

2019

UPCOMING Events

INDEPENDENT & ASSISTED

Lunch to Outback 6/3
Crepes with Andrew 6/5
Birthday Bash 6/5
Kick Off to France 6/4
Flower Shopping 6/7
Trip to Rockford 6/10
Making Sangria 6/11
Breakfast on the Patio 6/12
Casino Trip 6/12
Donuts with Dad 6/15
Mystery Trip Lunch 6/19
Bonus Prize Bingo 6/26



MEMORY CARE

TRIP TO MCDONALDS 6/1
LEMONADE & CHAT 6/4
BIRTHDAY BASH 6/5
TRAVEL CLUB FRANCE 6/11
BIRD FEEDER CRAFT 6/19
MUSIC & BAND 6/20
ICE CREAM SOCIAL 6/28
WATER FLOWERS & WALK 6/26

A NOTE FROM OUR DIRECTOR

It's been a great month here in May and I am looking forward as June comes to finally bring warmer weather and summer. I want you all to know about our exciting outings this month. We are going on a day trip to Rockford, we are going on an afternoon Mystery Trip, going out to lunch to the Outback Steakhouse, and even a fun breakfast to a local craperie in a Special "Breakfast with the Director" where I will be joining you. Be sure to sign up as space on the bus is limited.

Also, I am sure I speak for everyone when I say a great part of summer at Moran Vista is "Breakfast on the patio" and this June is no exception. The sign up list will be out for that as well (limit 16)

I hope to see everyone at the arm chair travels this month as we are going to France.

I want everyone to congratulate our Heart of an Angel winner this month **Dawn Nutt**. Dawn does a great job here. She is one of our med techs and is always smiling and helpful with the residents. She goes above and beyond and has incredible passion. We are thankful to have her working here.

Also, I want to say Happy Father's Day to all of our Dad's here at Moran Vista we appreciate you all!

I would like to inform all new residents that we do have a donation box that goes to Our Place Ministries which is for low income families in Spokane. The donation box is on the third floor inside the library for any items that you want to donate.

I want to thank everyone here and I appreciate all of you. Have a great first month of summer everyone and remember to drink lots of water during the hot summer days. Remember the key to happiness is the reduction of desires.

Blessings,
Andrew Steighner



Employee Spotlight ~ Maggie



Position: Med Tech

How long have you lived in Spokane? “Two years from Arizona.”

How long have you been working at Moran Vista? “Almost a year.”

What is your favorite part of your job? “Greeting and interacting with the residents.”

“Favorite Food? “Mexican.”

What would people be most shocked to know about you? “My age at 49 and that I have 5 children.”

Thank you Maggie for all you do!!

Resident Spotlight ~ Caryl S.



After 5 years of living in Federal Way Washington Caryl, her husband and son were transferred to California. In 1981 son Neil and family moved back to Washington and now live in Spokane.

In May of 2017 Caryl had a very bad fall. Circumstances were such that the family insisted on her moving to

Spokane where she could be closer. She loves it here at Moran Vista.

“It has been a wonderful, beautiful life” she added “and still is. Why would it not be?”

Thank you Caryl for your shining your light!



Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Shelly Broyles, RN
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Krystal Bridges
Resident Care
Coordinator

Terrie Colvin
Office manager

Mike Morgan
Dietary Manager

Shannon Clark
Life Enrichment
Coordinator

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping &
Maintenance Director

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MORAN VISTA
SENIOR LIVING

Nurses Notes by Shelly Broyles, BSN, RN

Symptoms of dementia

It 's easy to overlook the early symptoms of dementia, which can be mild. It often begins with simple episodes of forgetfulness. People with dementia have trouble keeping track of time and tend to lose their way in familiar settings.

As dementia progresses, forgetfulness and confusion grow. It becomes harder to recall names and faces. Personal care becomes a problem. Obvious signs of dementia include repetitious questioning, inadequate hygiene, and poor decision-making.

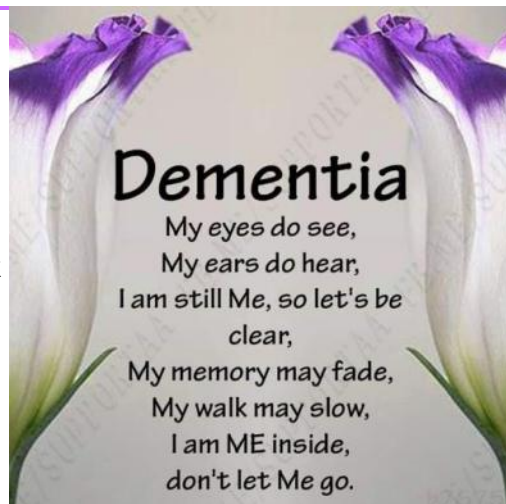
In the most advanced stage, people with dementia become unable to care for themselves. They will struggle even more with keeping track of time, and remembering people and places they are familiar with. Behavior continues to change and can turn into depression and aggression.

Causes of Dementia

You 're more likely to develop dementia as you age. It occurs when certain brain cells are damaged. Many conditions can cause dementia, including degenerative diseases such as Alzheimer 's, Parkinson 's, and Huntington 's. Each cause of dementia causes damage to a different set of brain cells.

Alzheimer 's disease is responsible for about 50 to 70 percent of all cases of dementia.

Dementia is the term applied to a group of symptoms that negatively impact memory, but Alzheimer 's is a progressive disease of the brain that slowly causes impairment in memory and cognitive function. The exact cause is unknown and no cure is available. It 's impossible to diagnose Alzheimer 's with complete accuracy while a person is alive. The diagnosis can only be confirmed when the brain is examined under a microscope during an autopsy.



Ray D.
Charlotte P.
Lois H.

Robert F.
Norma F.

