



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

# Alderwood Park *Quarterly*

## Administrator's Note

### Happy Summer!

Time flies by, and hopefully all of you are enjoying summertime—picnics, baseball games, vacations, family visits and no school! Here at Alderwood Park time is also passing quickly, for many of the same reasons, mainly vacations of staff.



We are in the final phases of sprucing up our hallways—one forgets from one time to the next how many yards of wallpaper it takes to cover the walls. We have maintained the color themes of the hallways, but the paint this time is somewhat brighter. The East Wing has tones of blue, while Central Wing still has tones of green. The West Wing and TV Room have mauve tones. The changes have brightened the hallways and given us a fresh look, something that everyone can enjoy.

The next big project will be redecorating and updating the shower rooms. We still have yellow on the floors. Even though that color is coming back in clothing, it is time for a change in all the shower rooms. If you have any ideas that you would like me to consider while doing this project, please contact me. I am always looking for ideas and input.

The hallways are now waiting to have the pictures and other items placed back up to create a more complete feeling. In that theme, we are saving a wall on each hallway for items that staff, residents, or family

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## Resident in the Spotlight

### Leota Mathena Wiggins Baldwin

Leota Mathena Wiggins Baldwin was born in a small farming town near Ottawa, Kansas, on December 16, 1907. She was an only child, although her father was one of 15 children! Leota had an interesting childhood that included the family traveling while her father searched for work. He worked on street cars for a time in California, and then returned to Kansas, where Leota raised a horse and her pet dog.

She completed only one year of high school, although she enjoyed school, made good grades, and found it easy to study. Instead, she started working at the age of 14 answering the phone and doing office work in a local chainsaw factory. She held other jobs when the family relocated, including housecleaning, office work in a newspaper publishing company, and odd jobs that she did for the neighbors.

Leota met her future spouse, Reynard Baldwin, when she lived in Kansas. He was the oldest brother of a close neighbor and friend. She felt especially blessed with her mother-in-law, as they had become very close friends when Leota was growing up. She and Reynard eventually had two sons, Gene, who lives in California, and Dale, who remains here in Bellingham.

Leota worked for many years at Morse Hardware. She was a secretary for Conrad E. Barker, who came here with his lovely wife, Zillah, and took charge of the accounting office until his



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*Quote for the quarter: How beautiful a day can be when kindness touches it.  
—George Elliston*

members would like displayed for a few months at a time. We have many talented people, and this would give their work some exposure. If you want more information on this project, contact myself or Steve, maintenance supervisor.

We, as a facility, are taking part in the **Relay for Life**. This is a community function that raises money for cancer research. Cancer affects every family. The real truth is that it touches everyone's life, whether a relative, a friend, a coworker, a resident, or a resident family member. Just a personal note, each year as I do luminaries for persons who have been touched by cancer, and either survived or lost the battle, the list becomes longer each time. We increased our goal this year to raise \$4,000. So if you want to help the team makes its goal, purchase a luminary (\$5), come have an iced coffee, taco, or whatever we are promoting to meet our goal. Come join us in the walk, any time from **6:00 p.m. July 13 to 2:00 p.m. July 14**. It is a way for the staff of Alderwood Park to be part of our community.

Enjoy the summer, stop by and visit.

*Carol Ann Andrews  
Administrator*

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**Leota Mathena Wiggins Baldwin** *continued from page 1*

death. She liked the position, in part, because she got to travel as part of the job. When her sons were young she stopped working, but returned during their school years, taking off the summers with them. Eventually she returned to work full time and retired from Morse Hardware when she reached the mandatory retirement age.

After retirement, Leota and Reynard traveled together to the East Coast and Florida in their camper trailer until his health declined. After his passing, she sold their home and moved to a retirement setting, and eventually to Alderwood Park Convalescent Center.

This year we will be helping Leota celebrate her 100th birthday! Although a shy woman who does not enjoy the spotlight, Leota recognizes that this is a very special day and plans to let us help her and her family mark her century of living.

## Employee News

### Employees of the Month

**April:** Kate Meggison, MA

**May:** Ellie Corfield, LPN

**June:** Karen Day, RN



Congratulations and thanks for your commitment in caring!

Congratulations to **Jim Comer, Kelli Martinez,** and **Erika Espeland** for passing their state NAC test!

### Anniversaries

**July:**

- Debbie Monaghan .....26 years
- Carol Ann Andrews.....16 years
- Steve Smith.....9 years
- Bernice Mulder.....6 years
- Sandy Cardillo.....2 years
- Sarbjit Kaur .....2 years
- Marcia Parker .....2 years
- Cindy Ripke-Kutsagoitz.....2 years

**August:**

- Sue Morrison.....16 years
- Karen Day .....11 years
- Elizabeth Estis.....5 years
- Debbie Albee .....4 years
- Rebecca Carter .....4 years
- Lori Cords .....3 years
- Lori Millman.....3 years
- Kelly Luedke.....1 year
- Stephanie Weston.....1 year
- Matt Chilcote.....1 year

**September:**

- Teresa Holmstrom.....17 years
- Charles Settles.....3 years
- Elaine Williams .....1 year

## Congratulations to Diane Hansen!

Diane was named our 2006 Volunteer of the Year during the National Volunteer Recognition week in April. Diane has been volunteering at Alderwood since 1998. She comes once a week (sometimes more) and helps us out with programs such as bowling, gardening, birthday parties, socials, lunch outings and other community outings. She is also always more than willing to come help us out on those days when we just need a little extra help. She is always friendly and caring to our residents, and they look forward to seeing her. Diane is truly part of our Alderwood family. We all thank her for giving so selflessly of her time and love. It is a pleasure having her as part of our team.



### Volunteer Opportunities

Our Recreation Department is always looking for new volunteers to join our team. You can become a bingo buddy, help out with arts and crafts 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 (360) 733-2322, or simply stop on in. People of all ages are welcome to join us.

### Recreation News

We will be taking residents to the **Lynden Fair** on August 16 to eat lunch and enjoy the many sights and sounds the fair has to offer. If you would like to escort a resident around the fair grounds please contact Shannon or Nikole in the Recreation office or call (360) 733-2322.



Mark your calendars for our **Resident/Family Barbecue** scheduled for the evening of September 13. The exact time and meal menu will be posted closer to the date, so be sure to look for more information in August.

**Wish List:** Bingo prizes, adult coloring books, DVD's, music CD's, jewelry, portable radios. Thanks to all who have brought donations in! We are very appreciative.

Recreation calendars are available in the front office and recreation office. Please feel free to join us for any of our recreation programs.

## The Benefits Of Green Tea



Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. In 1994, the *Journal of the National Cancer Institute* published the results of a study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers concluded that a compound in green tea inhibits the growth of cancer cells.

What makes green tea special is that it is rich in EGCG, a powerful anti-oxidant. Besides inhibiting their growth, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels. A British study found that a green tea diet may delay the onset of Alzheimer's disease by inhibiting three brain battering chemicals associated with breaking down chemical messages and forming plaques and protein deposits in the brain.

A recent paper from the *American Journal of Clinical Nutrition* concludes that green tea increases metabolism and oxidizes fat without raising heart rates. The heart-rate item merits significance because increased heart rates can lead to adverse cardiac effects. Since there are only two ways to get rid of fat, diet and exercise, this makes green tea a much needed helper for those unable to diet successfully and to expend energy without putting a load on the heart.

How much should you drink? There have been a lot of studies and conflicting opinions but a California study suggests that you could attain the desired level of polyphenols by drinking merely two cups per day. However, as with just about anything, the sellers of the product will tell you that you should drink more.



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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       |
| Marketing Coordinator .....         | Sue Ramey         |

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