

UPCOMING
Events

INDEPENDENT & ASSISTED

- Lunch to Red Lobster 8/5
- Birthday Bash 8/7
- Outing to Winescape 8/9
- Scenic Drive 8/11
- Outing to Manito Park 8/16
- Lunch to Klinks Resort 8/19
- Live Music By Kirk S. 8/20
- Breakfast on the Patio 8/21
- Bean Bag Baseball 8/26
- Bonus Prize Bingo 8/28

A NOTE FROM OUR DIRECTOR

I can't believe its August already the summer has gone so fast! I hope everyone has had a fantastic summer. Some fun things that I want to remind everyone about is that we are doing Our Place drive right now to collect socks and underwear for school kids. The Our Place donation box is located in the front office and we will also be going there on August 12th so please sign up for the trip and continue to donate to Our Place to support those in need. We have some fabulous outings to Manito Park, Lunch to Klinks Resort, and Winescape Winery this month. Make sure you all join us for our beanbag baseball game as that is underway and we want all the participation we can have!

I want to make a special mention announcing our caregiver of the month who is Skye Erkelens. We all appreciate her. She does such a great job with the memory care residents please give her a special thanks!

Whatever happened, happened for the good; whatever is happening, is happening for the good; whatever will happen, will also happen for the good only. You need not have any regrets for the past. You need not worry for the future. The present is happening. Live in the present.

Blessings,
Andrew Steighner



MEMORY CARE

- BEAN BAG BASEBALL 8/5
- BIRTHDAY BASH 8/7
- TEA & CHAT 8/12
- HAWAII TRAVEL CLUB 8/13
- HAPPY HOUR 8/14
- SCENIC DRIVE 8/17
- MONSTER KICK (BCD) 8/19
- MUSIC MINISTRY 8/24
- WATER BALLOON RACE 8/28

Employee Spotlight ~ Jon



Position: Maintenance

How long have you been working at Moran Vista? “A year and a half.”

What is your favorite part of your job? “Making the residents happy and doing something different everyday.”

Favorite Food? “Italian”

What would people be most shocked to know about you? “I once jumped out of an airplane at night.”

What are some of your hobbies? “Bowling, Camping, Fishing, and stock car races.”

Thank you Jon for all you do!!

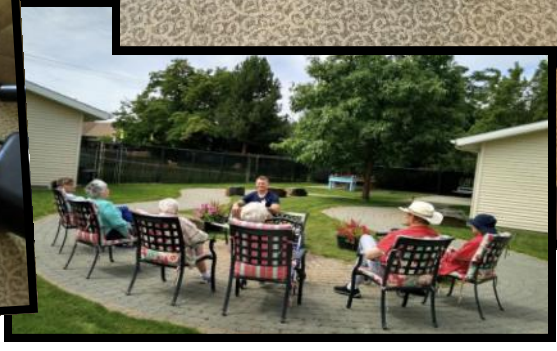
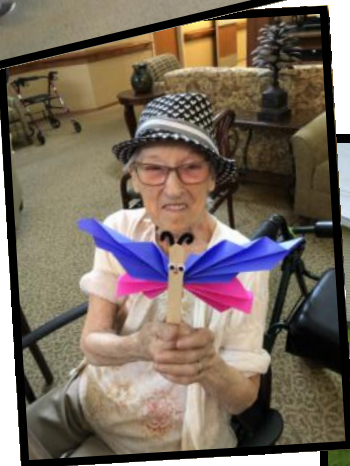
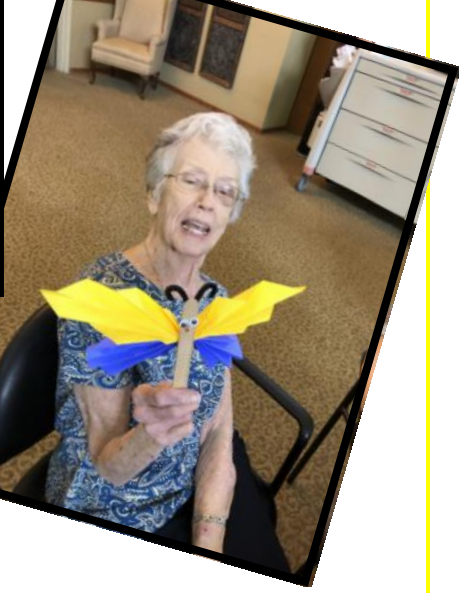
Resident Spotlight ~ Linda G.



Linda and her husband moved to Moran Vista from Airway Heights about three years ago when Linda decided she needed some help with her husband Lee. Since then her husband has passed and to this day she is very passionate about helping the new residents to feel welcome and help them to learn their way around. “I get a lot of joy out of it. It makes me feel good.” she says with a happy grin.

If you look around here at Moran vista you will see many of Linda’s work in the form of jewelry. She makes and sells her necklaces and earrings. It is really one of her favorite pastimes.

**Thank you Linda for your helping our new residents!
We are glad you are here!**



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

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

Depression in the Elderly is *real*, and is all around us. In large part, one major cause of depression in the elderly is Dementia, which is prevalent in the elderly population. As people age we experience loss on so many levels.

Loss is part of life and we ALL have to face loss. If we live long enough, we may lose our husband or wife, our home, friends and relatives. As we age, we also lose bodily functions, some become incontinent, or unable to remember simple tasks. Depression may go unrecognized, and is *often disguised*. Depression in the elderly is very common.

How to recognize depression:

Depression in the elderly often goes unrecognized. Watch out for signs and symptoms of depression in your neighbors and friends. Such as, If you notice them staying in their room, or seem more withdrawn, maybe they are getting more room trays for meals rather than coming to the dining room. Maybe they show a lack of interest in much of anything including activities that they once enjoyed. Depression causes lack of appetite, so if you notice someone losing weight, that is another symptom of depression.

Some ways to help prevent depression the elderly are:

- To avoid being alone. Make friends and spend time together. People need people.
- Structure your time, write things you enjoy on your calendar so you have that to look forward to.
- Sleep is necessary. Try to go to bed around the same time everyday and get up around the same time in the morning. The elderly need 8 to 10 hours of sleep a day.
- Exercise will help a lot of things, especially depression. Don't forget about "Exercise with Ruby" on the activities calendar!

If you, or someone you know has depression, THERE IS HELP! Please come by my office and I can point you in the right direction.



Mary Kay J.

Robert B.

