



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

# Alderwood Park *Quarterly*

## Resident in the Spotlight

### Sophia Gilbertson

In October of this year Sophia Gilbertson will reach her 100th year. She maintained a very active life in the community until she was well into her 90's. She has been a resident at Alderwood Park since 2005.

The middle child of nine children, Sophia grew up in the small farming community of Glenwood Minnesota along with her husband-to-be Chester. Chester was the son of a school teacher who later became a state legislator. In 1944 after marrying and starting their family, Sophia and Chester brought their two daughters Noreen and Loretta, to Washington State. This was in 1944 and they were looking for better job opportunities. The family first moved to Port Orchard, where Chester worked in a shipyard. Within a few months, after applying for and receiving some additional gas coupons, they came to Bellingham, where Chester's sister lived. Here they stayed and added one more child to their brood, a son, Gerald.



The Gilbertson family settled into the Bellingham community. They purchased a house on Lakeway Drive where they raised their children and Sophia lived until moving to Alderwood Park. Sophia's husband worked in Alaska building an airfield and in the fishing industry. He later bought a share in Mt. Baker Plywood. While at work, Chester suffered a heart attack and Sophia became a widow at the young age of 54.

Sophia was an active, involved woman. In addition to raising her family, Sophia worked off and on at Coleman's Grocery. It was most conveniently located right across the street from

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## Administrator's Note

### Fall Greetings

I think Fall is one the seasons that I enjoy the most because of the crisp mornings, colorful leaves, pumpkins turning orange under the green leaves and all the deep colors of the flowers that are presently blooming.

I realize that with nature's beauty, I am being reminded that the end of the year is coming fast.

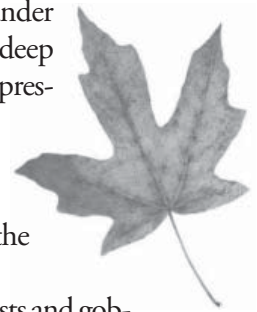
The children will be ghosts and goblins, and we will again have Trick or Treat here at the facility. The children in their innocence look so cute and the residents love to see them, and giving candy always makes the children smile and therefore the residents also do. They talk about that happening for many days following the event.

With Halloween we always see a change in the weather. It is colder and the day's shortness is really starting to be noted. With this change in the weather, fewer residents are able to go out to the courtyards and enjoy the fresh air and flowers. Winter slowly sneaks up upon us.

The Holidays (from Halloween through the New Years celebration) are a busy time of the year for both residents and families. I realize that traditionally it is a time of the year you, as members of the community, love to make visit to acquaintances in the Nursing Home. This year I am asking you to postpone the visit or do a second one after the first of the year when activities slow down and there are fewer visitors.

We continue to upgrade and decorate the

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**Fall Greetings** *continued from page 1*

facility. We have started doing shower rooms. So with a great deal of hammering, pounding and dust, we are moving forward. We have started on the room in the East Wing. It will be much nicer for the residents using it and the staff helping with this task will have nicer “digs” to do it in.

We as staff look forward to the Holidays also. The celebrations, parties and cheerful upbeat movements keep staff hopping and busy.

Have a Happy Season.

*Carol Ann Andrews  
Administrator*

**Sophia Gilbertson** *continued from page 1*

her home. She worked there for 30 years and three different owners until the store closed in the 1970s. Sophia attended Central Lutheran Church and as a member of the Democratic Women’s Club, Sophia helped with elections by manning her local polling station and counting ballots. The nylon pan scrubbers that she crocheted and sold at bazaars to support her organization were highly sought-after items.

After losing her husband, Sophia added traveling to her activities. Along with a close group of friends, she enjoyed many excursions. She particularly enjoyed traveling with Hesselgrave Tours. A favorite destination spot was Reno, Nevada where she and her friends enjoyed many fun-filled gambling jaunts.

Not until she was well into her 90s did Sophia decide it was time to slow down and began to cut back on her activities. Her oldest daughter Noreen was ill and Sophia helped care for her until she passed away in 2002.

Sophia’s daughter Loretta lives in Bellingham. Taking after her mother, at the age of 72 Loretta continues to work at Northwest Fence helping to build dog kennels. Sophia’s son Gerald lives in Mt Vernon. She has 10 grandchildren and “too many to count” great- and great-great-grandchildren.

Sophia’s health has declined but she attends Alderwood’s recreational activities and sensory stimulus groups as well as sing-a-longs, church, bible study and even some Bingo games.

**Employee News**

**Employees of the Month**

**July:** Barbara Steed,  
Medical Records Assistant

**August:** Stevie Park, NAC

**September:** Prescott –  
Resident Kitty Cat!



Congratulations and thanks for your commitment in caring!

Congratulations to **Annette Roe** for passing her state NAC test!

**Anniversaries**

**October:**

- Barbara Steed.....16 years
- Lorilynn Buren.....15 years
- Sue Burdette .....7 years
- Rosemary Horn.....4 years
- Karen Phillips.....3 years

**November:**

- Seana Chapin .....20 years
- Harjit Dhaliwal .....3 years
- Christina Webster.....3 years


**December:**

- Judy Wagner .....7 years
- Charlie Armstrong.....3 years
- Ranbeer Dhaliwal.....2 years
- Mike Johnson.....2 years

*Quote for the quarter:*

*A friend is what the heart needs all the time.*

*-Henry Van Dyke*



# Volunteer News

# “Just Ask Elsie”

## Volunteer Birthdays

June 17..... Gary Malick  
 July 24..... Diane Hanson  
 August 5..... Shirley Alexander  
 August 28..... Vicki Pilch  
 September 26 .....Meghla Julin

## Volunteer Opportunities

Volunteer Opportunities: Our recreation department is always looking for new volunteers to join our team. You can become a Bingo buddy, help out with art and craft projects, accompany us on community outings, help out during special events such as birthday parties or socials, or simply visit with our residents one-on-one. Anyone interested in becoming a volunteer can call Nikole at 733-2322 or simply stop on in. People of all ages are welcome to join us.



## Recreation News

**October:** Trick-or-Treaters are welcome on Halloween from 6:00 – 7:30 pm. Alderwood provides a safe and warm environment for your little ghosts and goblins, and fun for everyone!



**November:** Families are welcome to join us for our scrumptious Thanksgiving meal. If interested, please contact the front office by November 19th.

**December:** All Christmas Carolers are welcome! Please call ahead to let us know that you are coming.

**NOTE:** If you are planning on taking a resident out for the holidays, please give the nurses at least a 24 hour notice so we are able to have everyone ready to go on time. **Thank you!**

The hands on the black and white clock that hung on the wall seemed as still as the vase of flowers beside her bed. The hours dragged. She arrived at the nursing home late the previous afternoon. After her surgery she begged the doctor to let her just go home even though she knew she wouldn't be able to take care of herself. At 82 she was a proud and independent woman, never having to rely on anyone for help. She drove, she shopped, she even chauffeured friends younger than her to doctor appointments and church events. "How did I let this happen to me," she thought as she kept reliving the day she fell and broke her hip. "If only I...I should have...I knew I was in too big of a hurry." The unthinkable finally happened. She fell and fell hard. Hard enough to land her in the hospital needing surgery to replace her now broken hip. "I just want to go home," she pleaded with the doctors. But with her children living hours away and no one to care for her, home was not an option. When she was ready to leave the hospital she was discharged to a nursing home where she feared she would never leave.

That first night in the nursing home was a long one. The bed unfamiliar, the sheets too white, too crisp, too cool. The pain held on because she was too stoic to ask for something, the nighttime noises again different from the ones she had just gotten used to in the hospital. She longed for her little house, her warm bed and the routine of her life that without warning was interrupted.

Morning finally came and with it more new faces and sounds as the day began to unfold. The nurses and aides were all friendly and cheerful yet nothing could stop the growing anxiety she felt about never going home. After breakfast things began to happen. First, the nurse encouraged her to take something for pain. "The therapist will be here soon," she said, "You'll want to be at your best for that." Elsie trusted the kind nurse and agreed to take the pill. It wasn't long before the therapist came, introduced herself, explained what she was going to do and before long, Elsie was up in a wheelchair and whisked down the hall to the rehab gym. It was a busy place. Other patients and therapists were working together using various equipment, all with the common goal to get

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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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