



UPCOMING Events

INDEPENDENT & ASSISTED

Paint & Sip 7/1
Pre-Fourth of July Party 7/2
Birthday Bash 7/3
Trip to North town 7/12
Breakfast on the Patio 7/17
Patio Luau 7/18
Ice Cream Sundae's 7/19
Bean Bag Baseball 7/22
Live Music 7/23
KFC lunch \$5 buy-in 7/24
Breakfast at Skyway 7/29
Bonus Prize Bingo 7/31

MEMORY CARE

BIRTHDAY BASH 7/3
E-Z DOES IT TRIVIA 7/5
CINNAMON ROLLS 7/6
BEAN BAG BASEBALL 7/8
BALLOON VOLLEYBALL 7/10
CHAIR YOGA 7/13
FILL THE BUCKET 7/19
MUSIC & INSTRUMENTS 7/29
PODIATRIST VISIT 7/31

A NOTE FROM OUR DIRECTOR

Summer is here everyone and it feels so good to have the sunshine! I hope everyone has a great fourth of July with friends and family this year. We will be having a pre-Fourth of July party on our patio on Tuesday July 2nd since most of us will be gone for the holiday. This is a way we can celebrate with our Moran Vista Family. In addition, we have many fun events coming up this month so please be sure to mark your calendars and visit the sign up binder at the front desk. We are planning a fun trip to North Town for lunch and shopping. We will be having a fun Hawaiian Luau party on the patio, and we will try a brand new game called Bean Bag Baseball. This game is perfect for all abilities. Come & Try it!

I want to remind everyone be sure they are drinking lots of water this time of year.

Another HUGE announcement is that one of our residents Sarah McKay turns **106** this month and Benny McCoy is turning **100** in July! Please wish these residents a very happy birthday this month.

We also have a new resident care coordinator here at Moran Vista her names is Chelsea Montenguise so please welcome her to the Moran Vista Family she will be replacing Krystal Bridges who will be missed. Also, please welcome J.P. to our activity department as the new activities assistant on the weekend. I wish everyone a safe and fun July.

Do forgive all before you go to sleep, you'll be forgiven before you get up.

Blessings,
 Andrew Steighner



Employee Spotlight ~ Julie



Position: Med Tech

How long have you been working at Moran Vista?
“Three years this month.”

What is your favorite part of your job?

“My Residents!”

“Favorite Food? “Good Chinese Food.”

What would people be most shocked to know about you? “That I am a Grandma of 3.”

Thank you Julie for all The Love & Care You Give the Residents!

Resident Spotlight ~ Grace D.



Grace has lived here at Moran Vista for about three years. She came to the states in 1946. Like many women from England she was a war bride. Not ever wanting to leave England she moved to the states out of love. It must have worked because they were married for nearly 55 years.

Grace used to work at a bank as a bookkeeper and then later a bank teller. After retiring her and her husband loved to travel in their motor home.

Grace really enjoys painting, and working puzzles.

Grace likes her home at Moran Vista.

Grace, we are glad that you call Moran Vista Home!



Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Shelly Broyles, RN
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Chelsea Montenguise
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

Fun Facts about DEHYDRATION

- Dehydration is prevalent in the elderly, especially those who live in retirement communities or elder care homes.
- 1 in 5 Residents are dehydrated (according to DRIE study).
- 70% of people with dysphasia (difficulty processing words) are at risk of dehydration.
- Be aware of taking stool softeners, they can be a cause of dehydration. Most Residents are on some type of stool softener due to their medications that cause constipation.
- You can ' t think clearly when dehydrated: Even mild dehydration can cause reduced concentration, alertness and changes in mood.
- Don ' t wait until you feel thirsty! Once you feel thirsty, you ' re already dehydrated. Thirst is your body ' s way of saying you need water.
- It is good practice to drink a glass of water first thing upon waking in the morning to get your bowels moving.
- It is a good practice to drink a full glass of water just before going to bed at night. When we sleep, we are " r esting and digesting." By giving your body water during this time, it helps replenish our cells and feed our brains.
- The reason why older adults are more susceptible to fluid and electrolyte imbalances, is that when we age our body ' s ability to conserve water is reduced.



Signs & Symptoms of Dehydration



Little or no urination - Dark or amber-colored urine - Irritability - Dizziness - Confusion - Low Blood Pressure - Rapid breathing or heart rate - weak Pulse - Cold hands and feet.



Verna E.

Jacqueline L.



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