



Alderwood Park
Convalescent Center
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Alderwood Park *Quarterly*

From the Administrator

Winter Notes

A new year is upon us; time is giving us new challenges and new opportunities. So at this point in time, we have pluses and minuses of equal value.

Winter is the time of snow and gloomy days, but as I look out my window, I see a few trees that have buds already. I sure hope we maintain a mild weather, so we can see beautiful blooms this spring.

We will again take part in the **American Cancer Society Relay for Life** in early July. So fundraising with lunches, raffles, etc. will begin very soon. These are open to anyone—staff, resident, family member or friend. Last year, Alderwood Park did well in the contest of raising money. This is a cause that hits or touches every family. Just this last week, a friend of mine in Montana contacted us and we were informed that she is fighting cancer. So this cause is important to all of us at Alderwood Park and we would greatly appreciate your support. I will have

Continued on page 2



Resident In The Spotlight

Keith “Guy” Rodgers

This February we will have had the great pleasure of having our featured resident, Keith “Guy” Rodgers, with us for four years.

Guy was born January 20, 1921 in Montreal, Canada, to Kenneth and Ruby Rodgers. He had a brother, now deceased, and a stepmother, Marian, who joined the family after the death of his mother.

Following his graduation from high school, when WWII broke out, Guy joined the Canadian Military where he served for 5 to 6 years. When asked if he saw combat, he smiled and answered, “Oh, a little.” His wife Winnie laughed about his modesty and pointed out that he had been stationed in the Italian Theater where he was in the thick of the action.

Guy met his future wife, Winnie Smith, after the war when he and his friends were at the same resort that Winnie and her friends were visiting. Winnie describes his catching her eye and asking her out and said, “That was that.” They married October 12. They wanted to be American citizens and moved to the States, where he started an insurance agency in the Seattle area. They lived in Pt. Roberts for a time, then followed friends to this section of the state and later settled in Everson, where Winnie continues to live. They were blessed with one son, born six years into their marriage, who, sadly, passed away on Easter Sunday 2002 fol-



Continued on page 2

Quote for the quarter: Character building begins in our infancy and continues until death.

-Eleanor Roosevelt

more information on this subject in the next newsletter.

I have told you about some of the changes we have completed during this last year. Well, I can tell you that the shower room on the East Wing has been remodeled and it is first class. The tile and new layout make the space great looking and easy to work in. Stop by and take a peek—I would love to show it off. We are now on to the shower room on Central. I am looking forward to that space being upgraded, when we think that the old space was built over forty years ago. It is time for us to come into the 2000's!

When we started this project, I stated we would have an area on the units to hang the art work which has been completed by staff or residents. If anyone has items that they would like to have displayed, please let me know.

Enjoy this time with a good book, a drink of choice, and a warm blanket.

Who is your pick for the Super Bowl winner?

Carol Ann Andrews
Administrator

Keith "Guy" Rodgers *continued from page 1*

lowing a long history of heart problems.

Guy was busy with his business, Viking Insurance, but found time to work on refinishing furniture when Winnie would ask. He loved to read and spent long hours between the pages when he could get the time to do it.

For their 25th wedding anniversary, Guy and Winnie took a trip on the Alaskan Inland Cruise Lines. The scenic beauty of Alaska, and the relaxing time on the ship, remain one of their most treasured memories.

Guy is easy to spot here as he always has a smiling face, a jaunty hat, and a quietly pleasant manner when he is attending a meal or an activity. Winnie visits regularly and he shines with an inner light whenever she is near.

Post-Holiday Blues

Holiday blues can affect any of us—men, women, young or old. The increase in stress and fatigue, unrealistic expectations, too much commercialization, and the inability to be with the family can be among the contributing factors. We also have increasing demands of shopping, parties, and house guests that contribute to increased tension and sadness during the holidays. It can result in headaches, over-drinking, over-eating, and difficulty with sleeping.

If you are coping with the holiday blues, experts have some suggestions:

1. **Accept your depression.** Don't give in to it, but recognize its presence and allow yourself to work with it. Understand that you are not alone and that many others are coping with sadness, loneliness, and anger, too.
2. **Limit your drinking.** Alcohol is a depressant—and the problems that can come from driving under the influence or from behaving badly at the work Christmas Party can add greatly to your stress and depression.
3. **Know your spending limit and stick to it.** Treat yourself and those you love to low cost activities like driving around to look at the holiday decorations. Make a gift of your time with loved ones.
4. **Establish realistic goals and expectations for the holiday season.** It is not the time to try to cure all past problems. The holidays do not prevent sadness or loneliness.
5. **Get some exercise.** It not only helps us to avoid keeping on the extra calories from the Christmas goodies, but it gets the endorphins going and helps our mood as well.
6. **Practice pleasure.** Even a small amount of pleasure reminds us that life is good; a piece of chocolate, an old movie, or a hot bath can perk us up and get us through the down times.



If someone you care about is experiencing the holiday blues:

1. **Be a good listener.** You don't have to fix the person or the situation; just let them talk about how they are doing.
2. **Include the person in holiday activities**—but don't push them to celebrate if they don't want to do it.
3. **Be familiar with resources** like mental health, counseling, or a crisis line, so you can help them reach out if they are ready or in a crisis.

Employee News

Employees of the Month:



October—Lori Cords, NAC

November—Charles Settles, Cook

December—Karen Phillips,
Laundry/Housekeeping

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

Anniversaries

January:

Lauren Ellison 13 years
 Jim Strachila 10 years
 Petra Hernandez 6 years
 Corinna Wine..... 4 years
 Velma Fraley 3 years
 Misty Kinman 1 year
 Joyce Levy..... 1 year
 Jessica Garza 1 year
 Nikole Jacoby 1 year
 Bonnie Van Fossen 1 year

February:

Turi Nelson 10 years
 Ellie Corfield 5 years
 Daryn Steinert..... 2 years
 Mary McKinney..... 1 year

March

Cheryl McNielly 29 years!
 Barbara Charles 8 years
 Jennifer Atkinson 7 years
 Lorraine Stephens..... 7 years
 Joanne Decker 4 years
 Lisa Mesikepp 4 years
 Judy Sophusson 3 years
 Mimi Hogin-Perry 3 years
 Rachhpal Kaur 3 years
 Sandy Bartle 3 years
 Sarah Metzger 3 years
 Lynette Clark 2 years
 Patricia Howard 1 year
 Annette Roe 1 year
 Judy Reynolds 1 year
 Natalie Skrinnik 1 year

Volunteer News

SPECIAL THANKS TO VOLUNTEERS

Christmas time is always exciting (and busy) around Alderwood and we are so grateful for all the volunteers who helped to make it run smoothly for us and for our residents. We would like to thank **Pete and Vicki Pilch** who joined us on our annual mall outing with some of our residents. This outing provided those residents the opportunity to do a little bit of Christmas shopping. Thank you also to **Jim LeMaster and his wife** who came dressed up as Santa and Mrs. Claus (the beard was real!). Finally thank you to **Diane Hansen**, who assisted us with the residents' Christmas Party. A good time was had by all.



Thank you so much, everyone. We hope you all have a happy, healthy 2008.

VOLUNTEER BIRTHDAY

January 18—Happy Birthday to Pete Pilch!

VOLUNTEER OPPORTUNITIES

As always, we are in need of volunteers. We have a special need for someone to help out in the Recreation Department on Monday and Wednesday evenings from 6:00 p.m. until about 7:15 p.m. for our game nights. Of course there are plenty of other opportunities available and we would graciously welcome anyone interested. Please contact Nikole at 733-2322 if you are interested.

Recreation News

Thank you to everyone who helped to make the holidays a special time for our residents.

The Bellingham Assistance League and several Alderwood employees graciously donated Christmas gifts for our residents. The gifts were all very much appreciated. We had several fabulous Christmas caroling groups come through the building for all to enjoy, and two very talented high school Chamber Orchestras performed holiday music. Thanks to all of these groups for sharing their gift of music with us.

Recreation calendars are always available in the front office or recreation office. Family and friends are always welcome to participate in our daily recreation programs. Recreation programs can help to provide for a more positive and meaningful visit, especially when visiting a resident with cognitive and sensory impairments. Games, puzzles, etc. are also available for families to use during visits. These items can be found in the cupboards by the recreation office.



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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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