

MORAN VISTA AUGUST

SENIOR LIVING 2018



UPCOMING Events

INDEPENDENT & ASSISTED

- * Frozen Yogurt Outing
 - * My Fresh Basket Shopping
 - * Banana Split Social
 - * Klink's Resort Outing
 - * Hello Sugar Donuts Outing
 - * Sip & Paint
 - * Luau Party
 - * Wheel Of Fortune
- Look for the New & Fun Games !

MEMORY CARE

- * Krispie Kreme Donut Outing
 - * Scenic Drive
- * Root Beer Floats
- * Dance Party
- * Courtyard Socials
- * New games!

A NOTE FROM OUR DIRECTOR

Dear residents of Moran Vista, we are finally in the heat wave of summer. It took a while to get the hot weather but, here it is now! Please make sure that you are drinking lots of water and staying hydrated during this warm weather. If you want to go outside and enjoy some outdoors please limit your exposure or try to get out in the morning or the evening. I hope everyone had a wonderful 4th of July! We have some exciting changes here I want to announce. Shannon Clark is new to our activities department and comes with a wealth of knowledge so please welcome her to the family! Also, a special accolades to Jon Gaddis in Maintenance who was chosen as employee of the month. A huge thanks for all the hard work he does in maintenance. I want to give a special mention to our caregiver angels of the month, Zach Lineham and Amanda Slaughenhaupt. I want to encourage all residents to check out our Moran Vista Facebook page to see pictures of everyone enjoying all the fun we have here. We have lots of great outings planned for August which include Klink's on the Lake for lunch, Manito Park Bench, a trip out to Medical Lake, and a coffee and donut outing to Spokane's new Hello Sugar in Kendal Yards. We will be planning a Luau Party in August on the 23rd so please make sure you come for the party! It will be a great time! Special note to Sarah Mckay who turned 105 in July, so please congratulate Sarah. Also, on the third floor library there is a large magnifying glass with a frame for anyone that wants to use it. Its adjustable and will make it easier for anyone that wants to read with some vision deficits. It's been a true blessing for me to get to meet all of you. Moran Vista truly is a family. Thanks to all of you! *"Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it within; train it to rest in the self."*

Thanks,
Andrew Steighner

Birthdays this month:

- | | |
|--------------|--------------|
| 8/3 Don W | 8/3 Don W |
| 8/8 Helen S | 8/8 Helen S |
| 8/10 Cecil N | 8/10 Cecil N |
| 8/23 Ken J | 8/23 Ken J |

Employee Spotlight ~ Jon Gaddis: Maintenance

- * Birthday: June 16th
- * What is your favorite part of your job? “Being able to see how happy the residents are after making things that are broken work again.”
- * Favorite food? “Italian & Mongolian”
- * What are some of your hobbies? “ Bowling, fishing and playing Texas Holdem”
- * How long have you worked at Moran Vista? “6 months”
- * I am obsessed with... “ making people happy and doing my best to get them to smile.”



Jon, thank you for all of the effort and work you put it for our residents and facility everyday! We appreciate you and love to see your smiling face!



Resident Spotlight ~ Herb P.

You may know him as Herb Parish, but around here we lovingly call him “Pastor Herb”

Born in 1925 he was one of 8 children. His father was a stone mason and really an artist of rock. When he was six years old his mother died leaving his father to raise the children alone. About three years later his father died tragically leaving him and his siblings orphans. They were scattered two by two all over the country.

He and his younger brother were sent via train to Southern Minnesota to live with their grandmother.

In 1943 Herb turned 18 and joined the Navy. Right away he was sent overseas and just before making it to Okinawa by ship WW2 was declared over.

In 1944 he married his sweetheart Isabell and together they had three children. Daughter Christina was first, next came a son Joseph, and one more daughter April.

In addition to being a pastor Herb also worked as a plastering contractor here in Spokane.

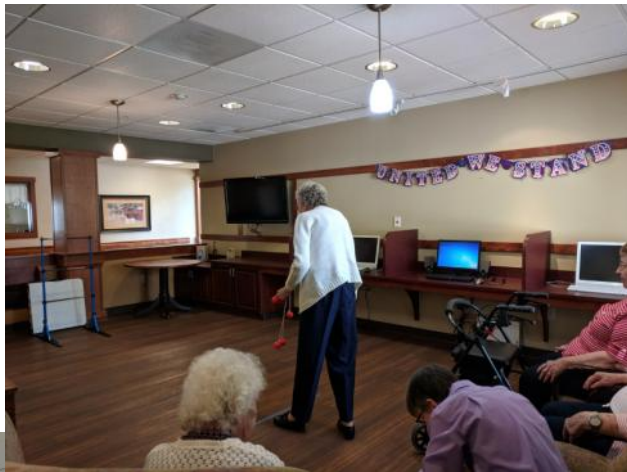
Pastor Herb has lived at Moran Vista for about a year and a half.

These days he enjoys writing. He really likes to write musings, and has one out to be printed entitled “A child’s memories of the Great Depression.”

Enjoying the beautiful courtyard and having fun doing crafts to invite the birds to visit!



Residents enjoyed a sunny evening at the Kendal Yards Night Market!



Fun day of games and dressing up to celebrate the 4th of July!



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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MORAN VISTA
SENIOR LIVING

Qualities of Old Age that Contribute to Happiness

Well, some theorize that there are things associated with older age that contribute to a better sense of well-being even as the body ages, such as:

An increase in Self-Acceptance – the older we are, the less worried we are about perfecting ourselves. We have a tendency to hold a realistic view of our strengths and weaknesses and an attitude of acceptance toward any flaws. Instead of constant “self-improvement,” there is a tendency to relax into who we are.

Understanding We Cannot Please Everyone – many of us strive to please spouses, bosses, our parents, our friends, etc. As we age, we realize the futility of pleasing everyone. I love the quote *“I can’t give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time”* (~Herbert Bayard Swope).

Ability to Live in the Present – it seems we spend much of our adulthood either getting over a terrible childhood or worrying about the future. For older adults, living in the present is often easier. Things of the past have often been accepted and resolved and the future is no longer a far-off thing to ponder, look forward to, prepare for, or fear. Research is clear that those who live in the present are far happier than those who dwell in the past or the future.

Not Taking Life for Granted – in our youth, it is so easy to make other things more important than our basic happiness and joy. We easily push aside our own joy for work, status, pleasing others, financial striving, etc. In older age, there is a tendency to recognize how short life really is and to not only be grateful for each day, but also for whatever current health we have.

Wisdom – after many trials and life experiences, many older people have a view of life that includes the wisdom to know how to handle many obstacles. Lessons learned offer older adults more ease when faced with challenges – they have acquired some mastery and skill at coping.

Adopting the above skills and attitudes in old age can make the difference between a happy retirement and an unhappy one! Old age certainly comes with challenges like physical complaints for example. But, this is also a time to shine and use all those "terrible learning experiences" in life to your advantage!

