

January



A Note From Our Director

I continue to pray for all the residents, families and staff here at Moran Vista. We are continuing to battle the COVID virus here at our community. We are getting stronger though and will get through this together with everyone's help. We need to stick together during these difficult times. I have extra caregivers from a staffing agency helping us currently and working with the department of Health on rapid response team to get more care for all of our residents. Please be patient with us at this time as we are all stretched thin doing the best we can. If you need anything food related or have any questions please call Marcia 509-443-1944 and let her know. You can also pass onto to activities or caregivers if you want some extra movies or things to do in your room at this time please let us know we are here to help get through these times. We are working with Walgreens currently on the COVID vaccine but, I don't have any dates on when that will be. I will keep everyone posted once we know the date. I thank you all for your support and we will pray for a speedy recovery for all of us to get out of this we need four weeks of negative testing. "One who makes a habit of prayer will easily overcome all difficulties and remain calm and unruffled in the midst of the trials of life."

*Blessings,
Andrew Steighner*



Resident of the Month

Richard

When did you move to Moran Vista?

Richard moved to Moran Vista in October of this year.

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

Richard loves all the friends he's making so far, he is a people person so he loves to socialize.

What did you do before retiring?

Richard worked for the city doing garbage disposal for over 30 years. Some hobbies Richard enjoys building wine cork bird houses and working on puzzles.

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

Richard didn't have a super power in mind, he just wants to live a long happy life.

What is your favorite food?

Oatmeal is Richards favorite food. he likes to add raisins, blueberries, peaches, and celery.



January Word Search

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

Winter
Snow
Sled
Icicle
Blizzard
Hot Chocolate
Cold
Frosty
Frozen
January
Ice
Hibernate
Coat
Hat
Gloves

German Chocolate Cake Cookies

Directions:

1. *Preheat oven to 350°*
2. *Make the Cookies: Pour Cake Mix, Oil, and Eggs into a large mixing bowl & stir till combined. Spoon 1" Balls of dough onto parchment baking sheet and bake for 8 to 10 minutes. Let cool for 10 minutes before frosting.*
3. *Make Frosting: Combine caramel, coconut flakes, and pecans in a small bowl. Top each cookie with a spoonful of frosting, then lightly sprinkle caramel with salt. (If you like a salted caramel flavor.)*

Ingredients:

*1 Box of German Chocolate
 Cake Mix*
1/3 c. of Veg Or Canola Oil
2 lrg Eggs

Frosting:

1 Jar of Caramel
*2/3 c. of Coconut
 Flakes*
*2/3 c. of Chopped
 Pecans*



Andrew Steighner
Executive Director

Tali Richardson
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



COVID-19 vs. Flu: How to Tell the Difference

Fever, chills, body aches, and cough. All the symptoms seem the same for the flu and coronavirus, also known as COVID-19. How do you know the difference? Here's information to help you better understand:

Loss of Taste and Smell: Loss of taste and smell is specific to COVID-19 and is not seen in people who have the flu. This specific symptom might come on anywhere from two days after contracting the virus up to 14 days after symptom onset.

Red, Swollen Eyes: There have been reports of red, swollen, and itchy eyes in some COVID-19 patients, which can look like conjunctivitis (or pink eye). This is a symptom that can come on with COVID-19, it's something to be watchful for.

Skin Rashes: Viruses are often associated with rashes, so it's not unusual for some to develop one. "This was reported mostly in younger people, and we're still gathering data on the different skin conditions that coincide with COVID-19, which have ranged from little red bumps and hives to chilblains — now temporarily called 'COVID toes' — which are painful, red-purple, or itchy bumps on the toes," explains Dr. Wong.

IS IT THE FLU OR COVID-19?			
SYMPTOM	FLU	COVID-19	
FEVER	✓	✓	
FATIGUE	✓	✓	
COUGH	✓	✓	
SORE THROAT	✓	✓	
HEADACHES	✓	✓	
RUNNY NOSE	✓	✓	
SHORTNESS OF BREATH	✓	✓	
BODY ACHES	✓	✓	
DIARRHEA AND/OR VOMITING	✓	✓	
ONSET	1-4 days after infection	About 5 days after infection but can range from 2-14 days	
LOSS OF TASTE AND/OR SMELL		✓	
RED, SWOLLEN EYES*		✓	
SKIN RASHES*		✓	

*EMERGING SYMPTOMS BASED ON RECENT DATA

Article written by:
www.HealthMatters.nyp.org
Ting Ting Wong, M.D.

