The Chef’s Corner

Lindsay’s Strawberry Cheesecake

Makes one 9-inch round cake

PAstry SHELL
1 C flour
⅛ C sugar
1 tsp. finely grated lemon peel
⅓ tsp. vanilla extract
1 egg yolk
½ C unsalted butter, chilled and cut into ¼ inch bits

CHEESE FILLING
1 ¼ pounds cream cheese, softened
3/4 C sugar
1 ½ T flour
1 tsp. finely grated lemon peel
1 tsp. finely grated orange peel
⅓ tsp. vanilla extract
3 eggs plus 1 egg yolk
2 T heavy cream

STRAWBERRY TOPPING
1 quart fresh strawberries, hulled
⅓ C sugar
4 tsp. cornstarch, dissolved in ⅓ C cold water
Salt, dash
Red food coloring (optional)

4 tsp. cornstarch, dissolved in ⅓ C cold water
Salt, dash
Red food coloring (optional)

To prepare the dough for the pastry shell, mix all ingredients in a medium bowl with your fingers until they form a ball of dough. Dust the ball with a little flour, wrap in wax paper and refrigerate for at least one hour.

After chilling dough, preheat oven to 400° F.

Using an ungreased 9-inch spring-form pan, with your hands pat and spread the dough evenly over the bottom and 2 inches up the sides of the pan. Bake the pastry shell for 10 minutes; cool.

Reduce the oven temperature to 250 degrees F. In a large mixing bowl, beat the cream cheese vigorously with a wooden spoon until creamy and smooth. Beat in ¾ cup of sugar, a few tablespoons at a time. Beat in remaining filling ingredients until smooth. Pour filling into the cooled pastry shell, and bake in the center of the oven for one hour. Set aside to cool in the pan.

Place the strawberries, 1 cup at a time, in a fine sieve set over a bowl. With the back of a wooden spoon, press just enough berries through the sieve to get ⅔ cup of puree. Set puree aside. With the cake still in the pan, arrange the remaining whole berries, stem side down, over the top of the cake. Beat the sugar, cornstarch-and-water mixture and a dash of salt into the pureed berries. Place this syrup mixture in a 1 to 1 ½ quart enameled or stainless saucepan. Stirring frequently, bring the syrup to a boil over high heat, then boil it undisturbed for 2 minutes. Remove from the heat and stir in a drop or two of food coloring (optional). Spoon the hot glaze over the whole berries and refrigerate the cheesecake for at least 5 hours before serving.

—Mike Morgan, Executive Chef

New Residents

Please make everyone welcome:
Bud & Jackie S.
Mathew S.
Mary B.
Jerry J.
Thelma N.
Pat C.

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Executive Director’s Notes

If you have not had a chance to visit Moran Vista, please consider visiting soon. We pride ourselves in creating a comfortable environment for our residents and visitors. Our activity and living rooms as well as all outdoor patios are in constant use most all day long. We really enjoy the hustle and bustle of active residents and families out and about throughout the community. If you have a chance, say hello to any of the various staff you will see! They love to meet everyone and get to know family.

When it comes to qualified staff, Moran Vista takes pride in hiring and training the best in the industry. Each staff member is screened throughout the interview and hiring process. Once hired, each staff member undergoes a complete training program covering physical and mental health, assisting with care, observing and reporting, resident rights, medication management, and much more. Ongoing training is provided monthly for every staff member covering a wide range of topics that all involve community-based care and the senior living environment.

A registered nurse has an oversight team contributing 120 hours a week, continually checking and monitoring resident care and services. By working directly with our residents, families, and physicians, care plans are created unique to each resident. Our health care team is always available to answer questions. Just call ahead to set a visit time.

If you know someone who would be a good fit for Moran Vista, whether a new team member or a future resident, please do not hesitate to make the referral. We have a very gentle approach to introducing people into our community.

—Rachel Jensen, Executive Director
Life Enrichment Coordinator’s Notes

For those of you that don’t know me yet, my name is Shana Nishimura. I’ve been at Moran Vista Senior Living for about a year and a half as activities assistant, and am excited to take on my new role as the Life Enrichment Coordinator.

As we gear up for summer, outdoor living activities will be a huge focus. Each month, we hold an open meeting for all our residents to express their ideas and interests for the upcoming calendar; which range from food outings, games, musical guests and more. These ideas are then implemented throughout our monthly calendars. As a department, we strive to ensure we are providing an overall balance that will continue to meet each resident’s mental, physical, and social well-being. Keeping active and involved is key to a healthy life!

Excited for those warmer months ahead...please feel free to stop on by!

—Shana Nishimura, Life Enrichment Coordinator

Happy Birthdays

**JULY**
- Irene B ................. 4
- Theresa “Ann” R .... 5
- Pat B .................. 9
- Pets O ................. 10
- Thelma N ............. 13
- Lloyd H ............... 17
- Matthew S .......... 25
- Sarah M ............. 25
- Angeline “Benny” M .. 28

**AUGUST**
- Ann T .................. 5
- Brunhilde J .......... 6
- Helen S ............... 8
- Phyllis Z ............... 11
- Nina D ................ 13
- Norma R ............. 16
- Megan M ............. 25
- Donna B .......... 29
- Rita M ................. 29
- Don S ................. 29

**SEPTEMBER**
- Caryl A ................. 2
- Roberta N ............. 4
- Marlene E ............ 6
- Virginia O ............ 6
- Margaret C .......... 10
- Alice A ............... 9
- Genevieve C ........ 7
- Lois .................. 15
- Roger C ............... 24

Poem

**A Spring Garden**

The new flower beds in our garden
Are alive with young green shoots.
Purple and yellow crocuses are the first
Spring flowers that we see.

A variety of birds who visit the garden
Would sing out a song while the red robin
Would cock his ear to listen.
The bumble bees of spring would cruise
From flower to flower to search for pollen.

The gardener uses his loving hands to
Remove the weeds and debris from the garden floor.
Longer daylight hours allow him time to
Pluck the old heads off his flowers
Spread manure and compost and
Give the flowers sufficient water.

Excited for those warmer months ahead...please feel free to stop on by!

—Shana Nishimura, Life Enrichment Coordinator

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**Marketing Director’s Notes**

Social, educational, and cultural activities are planned around our residents’ interests. Furthermore, we provide transportation coordination and an on-site beauty/barber salon along with our theater style movie and billiards room.

We take great pride in the quality of services we provide. Our goal is to enhance our residents’ quality of life by creating a home-like setting that fosters dignity and independence.

In order to best inform you of our capabilities and show you everything we have available, I would love to give you a personal tour and answer any questions you may have about Moran Vista Senior Living or transitioning to this lifestyle in general.

—Crystal Lorenzen, Director of Marketing

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**Health Services Notes**

Medications—we take them because our doctor tells us to, right? A recent survey of 17,000 Medicare beneficiaries found that 2 out of 5 patients reported taking five or more prescription medications (this does not include vitamins or other over the counter supplements). As we age, chronic conditions such as diabetes, high blood pressure, and arthritis become more common and the number of pills taken in a day can increase dramatically.

So how do you know which medications you should take, at which time? For many of us, the doctor’s prescription will have instructions, for example, “take one tab by mouth once a day”, leaving you to decipher what time of the day you should take it. It’s important to consult with your pharmacist to determine a daily regiment for each pill you take. For example, should your diabetes medication be taken with food? Without food? At bedtime? Taking this pill as a “convenient” time for you might not be the best way for the medication to work. It’s also important to keep in mind whether one medication will counteract with another. Many prescription bottle labels say “take on an empty stomach,” but if you have 2 prescriptions that say that, is it ok to take them both at the same time? Your doctor and/or pharmacist will be able to help you manage your medications so each one is working most effectively.

Taking your prescribed medications, along with diet and exercise, can help your body function at its best to help you live a happier and healthier life.