



Alderwood Park
Convalescent Center
2726 Alderwood Avenue
Bellingham, WA 98225
360-733-2322
www.alderwoodpark.com

Alderwood Park *Quarterly*

Administrator's Message

As I write this message, the snow is on the ground again and staff had difficulty driving to work. The residents were greeted by smiling caregivers (even though staff may have gritted their teeth earlier when the tires slipped on the ice and snow on the way to work). Winter seems to have come early and is not willing to release its grip! It appears it is afraid to leave—maybe we should all wish together and maybe it will leave for good this time. We all are looking forward to flowers, warm rain, and sunshine. I have seen tiny crocuses poking their heads through the snow; spring is on its way.

During this time of year, we know that the women and men whom we have elected are in Olympia dealing with many bills, lack of monies to fund all the requests, etc. But we in the nursing home profession (residents and staff) need your help. We have been informed that we will be facing a 10 percent cut in rates starting April 1. If this happens, all facilities will have to take some actions, including Alderwood Park. These actions could include cutting staff positions, cutting hours of certain positions, stopping or reducing certain activities, and freezing wages, just to name a few. You can help by contacting

Continued on page 3



Think Spring!

Resident Profile

Barbara Jansen



Barbara is a lifetime resident of Whatcom County, having been born and raised in Ferndale. Her parents emigrated from Holland. Her father, Sidney Bergsma, came to the U.S. in 1913 after telling his fiancée Gertrude that he would work to save enough money to send for her in two years. He managed to send for her just one year later. “My dad came in ’13, my mom came in ’14 and I came in ’15,” Barbara reports. She tells that her mother was a field worker in Holland and had to learn everything about homemaking. Barbara was the first of five daughters. The first 12 years of her life were spent on a farm, where she helped with field work. She drove a team of horses at planting time. “Can you imagine a twelve-year-old doing that these days?” she asks.

Continued on page 3

Anniversaries

January

Lauren Ellison	14 years
Jim Strachila.....	11 years
Petra Hernandez.....	7 years
Corinna Wine	5 years
Velma Fraley.....	4 years
Jessica Garza.....	2 years
Meghann Pribble.....	1 year

February

Turi Nelson	11 years
Daryn Steinert.....	3 years
Mary McKinney.....	2 years
Chelsey Clark.....	1 year
Melissa Hansen	1 year
Jessie Strachila	1 year

March

Cheryl McNielly	30 years!
Barbara Charles	9 years
Jennifer Atkinson	8 years
Lorraine Stephens.....	8 years
Ellie Corfield	6 years
Lisa Mesikepp	5 years
Sandy Bartle	4 years
Mimi Hogin-Perry	4 years
Rachhpal Kaur	4 years
Lynette Clark	3 years
Patricia Howard	2 years
John Midgley	1 year
Rhiannon Purcell	1 year
Jennifer Schlich	1 year
Brice Stonack	1 year
Katie Wood.....	1 year

Employee News

30 Years of Service

This March, Alderwood Park had the pleasure of honoring our Administrative Assistant, **Cheryl McNielly** for her dedication and service to Alderwood for 30 years! Cheryl began work as an NAC in 1979 here at Alderwood Park. She moved to the Front Office in 1987. Most of you will know Cheryl as she meets and greets you in the Front Office and on the phone, always with a happy smile on her face and in her voice. For Cheryl's 30 years, she was honored with a gift of travel!



Employees of the Month:

January

Michelle Jarchow

March

Cheryl McNielly



Congratulations and a **heartfelt thanks** to these terrific employees. We appreciate your commitment in caring for our residents.

Volunteer News

National Volunteer Week is April 26 through May 2. Alderwood will be hosting a **Volunteer Appreciation Party** on Thursday, April 30 at 2:00 p.m. Harpist Rochelle Brown will be providing beautiful music for our festivities. Volunteers planning on attending may RSVP with Mea Scherer, Volunteer Coordinator, or with the Front Office by calling 733-2322. Hope to see you all there!

Recreation News

May 10 through 16 is **National Nursing Home Week**, with nursing facilities throughout the country honoring their residents and staff. During this festive week, Alderwood will be traveling back in time to the 1940s. All of our decorations, attire, and recreation programs will have a 1940s feel to them. The Honey Bees will be performing 40s music on Thursday, May 14 at 6:30 p.m. Feel free to join in on any of the recreation programs offered. Calendars are always available in the Recreation or Front Office.

your Representatives and Senators and asking them not to cut funding to nursing homes. The state has received money from the federal government to help people in the health care arena. Other types of facilities have been given money, like assisted care, home health, etc., to make them hold to budgets they had gotten earlier. The residents who receive these monies are the Washingtonians that have made our state a great state. Please take action today so they can live and be cared for with quality. If you want to know more information about the issues that are affecting Alderwood Park and other nursing home facilities, contact me at (360) 733-2322 or email us at alderwoodpark@hotmail.com and we will help you with the questions.

During the month of January and February, we changed some of the wallpaper in the hallways and TV rooms. Come and see the changes while visiting us. Easter will be here in a matter of weeks, and the Easter bonnets will be out in force. Think about spending a few hours with the people in a nursing home. This will brighten their days and it will give you a special feeling. We do not know how the next months or years will play out in our present economic state, but we know that sharing something with someone else is a positive gain.

Have a happy spring! Take time to visit the garden and see all the wonderful colors as all the plants and trees come back to life.

*Carol Ann Andrews, RN
Administrator*

Quote for the Quarter:

When a defining moment comes along, you define the moment or the moment defines you.

-Kevin Costner

When Barbara's father bought a grist mill, she worked there after school. "Life was hard," Barbara often states during our interview, adding, "I had no spare time." Still, she managed to be elected president of her high school senior class and served as Valedictorian at graduation.

As soon as Barbara graduated from high school, Darigold recruited her to work for them doing product testing. One year later she married Reinard Jansen. She had known him "always," as their parents were longtime friends and she "always" knew that she would marry him. The newlyweds first lived in a "hired-hand house" on his parents' farm, and her husband earned \$20 per month doing farm work. He later worked for the school district and built houses. Barbara continued to work at Darigold even while raising her son Don and daughter Charlotte. She proudly reports that "they were both teachers."

Barbara and her husband saved to buy a travel trailer and made good use of it after retirement. They enjoyed traveling with Barbara's sister and brother-in-law. They also traveled to Paris and England. Barbara was a passionate gardener. She would "go nuts" at springtime. She displays a photograph in her room of a beautiful flower garden in full bloom. "And that was just the back yard" Barbara says.

Barbara now has a view from her room of one of the beautifully planted courtyards here at Alderwood Park. Her passion has turned to sports, especially baseball and basketball. She is eager to see Ken Griffey playing again for the Seattle Mariners.

Barbara's favorite activities are the music programs, Bible study and church services. "The people are very nice and it is so clean" is her first comment, when asked what she likes about Alderwood Park. Her private room is neat and tidy with many family photos displayed. Her family helps keep it nicely decorated. "I have wonderful children," Barbara beams from beneath the shamrock on the wall above her bed. They also keep her refrigerator well-stocked with her favorite snacks and beverages. Barbara is especially pleased that her great-granddaughter is now working at Alderwood Park.

Barbara will celebrate her 94th birthday in June. She thinks that turning 100 would be "way too old." What is her philosophy for living a long and happy life? "I wake up each morning and start the day anew." She adds that having a "great family" is also a key ingredient.



Alderwood Park Quarterly is published quarterly by the residents and staff of Alderwood Park Convalescent Center. Carol Ann Andrews, Administrator and Editor. Copyright © 2009, IlluminAge Communication Partners (a division of Caresource Healthcare Communications) and (as to facility news and photos) Alderwood Park Convalescent Center.

IlluminAge
Communication Partners

(A Division of Caresource Healthcare Communications, Inc.)

www.illuminaAge.com

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
 Housekeeping Supervisor Heather Lehman
 Maintenance Supervisor Steve Smith

Alderwood Park
 Convalescent Center
 2726 Alderwood Avenue
 Bellingham, WA 98225
 360-733-2322
www.alderwoodpark.com