

MORAN VISTA SENIOR LIVING



UPCOMING Events

INDEPENDENT & ASSISTED

- * Celebration of Life
- * Justin Sherfey Music Performance
- * Terry LaValley Music
- * Casino Outing
- * Riverfront Park Outing
- * Manito Park Outing
- * Breakfast in the Courtyard

MEMORY CARE

- * Tea in the Courtyard
- * Scenic Drive
- * Spa Day
- * New Games
- * Root Beer Float Social
- * Music & Dancing

A NOTE FROM OUR DIRECTOR

Summer is finally here and it's time to get outside and play! I want to thank everyone for another fantastic month here at Moran Vista. I'd also like to mention our two caregivers who won the heart of angel award this past month, Jackie Garcia and Tyler Riffle. If you see either of them please congratulate them as they do such a great job here! I want to also remind everyone to continue donating used clothing or household goods to Our Place Ministries. There is a donation box located on the third floor in the library. Please see Jessica if you have any questions. I'd like to give special thanks to our activity department that does such a wonderful job. It was so nice to have the Mother's day tea in May! I encourage all residents to check out our Moran Vista Face Book page and let your families know that we are posting pictures of all the fun things we do at Moran Vista. We will be having some great activities this month. We will be celebrating Father's day with a Donuts for Dads event, a couple different music performances, Ice Cream socials and a Celebration of Life Service. Please join us for these fun outings this month to Riverfront Park and Manito Park, lunch at Tomato Street, Northern Quest Casino and a Scenic Drive! Have a wonderful June everyone.

"Do forgive all before you go to sleep. You'll be forgiven before you get up."

Blessings,
Andrew Steighner

Birthdays this month:

- | | |
|---------------|----------------|
| 6/2 Dorothy T | 6/19 Shirley J |
| 6/3 Frances G | 6/21 Helen T |
| 6/9 Shirlee S | 6/27 Susie T |
| 6/13 Grace D | 6/27 Gordon S |
| 6/16 Bill P | 6/29 Doug H |



Keeping cool & Hydrated

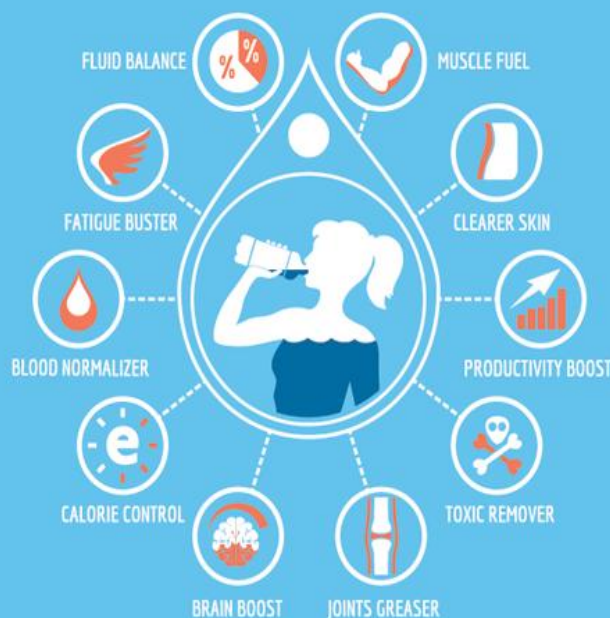
Beating the heat and staying hydrated also means staying cool. While seniors with risk factors such as obesity, heart disease and those taking certain medications are most at risk, exposure to heat can be dangerous to anyone, especially those over the age of 65. According to Dr. Luther Harrell of the Houston Department of Health and Human Services, “It takes older people almost twice the time of younger people to return to core body temperature after exposure to extreme outdoor temperatures.”

Practice summer safety and protect yourself against the dangers of exposure by using these helpful tips:

- Avoid the outdoors in the middle of the day. The best time to be outside is early in the morning and late in the evening. If you are outside in the afternoon, find the shade!
- In the afternoon, entertain yourself inside with games, books and movies, and go for morning or evening walks with friends.
- Keep your space cool. Use air conditioning if you have it, or use window shades to keep out the heat and fans to circulate the air. Open windows in the morning and evening to naturally cool your space.
- On warm days, take cool showers or baths.
- Choose the right clothing. Whether indoors or out, wear loose fitting clothing,

made from natural materials like cotton. When you must go out during the hot part of the day, always wear a wide-brimmed hat and choose garments that are light in color, as dark colors absorb heat, and light colors reflect it. By following these simple tips, you'll have a safe and fun summer! At Holiday, days are never short on “cool” entertainment, and our residents choose from a life-enriching activity calendar full of fun and exciting things to do each day.

BENEFITS OF STAYING HYDRATED





Thank you to our Caregiver, Pam, for helping with the planting in our Memory Courtyard! She came in on her day off to help!



Mother's Day Tea!



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— Zach— Caregiver



How long have you worked for Moran Vista? “3 months”

What is the best part about your job? “Seeing everyone wake up with a smile.”

What are some of your hobbies? “Playing with my baby, games, shooting hoops, and yard work. “

What is your favorite food? “Chinese food, tacos and French fries.”

Where do you see yourself in 5 years? “continuing my education and opening my own senior living facility and/or working in a hospital.”

What is your favorite childhood memory? “Thinking I was the best basketball player.”

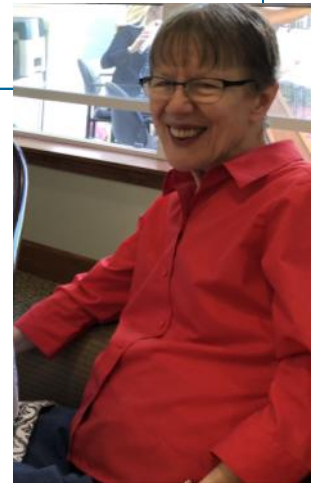
Best part about waking up? “To see my happy baby every morning.”

Thank you, Zach for your compassionate care you give to our residents! We all appreciate you!

Resident Spotlight— Martha A.

Birthday: March 17th 1944— St. Patty’s Day!

Martha was born and raised in Lancaster, PA on a farm. She was then married at 33 years old and worked for the Federal Government at the Food & Drug Administration. After her mother and husband passed, Martha was encouraged to move out West by her brother who lived in Spokane. That was in 2008, and she loved the 4 seasons, all of our restaurants, as well as the beautiful scenery. Martha enjoys spending time with her brother and his family, walking at least 30 minutes each and every day, and breakfast at Moran Vista!



Martha, we appreciate your smiling face and the friendliness you show to all who are around you!