirit, and a girl that quite frankly can do it all! We will miss her and still we wish her a luck on this new life journey she is about to embark on.

We are proud of her and we will be honored to say she started her career of loving people here at Moran Vista!



NEW EXERCISE PROGRAM WITH SHANNON!

Everyone knows that exercise is good for our health. We have heard it time and time again. But did you know that regular exercise could be good for your brain? Studies have shown that regular exercise helps to repair neurons in the brain. This means the brain repairs itself. Better yet, the studies show that the kind of exercise does not have to be strenuous or vigorous. It just needs to be consistent.

As your activity director I would love to share my knowledge of exercise as it relates to helping seniors. I am adding a class of “Seated Fitness” on a Tuesday to anyone who would like to come and participate. Please keep in mind I am not a medical professional. I do however have a teaching certificate in S.A.I.L program. (an evidence based exercise class for seniors 65 and older)

Please come and give it a try! Look for it in your September Calendar, or talk to Shannon for more details.