

MORAN VISTA NEWSLETTER

Upcoming Events

Independent & Assisted:

*Das Stein House Lunch
Pumpkin Decorating &
Tea*

Chinese Lantern Festival

Banking and shopping

Fall Wagon Ride Outing

Beauty and the Beast Play

Football Night

Pizza and Poker

Wine and Cheese

Happy Hour

Bingo

Halloween Party

Memory Care:

Memories in the Making

Hot Chocolate Party

Pet Therapy

Balloon Volleyball

Karaoke

KFC Luncheon

Textile Therapy

Craft Corner

Movies

Milk and Cookies

A NOTE FROM OUR EXECUTIVE

Greetings!

It's been another fantastic month here at Moran Vista. I look forward to October and all of the great changes we have here at Moran Vista. We have our new Activity Director Jessica Ruby and new Resident Care Coordinator Rylee Mason to help our team. Please make sure you welcome them to the family and introduce yourself if you haven't got a chance too. Please make sure and check the calendar for all the outings that we have this month. We have lots of great things going on that you could get on the bus and go. Also please check out our resident spotlight series in the newsletter. If you are interested in having your own spotlight please talk to Jessica. I hope to see everyone in their favorite costumes at the end of the month! Have a great October everyone and Trick or Treat!

Best Regards,

Andrew Steighner

October Birthdays!

Residents:

10/1 Ruby H.
10/5 Bonnie N.
10/10 Evelyn S.
10/10 Joan S.
10/19 Howard M.
10/20 Margaret K.
10/22 John N.
10/24 Mary Lou S.
10/27 Anne W.

Employees:

10/3 Marcia V.
10/4 Kelsey L..
10/7 Richard W.
10/10 Julie J.
10/11 Ryan H.
10/25 Alyssa H.





SADIE HAWKINS DANCE!



OKTOBERFEST!



Green Bluff!



GOODBYE SUMMER, HELLO FALL

This morning the biting wind continues to blow
Take heart hot August, days will
find you enjoying a picnic
followed by a swim in a nearby lake.
In your summer travels, you might
spot a thin waver of snow.
Soon trees will be ablaze with changing color
what a breathtaking snapshot!
The fiery light or the September sunsets will
merge with a silky pink color seen
sliding down behind a mountain.
Hurry take a picture before it's too late.

-Anonymous Resident



FALL PREVENTION FOR OLDER ADULTS

What you should know:

As you age, your muscles weaken and your risk for falls increases. Your risk also increases if you take medicines that age you sleepy or dizzy, you may also be at risk if you have vision or joining problems, have low blood pressure, or are not active.



Instructions:

Follow up with your healthcare provider as directed: Write down your questions so you remind to ask them during your visits.

Fall prevention Tips:

- ◇ **Stay active.** Exercise can help strengthen your muscles and improve your balance. Your primary healthcare provider may recommend water aerobics, walking, or Tai Chi. He may also recommend physical therapy to improve your coordination. Never start an exercise program without asking your primary healthcare provider first.
 - ◇ **Wear shoes that fit well and have soles that grip.** Wear shoes both inside and outside. Use slippers with good grip. Avoid shoes with high heels.
 - ◇ **Use assistive devices as directed.** Your primary healthcare provider may suggest that you use a cane or walker to help you keep your balance. You may need to have grab bars put in your bathroom near the toilet or in the shower.
 - ◇ **Stand or sit up slowly.** This may help you keep your balance and prevent falls.
-

Andrew Steighner
Executive Director

Crystal Lorenzen
Director of Marketing

Sally Johnson RN
Director of Health
Services

Rylee Mason
Resident Care
Coordinator

Tali Rinaldi
Office manager

Mike Morgan
Dietary manager

Jessica Ruby
Activity Director

Marcia Valdez
Receptionist

Kellie Grabow
Housekeeping
Coordinator

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MORAN VISTA
SENIOR LIVING

RESIDENT SPOTLIGHT: KENNETH H.



What was your occupation? *Pilot in the military during WWII. Kenneth loved flying a P51 because it gave him freedom to relax in the sky.*

What do you enjoy doing? *Golf, Mountaineering, backpacking, laying on the dock on CDA lake, drinking beer, sailing and flying.*

What are some of your greatest accomplishments? *I'm alive, I retired and I enjoyed my life.*

Where is your favorite place to visit? *My lake place on CDA lake.*

What is something you would like people to know about you? *Kenneth raced sail boats on CDA lake for three years. He also sailed from Seattle all the way to Panama City, Panama after retiring and did scuba diving and snorkeling with his wife on the way there.*

EMPLOYEE OF THE MONTH: CAROLINE KLOETSCH



Caroline has been a wonderful employee at Moran Vista working as one of our activity assistants. Caroline is so sweet and the residents voted her for this month's employee of the month! She worked so hard to make the Sadie Hawkins dance a success and is loved by the residents! Here are some things about her!

- ◇ Birthday: **January 23rd**
- ◇ How long have you worked for Moran Vista? **June, 2016**
- ◇ What do you enjoy about working at Moran Vista? **Creating fun for the residents.**
- ◇ What do you enjoy doing in your free time? **I've always loved planning events so I plan dinner parties and themed activities all the time!**
- ◇ What is your favorite thing to do on the weekends? **Motorcycle riding and reading**
- ◇ Favorite food: **Italian and Mediterranean**
- ◇ If you could go anywhere, where would you go? **Italy**

Thank you, Caroline!