

MORAN VISTA May

Volume 3, Issue 5

SENIOR LIVING

UPCOMING Events

2019

INDEPENDENT & ASSISTED

May Day! 5/1

Birthday Bash 5/1

Chefz Table 5/2

Mother's Day Tea 5/4

Lunch at Orlando's 5/8

Travelodge to Norway 5/13

Scenic Drive 5/14

Lunch to Outback 5/20

Town Hall Meeting 5/21

Mystery Trip Lunch 5/22

Trip to Rockford 5/24

Casino Trip 5/29



MEMORY CARE

MAY DAY 5/1

BIRTHDAY BASH 5/1

EXOTIC FRUIT TASTING 5/9

TRAVEL CLUB NORWAY 5/14

PODIATRIST 5/15

SCENIC DRIVE 5/15

ICE CREAM SOCIAL 5/24

OUTDOOR LADDER BALL
5/28

HAPPY HOUR 5/29

A NOTE FROM OUR DIRECTOR

It's true what they say April showers bring May flowers and summer is right around the corner! I hope everyone had a wonderful Easter and a nice time with their families. We have some really exciting activities going on this month. Our arm chair travels are visiting Norway. I want to express a very special mother's day to all the Mom's here at Moran Vista. I ask that all the mothers join us for the mother's day tea on Saturday May 4th. We also have some great outings planned going to Rockford for some shopping, Orlando's for lunch, and a mystery Trip.

I want to give a special thanks to our wonderful caregiver Marissa Lopez. She has been chosen as the our angel of the month. Thank you Marissa for all of her help!

This month we will also be getting flowers and doing some planting. I want to make sure that we beautify our community, so if you are interested in helping out and have a green thumb please talk to Shannon.

I wish everyone a wonderful and healthy May! Remember if you light a lamp for someone else it will also brighten your path.

Blessings,
Andrew Steighner



Employee Spotlight ~ Chris W.



Position: Cook/Maintenance

How long have you been working at Moran Vista?
“Years!”

What is your favorite part of your job? “Working with Mike & Kellie. Kellie is the best boss!”

“Favorite Food? “Chinese.”

What would people be most shocked to know about you? “I used to play hockey.”

Thank you Chris, for always going above & beyond!!

Resident Spotlight ~ Mary P.



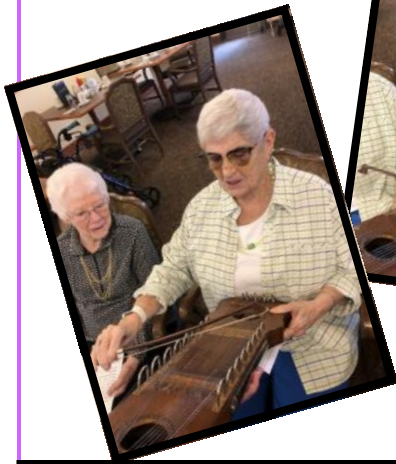
Mary has lived here at Moran Vista for almost 2 years

Mary is one of six children and the last surviving She has a son that lives in California and a Granddaughter.

Her hobbies used to be walking & shopping, although she admits she doesn't do much of those anymore.

Mary's favorite food is Chinese

Mary, we are glad to have you at Moran Vista!



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

3319 E. 57th Ave.
Spokane, WA 99223
Phone: 509-443-1944
Fax: 509-343-1881

MORAN VISTA
SENIOR LIVING

Nurses Notes by Shelly Broyles, BSN, RN

How many times have we heard, “**Laughter is the BEST medicine!**” Well, IT’S TRUE!!



It is scientifically proven the laughter improves circulation and oxygen to your brain, which can help to improve your memory. Here are many more benefits of laughter.

- **Relieves stress**
- **Produces endorphins**, the “feel good” hormone
- Aids in **relaxation** and helps us **sleep better**
- **Relieves pain**
- **Improves energy** and **promotes motivation** to enjoy a better quality of life
- **Alleviates depression** by improving state of mind
- **People who laugh more, live longer, happier lives.**
- Dr’s recommend **getting at least 15 minutes of laughter every day.** It is right up there with eating a well balanced diet and daily exercise to promote good health.

Smiling is contagious. When you smile at someone, they will generally smile back. A gentle smile can calm agitation and can improve one’s mood instantly. Sometimes we have to “fake it till we make it.” We can practice this ourselves. You will notice that we are capable of pulling ourselves out of a mental funk by smiling about something that makes us happy. Have you ever just laughed out loud for no apparent reason at some thought that popped into your head? How did you feel at that moment?



“Live your life and forget your age!”

“Be silly, be kind.... Or your will lose your mind!”



Mavis L

Bernard & Denyse A.

Chris N.

