

MORAN VISTA

SENIOR LIVING

July
2018



UPCOMING Events

INDEPENDENT & ASSISTED

- * Anthony's Lunch Outing
 - * 4th of July Outing
 - * Ice Cream Social
- * Kendal Yards Market Outing
 - * Lunch @ Klink's Resort
 - * Coeur d' Alene Outing & Lunch
- * The Jundt Art Museum at Gonzaga
- * Mary Kay Women's Spa Afternoon

MEMORY CARE

- * 4th of July Party
 - * Scenic Drive
- * Root Beer Float Social
 - * Cooking Corner
 - * Craft Corner
- * Courtyard Socials

A NOTE FROM OUR DIRECTOR

It has been another great month for Moran Vista! I want to thank all of the residents here for being so wonderful. We have the 4th of July to look forward to and will be having a BBQ. I encourage everyone to continue to donate to our place ministries. Also, I wanted to remind everyone of our great outings this month which are Klink's resort, Coeur D Alene lunch outing, The Jundt Art Museum at Gonzaga and much more! Please everyone join us for the Health of Being Kind seminar which looks fantastic. I wish everyone a wonderful month of July. I appreciate you all and wish blessings to you and your family. *"The mind is everything. What you think you become."*

Blessings

Andrew Steighner

Birthdays this month:

7/5 Wanda P	7/25 Sarah
7/6 Elizabeth C	McKay
7/7 Velma R	7/28 Anne M
7/10 Mattie H	7/30 Renee M
7/13 Thelma N	7/30 Ellen P





Join us for a Coffee & Chat social honoring our
newest residents and Moran Vista
Family members!

Tuesday, July 17th @ 10:00

All are welcome!

What are the benefits of exercise for older adults?



A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years. You'll not only look better when you exercise, you'll feel sharper, more energetic, and experience a greater sense of well-being.

Physical health benefits:

Helps you maintain or lose weight. As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

Reduces the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

Enhances mobility, flexibility, and balance. Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

Mental health benefits:

Improves sleep. Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed.

Boosts mood and self-confidence. Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.

Does amazing things for the brain. Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can help brain functions as diverse as multitasking and creativity and can help prevent memory loss, cognitive decline, and dementia.

Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.



Enjoying Happy Hour in the courtyard! Good drinks & Good company- CHEERS!



Celebration of life service to remember our loved ones who have passed.



Scenic Drive in the Country!



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

3319 E. 57th Ave.
Spokane, WA 99223

Phone: 509-443-1944

Fax: 509-343-1881

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SENIOR LIVING

Employee Spotlight: Sandra—Caregiver



Birthday: April 28th 1994

How long have you worked for Moran Vista? 1 Year and 3 months.

What is the best part of your job? "The residents."

What are some of your hobbies? "Cooking & Baking"

Random fact about you? "I am fluent in Spanish."

Where do you see yourself in 5 years? "Owning my own bake shop."

What is the best part about waking up in the mornings? "Seeing my 2 year old daughter Maleeah's face."

What should people know about you? "I love to joke around and have a super goofy personality."

Sandra, thank you for your hard work and love for our residents. We appreciate all you do for Moran Vista!

Resident Spotlight— Margaret S.

Margaret Slagle has lived at Moran Vista for a few years. Staff and residents love getting to hear about her adventurous and full life.

Margaret grew up in New Castle, England and absolutely loved it there. She went to school in New Castle but finished her schooling in Switzerland. She later became a Secretary and Book Keeper, in Alaska, in a place that was 300 miles away from the nearest town.

She has traveled to many places including: Alaska, England, France, Switzerland and Japan. Margaret says the most beautiful is Alaska.

When asked if she had ever done anything crazy, her response was, "Are you kidding? I'm English."

