

MORAN VISTA SENIOR LIVING



2018

A NOTE FROM OUR DIRECTOR



UPCOMING Events

- INDEPENDENT & ASSISTED
- Arm Chair Travel Lick Off 10/1*
- Western Dress Up & Music 10/3*
- Lunch to Applebee's 10/5*
- Trip to Green Bluff 10/6*
- Mystery Trip 10/10*
- Casino Trip 10/13*
- Haunted Tour on Bus 11/15*
- Breakfast at IHOP 10/24*
- Trip to Germany 10/22*
- 'Lil Trick-or-Treaters 10/31*



MEMORY CARE

- BIRTHDAY BASH 10/3
- WHAT'S IN THE BAG? 10/09
- ICE CREAM SOCIAL 10/10
- CRAFT CORNER 10/17
- OKTOBERFEST 10/18
- STARBUCKS OUTING 10/24
- COOKING CORNER 10/25
- SATURDAY BUS OUTING 10/27
- HALLOWEEN PARTY 10/31

Its that time of they year again and the trees are changing colors and the leaves are falling. I can't tell you all how blessed I feel to be here and excited for our fall season. I want to remind everyone we are going to have a Fall Hoe Down/Western Day on day October 3rd so please dress up in your western attire its going to be a great day filled with lots of activities and live music. We have lots of other fun events this month including our Halloween party on October 31st. We will be kicking off October with a BANG! Starting our new Arm Chair Travel featuring Germany. We will celebrate Oktoberfest and hand out passports. We have planned an outing to Greenbluff on a Saturday so we can get some "Pumpkin Donuts" as well as a FUN Mystery Trip. More exciting news, we will also be adding to our weekend activities so plan for more activities and outings each Saturday, so be sure to study your calendar!

Please continue to donate to Our Place Ministries and I will be looking into getting donations for the recent Hurricane Florence that devastated North and South Carolina. Our thoughts and prayers go out to those affected by the hurricane. Also, I want to remind all residents that Shannon does our doctor appointment transportation every Tuesday and Thursday. So if you need to go the doctor, please let Shannon know at least 24 hours in advance. In the future we are trying to limit the doctor appointments to a maximum of 5 each Tuesday and Thursday. We are also asking that appointments not be made past 3pm in the afternoon. As a side note, make sure you all check out our Facebook page for great pictures of all our activities and let you families know too!

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.

Blessings,
Andrew Steighner

Birthdays this month:

- | | |
|------------------|-------------------|
| Ruby H. 10/1 | Dorothy D. 10/13 |
| Sally R. 10/4 | Howard M. 10/19 |
| Jonathon R. 10/4 | Margaret K. 10/20 |
| Mildred N. 10/7 | Marylou S. 10/24 |
| Joan S. 10/10 | |



Employee Spotlight ~ Chase Reedy



Position: Caregiver

Where are you from? "I was born in St. Mary's Idaho"

How long have you been working at Moran Vista? "Since May 2018"

What is your favorite part of our job? Seeing the difference that I make in the residents lives."

"Favorite Food? "French Dip"

What would people be most shocked to know about you? "I wasn't dealt the best hand growing up, and that has just pushed me harder to keep on in spite of that."

What are some of your hobbies? "Hanging out with friends."

Thank You Chase for making a difference to OUR residents!

Resident Spotlight ~ Betty B.



Betty was born in Colorado, but grew up in Idaho on a cattle ranch. She has shared her life with us here at Moran Vista for two years now. Betty worked and retired as a registered Nurse. She retired from her work from the VA after 50 years! Talking to Betty is very fascinating, as she has traveled all over the world. While her husband was alive, she traveled mainly because her husband was in the air force. After his death she decided she loved and missed the traveling so much that she would go on to travel the globe with many different groups, and she collected magnets from each place she visited. Places such as Antarctica, Tibet, China, Greenland, Egypt, and Africa (a total of 3 times) She has even sailed in a hot air balloon over Serengeti!

Her favorite pastimes are golfing and bowling. Mostly now she enjoys reading. She and her husband raised 3 Daughters and she now has 3 granddaughters and 1 great-grandson.

**You are an inspiration to us Betty, and a lesson
in living life to the Fullest!**

We have a Facebook page.



Moran Vista Senior Living

Tell your family to like our Facebook Page so they can keep up with you and all the activities that you attend. We post new events daily.



Like us on
Facebook



Mystery Trip

Plan to bring a sweater or coat.

Bring money for lunch.

We will be gone for at least 3 hours

Note: The goal is not to know and be surprised!



How good is your vocabulary? Circle the best synonyms for these words.

Personality	appearance	hold back	character	anger
Loose	not tight	useless	not kind	friendless
Alongside	stronger	faster	equal	next to
Offensive	sweet	rude	straight	pleasant
Impress	copy	nervous	affect	crush
Sequence	order	equality	nuisance	capable
Annoyance	decision	choice	different	displeasure
Paramour	singer	admirer	cookie	experience
Blatant	annoy	sincere	obvious	better
Eloquent	graceful	tender	direct	well-spoken

Answers in next months issue

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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MORAN VISTA
SENIOR LIVING



Sometimes Laughter is the Best Medicine

Laughter is an intrinsic part of life. It happens spontaneously and unconsciously. Whether you're howling with laughter or giggling quietly, laughter does you good.

Laughter is known to be a powerful antidote to stress. However the benefits of laughter extend far beyond making you feel happier in the moment.

We have all heard the quote. "Laughter is the best medicine" But did you know laughing doesn't just lighten your load mentally? It actually induces physical changes in your body. Laughter has been clinically proven to strengthen your immune system, activate and relieve your stress response, release the "feel good chemicals" in your brain (endorphins) and can even stimulate many organs.

A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It's also contagious and free!

10 Benefits of Laughter

A sense of humor is a quality well worth having. Norman Cousins' 1979 book 'Anatomy of an Illness' brought much attention to the idea that laughter could promote good health.

There are so many proven benefits of laughter.

It is known to:

- Reduce tension
- Promote cooperation
- Build trust
- Inspire a positive outlook
- Remove barriers between people
- Increase motivation
- Improve memory
- Enhance the immune system
- Lower blood pressure
- Improve alertness and creativity



WATCH THE CALENDAR FOR OUR COMEDY CLUB COME & LAUGH WITH US!