



Alderwood Park  
Convalescent Center  
2726 Alderwood Avenue  
Bellingham, WA 98225  
360-733-2322  
[www.alderwoodpark.com](http://www.alderwoodpark.com)

# Alderwood Park *Quarterly*

## Featured Resident

### Rowlanda Hughes

Rowlanda Hughes is celebrated this quarter for her years of dedication and hard work at Current Industries, which, sadly, closed this past December after almost 50 years of serving our developmentally disabled citizens.

Rowlanda was born in Bellingham 75 years ago at what is commonly referred to as "the Old St. Joe's Hospital" off State Street. She spent the first 2½ years of her life in a body cast, as physicians tried to lengthen the muscles in her legs so she could learn to walk. One more surgery was tried at Swedish Hospital when she was 13 years old but it, too, was unsuccessful. So, instead of treating Rowlie as an invalid, her mother raised her to believe that she could do whatever she needed or wanted to do from her wheelchair.

When she was 8 years old, she and her parents moved to Bremerton, where her father later died of cancer. In 1960, along with her mother and a stepfather, Rowlie returned to Bellingham, where she joined a specialized workplace. The small agency focused on weaving, and taught the workers how to make and sell placemats. To this day, Rowlie continues with this task, and is often seen in the TV room working on the loom while watching television with other residents. She still



sells her placemats through her church, and to interested visitors or staff.

The original workshop was destroyed in a fire when the son of the owner fell asleep with a cigarette. It moved across the street and continued to employ Rowlie and others until it grew large enough to expand to the Current Industries location near the airport. By then, the work included production tasks that Rowlie excelled in performing. She was often

the first person assigned a new task because of her ability to learn quickly. She was also the pace setter who determined the production times for the tasks of all the workers. She remained one of the top workers until the December 15, 2009 closing of the facility.

Besides the incredible work ethic that Rowlie's mother instilled in her, she also gifted Rowlie with a strong sense of independence and self confidence. When her second stepfather died, Rowlie and her mother moved into an Assisted Living facility where they had apartments next to each other. Rowlie did the laundry for both of them, and often used her motorized wheelchair for trips to the store. She thinks of those days as some of her happiest because of the

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## Administrator's Note

It is very busy time of the year! The State Legislation session is almost over and they have had many hard decisions before them. By the time you read this, we will know the outcome of many bills and how they will affect our lives, if we have a new sales tax or not, etc. We all have tax reports to do—IRS time comes around each year. We have a ways to go in the economic recovery of the nation and of this state, so we will be facing continued hard times.

But we have friends and friendships that cannot be bought, and no dollar amount can be put on them. These friendships pay dividends over and over. They come in handy when we need a shoulder to cry on, someone to walk in the park with, or someone willing to listen when we want to share our feelings. Our residents also need friendships. The staff are great at building some of these friendship but if you have some extra minutes and want a give a helping hand, visit us and you will be rewarded.

Since we did not have a traditional winter this year, the trees and flowers are blooming and giving us beautiful sights and smells. With Easter right around the corner, the flowers and flowering trees fit in with spring time. As I grew up on a farm, you got to add baby animals to the mix. Amazing what triggers our memories of the past. As you are planning which seeds to plant, think about raising some vegetables for the food bank or other places that give items to people who need some help.

Take time to enjoy the sights and grow friendships like flowers. Both are great!

—Carol Ann Andrews

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### Rowlanda Hughes *continued from page 1*

closeness that she was able to have with her mother when it was just the two of them. When her mother passed away, Rowlie moved to Alderwood.

Rowlie is an active member of the First Baptist Church in downtown Bellingham, and attends services on Sunday as well as on the Monday and Wednesday night activities. She also attends Spin Dances in the community, and participates in every activity that she is able to get into here at Alderwood.

We feel privileged to have Rowlanda in our program, and she reminds us every day how to appreciate life – not as it could be – but in what it really is.

## Recreation News

In February we celebrated the 2010 Winter Olympics by having our own Alderwood Olympics. Many of our residents participated in our improvised Olympic events including **curling, hockey, biathlon, slalom course** and **ski jumping**.



Our top three contenders for each event were awarded with bronze, silver and gold medals. At times the competition was fierce, with our administrator nearly being run over during the biathlon event.

As well as sporting events, the Dietary Department hosted a fabulous buffet featuring foods from several countries. Thank you to our volunteers who helped to make our Olympics run successfully.



## Volunteer News

We are currently in need of volunteers who would be willing to escort residents out of the facility for shopping and/or errands, or to doctor appointments. Days and times would vary. If interested, please contact Mea, Volunteer Coordinator, at 360-733-2322.

# Employee News

## Anniversaries

### October

Barbara Steed ..... 18 years  
Lorilynn Buren..... 17 years  
Rosemary Horn..... 6 years  
Shawna Mahar ..... 4 years  
Kari Kuhn ..... 1 year  
Mike Mohan ..... 1 year  
Kevin Kelly ..... 1 year

### November

Christina Webster..... 5 years  
Beth Armstrong- ..... 3 years  
Lynn Young..... 3 years  
Marcy Washington ..... 3 years  
Mea Scherer ..... 2 years  
Dan Oberg..... 1 year  
Rhonda Pewitt ..... 1 year  
Tamre Sanders..... 1 year

### December

Judy Wagner..... 9 years  
Mike Johnson..... 4 years  
Andrey Datskiy ..... 3 years  
Michelle Jarchow..... 2 years  
Merlita Maliwat ..... 1 year  
Oksana Shintar..... 1 year

### January

Lauren Ellison ..... 15 years  
Jim Strachila..... 12 years  
Petra Hernandez..... 8 years  
Corinna Wine ..... 6 years  
Jessica Chervenock ..... 3 years  
Mikaela Goode..... 1 year  
Leah Moore..... 1 year  
Brianne Littleton..... 1 year  
Jill Stratton..... 1 year  
Ranjit Sanghera ..... 1 year

### February

Daryn Steinert..... 4 years  
Mary McKinney..... 3 years  
Chelsey Clark..... 2 years  
Jessie Strachila ..... 2 years  
Erika Espeland ..... 1 year  
Brynn Tally ..... 1 year  
Sky Terry ..... 1 year  
Bruce Verkist ..... 1 year  
Brian Whittaker ..... 1 year

## Employees of the Month

### October

Charles Settles, Cook

### November:

Sylena Steinert, NAC

### December:

Shawna Mahar, LPN

### January:

Mea Sherer, RTA /Volunteer Coordinator

### February:

Cathy Preston, Cook



### Quote for the Quarter:

*Character building begins in  
our infancy and continues  
until death.*

*-Eleanor Roosevelt*



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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  
 Marketing Coordinator  
 Resident Accounts..... Beth Armstrong  
 Dietary Manager ..... Kari Wilbert  
 Social Services Coordinator ..... Marcia Parker  
 Barbara Dingé  
 Laundry Supervisor ..... Elizabeth Estis  
 Maintenance Supervisor ..... Steve Smith

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