

UPCOMING Events

INDEPENDENT & ASSISTED

Labor Day 9/2

Birthday Bash 9/4

Outing to North Town 9/6

National Assisted Living Week 9/8-13

Casino Trip 9/9

Lunch to Cracker Barrel 9/11

Nails By Paige 9/13

Lunch to Klinks Resort 9/18

Fred Meyer Trip 9/20

Northwest Opera Performance 9/21

Tour to Tom Sawyer Coffee 9/23

Bonus Prize Bingo 9/25



MEMORY CARE

COFFEE & CHAT 9/3

BIRTHDAY BASH 9/4

NAME THAT TUNE 9/9

BRAZIL TRAVEL CLUB 8/13

HAPPY HOUR 9/11

FUN BAKING 9/23

COOKIES/COURTYARD 9/25

MUSIC MINISTRY 9/28



A NOTE FROM OUR DIRECTOR

Summer is officially coming to a close. It's been another great summer here at Moran Vista and we are getting ready for the fall and cooler weather. I want to thank all of the residents this month for their continued support for Our Place Ministries it was really great to get out there in August and see how they operate and how many people they help out in Spokane. I am really proud of all of you for helping such a great cause and supporting the Spokane community.

I want to give a special thanks to Kadie Hunter who we nominated as the angel of the month. She is our weekend NOC caregiver in our memory care unit and does a wonderful job with the residents.

We have some really great Lunch outings this month to Klinks Resort, and Cracker Barrel. We are also planning a fun tour to Tom Sawyer Country Coffee (the new coffee we are serving) and we are planning another fun History Tour by Rachel at the end of the month. Please join us in some fun games and our new game Bean Bag Baseball. I know we are having some changes in our activity department but, I can assure you all that we will do the best we can to make sure that things continue in the right direction. I hope everyone has a safe and wonderful September.

If you want to see the brave, look to those who can return love for hatred. If you want to see the heroic, look to those who can forgive.

**Blessings,
Andrew Steighner**



Employee Spotlight ~ Lyn



Position: Cook

How long have you been working at Moran Vista?

“ 8 Years. ”

What is your favorite part of your job? “ Making a difference in the lives of the residents through food. ”

Favorite Food? “ BBQ Steak ”

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

What are some of your hobbies? “ Reading. Basketball, and working out. ”

Thank You Lyn For Showing us what Teamwork looks like!

Resident Spotlight ~ Janice



Janice moved to Moran Vista four years ago with her husband Bill. The two have been married for 34 years. You most likely have seen Janice walking around Moran Vista campus. She is one of the most active residents here. She enjoys most all of the activities and outings. Among her favorite things to do is brag about her two sons Greg and Dennis, and her two great-grandchildren.

Before she retired, Janice was an LVN and also a phlebotomist.

Although she is very active Janice is somewhat of a movie buff. Her favorite actress is Meryl Streep.

When asked what her favorite food was her response was swift “ Peanut Butter Piel ”

Thank you Janice for always being positive and upbeat!



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
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MORAN VISTA
SENIOR LIVING

Nurses Notes by Shelly Broyles, BSN, RN

Communicating with a friend or loved one with Alzheimer 's or Dementia—As the disease progresses, the communication skills of a person with Alzheimer 's or another dementia will gradually decline. Eventually, he or she will have more difficulty expressing thoughts and emotions.

Challenges associated with communication can lead to frustration. It can be helpful for you to understand what changes may occur so you can prepare and make adjustments. Anticipating these changes and knowing how to respond can help everyone communicate more effectively.

Changes in the ability to communicate can vary, and are based on the person and where he or she is in the disease process. Problems you can expect to see throughout the progression of the disease include: Difficulty finding the right words * Using familiar words repeatedly * Describing familiar objects rather than calling them by name * Easily losing a train of thought * Difficulty organizing words logically * Reverting to speaking a native language * Speaking less often becoming more withdrawn * Relying on gestures more than speaking.

Tips for successful communication

- Don 't exclude a person diagnosed with Alzheimer 's from conversations with others. Speak slowly and directly to the person, so they better understand what you are saying. Approach the person from the front and identify yourself.
- Take time to listen to how the person is feeling, what he or she is thinking or may need. Give the person time to respond. Don 't interrupt or finish sentences unless they ask for help finding their words.
- Treat the person with dignity and respect, be honest and frank about your feelings. It is OK if you don 't know what to do or say; your presence and friendship are most important to the person.
- Encourage non-verbal communication. If you don 't understand what is being said, ask the person to point or gesture. MOST IMPORTANTLY, It is OK to laugh. Sometimes humor lightens the mood and makes communication easier for both parties.

(The above information was provided by the Alzheimer 's Association)



Robert & Joanne T.

George & Shirley P.

