

October



A Note From Our Director

I want to wish everyone a great October. The summer has sailed by us as we continue to weather the storm. We are currently in stage 2 of the Washington safe start plan. The staff and all of the residents have tested **NEGATIVE** for the virus. I will continue to post and have town hall meetings as necessary to discuss any upcoming changes. Currently we are all praying for the wildfire victims on the west coast and praying for better weather. This is a time for all of us to stand **UNITED** and continue to be a support for each other. I am excited about the increased activities that we can offer at Moran and know that will help make a difference! We will still be planning our Halloween party so see Rachel for more information on that. Make sure to wear your best costume as we will be having a costume contest. Also we will be starting our donations to Our Place Ministries again so if you have any questions about that please see me. There will be a drop box on the third floor for any used items that you may not want. These gently used items or clothes then get donated to Our Place Ministries and helps the low income and homeless population in Spokane. Some of our independent residents are helping with this project! I look forward to a great fall season with everyone and wish you all good health and blessings. Certainly you will have your doubts. There will be questionings and faith will return again. That is how faith is established.

Blessings.
Andrew Steighner



Resident of the Month

Liz S.

When did you move to Moran Vista?

Liz moved into Moran Vista in September of 2020

What do you like the most about living at Moran Vista?

"The nice people that have helped me around here. I like to play the piano and make people happy."

What did you do before retiring?

Liz was an Air Force wife. She played the piano, organ and the accordion. She loved winter exercises like skiing and skating. She exercised everyday. Liz was a Secretary for an Insurance Company in Germany for 3yrs and Japan for another 3 years, plus a few in between.

If you had one Super Power, what would it be?

To change a tire on a car.

What is your favorite food?

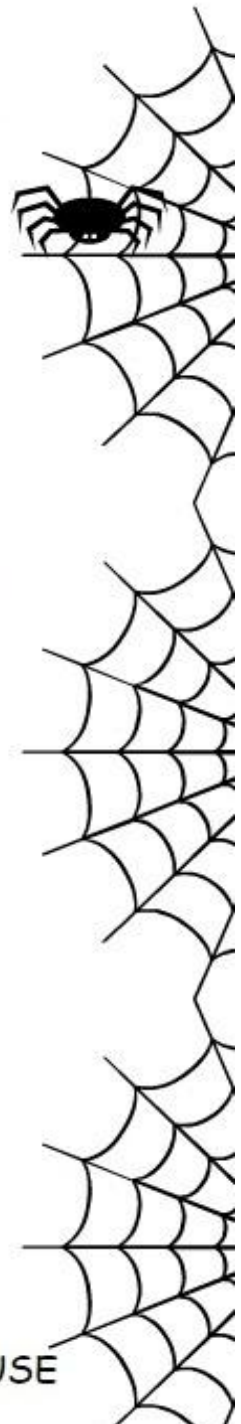
Fried potatoes and gravy

*Welcome to Moran Vista,
we're so glad you're here!*



HALLOWEEN WORDSEARCH

N E E W O L L A H R B R Q R N
 I Q H N R O C Y D N A C M G V
 E T T V W C O S T U M E A U R
 A Y X H F I C D X O M S R V E
 E F V I G M T C H M M P O S B
 Z Y M F Z I J C O R L O U P O
 S V M X E T R N H R B O N U T
 K S A A A H S F S Q H K K M C
 S T E E L T Q H B D B Y W P O
 A S R Y E T O Y E D F C W K B
 M T C R S R D T W S T L H I G
 O A S O R N N F B B C R Q N C
 A A H O A U A L O J S A I L R
 L G R C A G I Z C G Z Z R C E
 W N Q H H U K W W L Q F I Y K

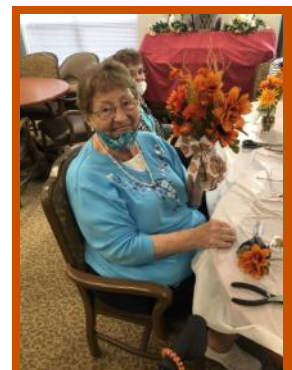


GHOST
 WITCH
 TRICK
 TREAT
 CANDY

PUMPKIN
 MONSTER
 COSTUME
 SPOOKY
 SCARY

FRIGHT
 HORROR
 SCREAM
 BOO
 MASKS

COB WEBS
 CANDYCORN
 HALLOWEEN
 OCTOBER
 HAUNTED HOUSE



Andrew Steighner
Executive Director

Tali Rinaldi
Community Relations
Coordinator

Ryan Walker
Director of Health
Services

Debra Gayler
Resident Care
Coordinator

Julie Jorgensen
Resident Care
Coordinator

Terrie Colvin
Office Manager

Michael Wieber
Dietary Manager

Rachel White
Life Enrichment
Coordinator

Chris Womble
Housekeeping &
Maintenance Director

Marcia Valdez
Receptionist

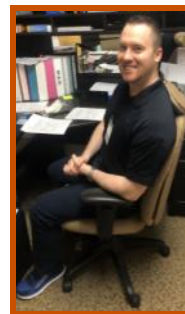
3319 E. 57th Ave.
Spokane, WA 99223
Phone: 509-443-1944
Fax: 509-343-1881

MORAN VISTA
SENIOR LIVING



Nurse's Notes

Ryan Walker, RN



Hello everyone,

Flu season is right around the corner and many of you have been asking when the annual flu shot will be made available. I want you all to know our management team is currently working to make this happen soon. We will have an answer for you shortly on when this service will be made available and we appreciate you all continuing to use common sense with your cleanliness practices.

Please remember to report to the care team immediately if you are not feeling well.

Common flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue
- Vomiting
- Diarrhea

Many Blessings,
Ryan Walker, RN

