



Alderwood Park  
Convalescent Center  
2726 Alderwood Avenue  
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[www.alderwoodpark.com](http://www.alderwoodpark.com)

# Alderwood Park *Quarterly*

## Administrator Notes

### Welcome, Spring!

As we look around, we see the trees starting to bloom and flowers such as grape hyacinths, daffodils, primroses and pansies giving us a peek into all the colors that are coming our way.

Springtime reminds me of my youth. At that time, I was a child being raised on a farm in North



Dakota, and we would see new calves with their mothers and baby lambs in the fields. All the new animals would jump and run

in the sunshine. The last week we have seen some snow, but the colors of the trees and plants win out and keep reminding us of the good things to come.

I guess, in a way, we do the same as the small animals, looking forward to the time we can shed our heavy coats and play in our flower and garden beds. At least this is my goal, but sometimes the deer in my yard have the same idea and we compete on who will win out. At the present time, I think we are at a draw or maybe they might even be winning a little. But I guess that is why I plant three for them and two for me. Here at the facility we do not have to worry about the deer, so the plants for spring are looking great under the care of the grounds keeper. She has spent many hours cleaning up the old dead growth so the new shoots can shine forth. I am very grateful for all her work.

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## Resident of the Quarter

### James Post

James Post spent most of his growing-up years frolicking in the San Juan Islands. He lived on Lopez Island along with his parents, four brothers and two sisters. James' father was a commercial fisherman. He owned his own boat and mostly fished around the islands so he was not gone for long periods. James remembers going on some extended fishing trips with him to Kingston and Bellingham Bay.

When James was 14 his father died from lung cancer. His mother Loree started a secretarial service and cooked at a restaurant to support the family. Unbeknownst to her, some friends placed a personal ad in the newspaper. Ken Hersman from Lynden responded to the ad. After he and Loree married, James moved with them to his dairy farm. From there, Ken and Loree moved to Deming and currently live in Custer.



Mt. Baker High is James' alma mater. When asked what he enjoyed most about school, James replied, "Goofing off" with his mischievous grin. James' favorite subjects in school were math and science. He loved reading science fiction and he continues to be a science fiction buff today.

Shortly after graduating from High School in 1982, James moved to Anacortes to take care of his grandfather, who had emphysema. His grandmother was no longer able to continue caring for him. She purchased a mobile home and moved next to James' parents in Deming. James and his grandfather eventually followed, and James continued to care for both of them until they passed away.

James remained in the mobile home and taught a non-accredited Kindergarten class for the Valley Community Church

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I have been talking about upgrading our shower rooms for the last couple times. But the wait has been well worth it. We have two completed and they are great! With the redo they have been brought into the 21st century with tile and ease of care. The residents

and staff who use them are grateful for the changes and updates. You must take a peek the next time you are visiting your loved one or a friend, or ask one of the staff for a short tour.

We are all looking forward to spring, the end of flu season and gray days. If you have time and you want to share it with us, please do. April is the time of the year when we say thank you to all the many and varied volunteers who share their time and talents with residents and staff. Thank you!



Until the next time, enjoy the beautiful flowers and plants!

—Carol Ann Andrews, RN, Administrator

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## Volunteer of the Year!

### Congratulations to Ashley Nedervelt for being chosen as our Volunteer of the Year!

Ashley has been volunteering at Alderwood Park weekly for the past 2 ½ years. She is a WWU student and has been organizing other college students through the Campus Christian Fellowship to come spend time with our residents. Every Monday Ashley visits her special residents, providing them with companionship, comfort, and assistance with some of their leisure activities. Ashley has proven to be a great listener and always brings cheer and happiness to our residents. Thank you, Ashley, for being such a special person and for continuing to brighten up our residents' lives.

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## May 11–17 is National Nursing Home Week

The theme during this week will be the 1950's. Programs, decorations, and even some of the staff clothing will be going back to that time period. Join us for all of the fun!

in nearby Van Zandt. The school closed and James took a temporary position at the main post office in Bellingham. When this job ended, he worked at Cascade Seafood until another position at the Post Office opened. James returned and became a custodian at the Mt. Baker station. He worked there until he suffered a stroke in 2005. "I'm a Postal Brat," James likes to say, as his mother also worked at the post office until she retired.

James doesn't remember anything related to his stroke, but does know that he was in a coma for a month. He could not walk and had a feeding tube when he came to Alderwood Park. His prognosis was dim at best, but James made steady progress and an impressive recovery. James spent a few weeks at St Joseph's South Campus rehab center, as he had intended to move to an adult family home. When that plan fell through, James returned to Alderwood Park.

James most enjoys "all of the friendly people here," along with Bingo and games like Oh Shoot. James is also a movie buff. He has a large collection of DVDs (too many to keep here), and enjoys the computer in his room. James is actively involved in programs and functions here at Alderwood Park. He is a popular fellow and was crowned King at last year's prom. He often enjoys sporting his crown and is magnanimous toward his subjects. James attended WWU's Speech and Hearing Clinic for several quarters, as he likes to say, "until I graduated." He greatly enjoyed the time he spent on campus and improving his speech.

This past year, James' mom was able to purchase a wheelchair-accessible van, making it easier for James to get out and about. He enjoys visits and outings with his family and good friend, John.

How does James view life? "I'm King of the World!" he proclaims, quoting Leonardo DiCaprio from the movie *Titanic*.

### Quote for the Quarter:

*I've gone to look for myself. If I should return before I get back, keep me here.*

—Barbara Johnson

**Eat Smart, Stay Healthy**

Do you want to eat smart, but you feel you are too busy to watch everything you eat? Here are some ideas to get you started on the road to health. The USDA's **Food Guide Pyramid** is a good basic for making healthy choices.

We will start with the foundation of the Pyramid with the Bread, Cereal, Rice and Pasta group. The recommendation is for 6 -11 servings per day from this group. Many people complain this is TOO much food; however, the portion sizes are the most important part of this recommendation. One half cup of cooked cereal, rice or pasta or 3/4 cup cold cereal or one slice of bread is considered a serving. If you were to measure this amount you might be surprised at how small it is. Another way to estimate one half cup is to compare your fist to the grain product. A woman's fist will be a bit larger than half a cup. A man's fist is easily one cup. It is actually fairly easy to consume adequate servings from this group. An example day would be 1½ cups cold cereal for breakfast, 2 slices of bread for a lunch sandwich, and a dinner roll and ½ cup rice pilaf at dinner. This is six servings. Breads, pastas, cereal, and rice contain B vitamins. The B vitamins help with metabolism of all food, making red blood cells, functioning of the nerve system and healthy skin. These foods can be good sources of fiber if you use whole grain items, but even an average serving contains 2 grams of fiber. Fiber is important for bowel health and helping to reduce cholesterol.

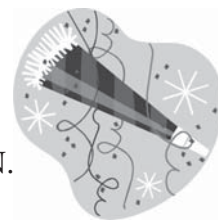
The other foundation for a smart and healthy day is eating breakfast. It is a good way to start your day with some energy providing foods and items that are recommended on the Food Guide Pyramid. Some smart breakfast ideas are:

- ✓ Whole grain waffles with fruit such as sliced banana or berries
- ✓ Cereal or yogurt with fruit and low fat milk
- ✓ Peanut butter on a bagel with fruit such as apple wedges and low fat milk
- ✓ Vegetable omelet with a bran muffin and orange juice
- ✓ Oatmeal with dried fruit and low fat milk

The above suggestions also get us started on the next level of the Pyramid, the Fruit and Vegetable groups. We will discuss those next time!

*Ginny Davidson, RD, CD  
Consultant Dietitian, Alderwood Park Care Center*

**Employees of the Month**



January: Mandy Morgan, NAC  
February: Jennifer Atkinson, R.N.  
March: Andrey Datskiy, P.T.A.  
April: Melissa Whitemon

**Congratulations and thank you for your commitment in caring!**

**Anniversaries**

**April:**  
Elizabeth Bishop.....8 years  
Susan Irwin .....5 years  
Tina Broschat.....3 years  
Chuck Levy.....1 year  
Melissa Whiteman.....1 year

**May:**  
Stevie Park.....17 years  
James Doeden .....10 years  
Zilda Irvin.....9 years  
Martan Wilson.....8 years  
Cathy Preston.....7 years  
Marlys Sentkowski .....1 year

**June:**  
Lina Davis.....15 years  
Heather Burnette.....9 years  
Surinder Kaur.....5 years  
Sharon Sabin .....3 years  
Gurdial Kaur .....2 years  
Retha Luckett.....1 year  
Lynda Short.....1 year

**Volunteer/Recreation News**

**National Volunteer Week • April 27–May 3**

A big **thank you** goes out to all of our volunteers during this special week. Volunteers provided nearly 600 hours of service to our residents during the 2007 year. Our volunteers do a variety of services for our residents, including church service, bible studies, music and entertainment, story telling, assisting with recreation programs, one-to-one visits, and much more. We appreciate all of the time, love and care that our volunteers have given to our residents, and we cannot thank them enough.



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## Department Directory

Administrator..... Carol Ann Andrews  
 Director of Nursing..... Mary McKinney  
 Assistant Director of Nursing/ ..... Christina Webster  
 Quality Assurance Coordinator  
 Medical Records/..... Debbie Monaghan  
 Admissions Coordinator  
 Rehabilitation Coordinator ..... Rebecca Carter  
 Recreation Director ..... Shannon Wefer  
 Resident Accounts..... Beth Armstrong  
 Dietary Manager ..... Chuck Levy  
 Social Services Coordinator ..... Marcia Parker  
 Barbara Dingé  
 Housekeeping/Laundry ..... Elizabeth Estis  
 Supervisor  
 Maintenance Supervisor ..... Steve Smith

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