

UPCOMING
Events

INDEPENDENT & ASSISTED

- Show your team spirit 2/1
- Birthday Bash 2/6
- Chef's Table 2/7
- "Senior" Prom 2/7
- Lunch at Orlando's 2/13
- Root Beer Floats (BCD) 2/15
- Fred Myer Trip 2/15
- Wear your crazy hat day 2/18
- Out to Lunch -Mexican 2/25
- Pizza & Poker Night 2/27

A NOTE FROM OUR DIRECTOR

Its been another wonderful month here at Moran Vista and a great start into 2019! So far it has been very mild in the way of snow. Spring is coming and the days are getting longer, and longer by minutes each day.

I would like to acknowledge Ryenn Groves as our "Heart of an Angel" winner this month. She does such a fantastic job and always makes sure that our residents are taken care of.

We have a busy month planned so study the calendar so you don't miss any of our fantastic events. This month we have The Diamonds to Jeans "Senior" Prom (with live music) We are going to Orlando's to watch the culinary arts serve us lunch, a trip to the casino and don't forget to sign up for our Pizza & Poker Night! There are also many other fun, new games to try! Be sure to sign up at the front desk for any bus outings you may want to be included in, since the spots fill up fast!

I want to remind everyone that we are still donating gently used items to Our Place ministries. The box is located on the third floor if anyone has any items to donate to less fortunate families in the Spokane area.

For any of the residents that drive cars, please be sure to lock your car doors at all times.

Also, I wish everyone a Happy Valentine's day! Remember be nice to all, no one who does good work will ever come to a bad end, either here or in the world to come.

MEMORY CARE

- BIRTHDAY BASH 2/6
- SCENIC DRIVE 2/9
- VALENTINES & COCOA 2/14
- ROOT BEER FLOATS 2/15
- CRAZY HAT DAY 2/18
- HAPPY HOUR 2/20



Employee Spotlight ~ Krishana Everette



Position: Caregiver

How long have you been working at Moran Vista? "Coming up on a year"

What is your favorite part of your job? "People! I love the people. I believe that what you put out, you are sure to get back. It brings me joy."

"Favorite Food? "Tofu Curry. I fooled my kids for years serving them tofu. They thought it was chicken."

What would people be most shocked to know about you? "Everyone is shocked to know my age. People are also shocked to learn I do not have Facebook."

What are some of your hobbies? "I love to paint.....My house. I move the furniture and re-decorate all the time. I love it!"

**Thanks Krishana for being who you are. Thank you for the
LOVE you show our residents!!**

Resident Spotlight ~ Dorothy & Fred Davis



Dorothy and Fred Davis have been married for 65 years, and have lived here in Spokane for over 60 of those years. They met over a double date. Fred owned and operated a auto body shop here in Spokane. Together, Fred and Dorothy raised three daughters. Two live here in town and one lives in Boise.

Favorite travel places are Hawaii and Reno.

Favorite pastimes were camping and fishing.

Dorothy's hobbies are reading and playing computer games.

Fred enjoys building model airplanes.

We are glad to have you here Dorothy & Fred



Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Shelly Broyles
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Krystal Bridges
Resident Care
Coordinator

Terrie Colvin
Office manager

Mike Morgan
Dietary manager

Shannon Clark
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

MORAN VISTA
SENIOR LIVING

Ways to Enjoy Your Retirement at Moran Vista

Regardless of what you're called when you reach your retirement age (empty nester, middle-aged, baby boomer or just plain retiree), it all means the same thing. You have progressed to a stage in life where you have time to do whatever you want.

Staying active helps and adds life to your years. So, now is the time to get up and do the things that you only dreamed you could when you were younger. Still not real sure how to enjoy your retirement phase of life? Here are some ideas you're sure to like.

Stay Active You can do this by joining our walking club, attending one of our exercise classes, or take up a dancing class. Whatever you chose, you must stay active to keep up your strength, improve the blood circulation and release endorphins. Consult your physician before you begin any type of exercise program.

Stay Social Now that you're not near as busy it's a great time to get out and see old friends and make some new ones. It's a proven fact that when people are more socially active, they tend to be happier. Consider getting involved with a club where you can meet people who share a similar interest as you.

Strengthen Your Mind Retirement doesn't mean you stop learning about the world around you. Studies show that the brain can repair itself with use. Just like a muscle, we need to use it to keep it healthy. Keep your mind sharp by challenging it with a new activity or game every day. Try learning a new language, get involved with some of the fun games and outings that we have on the calendar. If you're in the mood for something creative, consider joining an art class. The options are endless!

Bottom Line Come and participate. Don't sit around doing nothing all day use these suggested activities to continue to enjoy your life. Any of the mentioned activities can bring you happiness and make you feel more involved with the fun side of life.



Colette J. Diana P.
Marilyn G. Marsha M.

