



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

# Alderwood Park *Quarterly*

## Message from the Administrator

### Holiday Season

Wow, the year is over already! It seems that it just started, but many things have happened in all of our lives. Nature spread its beauty through the seasons, and now it is resting so it can do it again. All three of our shower rooms are now completed. We have added a new tub, and the residents who have tried it really like it. It has been good for those arthritic joints and aging bones. The residents continue to explore this new experience. It has been many years since some of them have had the benefit of a tub bath.



We have also made the decision to carpet all the hallways. This will make the hallways quieter from the rolling of carts, and the nights quieter for residents to sleep. With the decision to add carpeting, some of the wallpaper and wall colors will also have to be changed. Our goal is to have it completed before the end of the year. So it will be busy at times with all kinds of activities.

During the last month of the year and the holiday season, we had many visitors, carolers, and parties. You are welcome to join us any time of the year! All visits are appreciated by the residents living here.

During the Holiday Season, we remembered that big or many gifts are not important. It is friends that we care for with kindness and well being.

*Carol Ann Andrews, Administrator*

## Residents of the Month

### Gordon and Bernice Huntington

Gordon and Bernice Huntington occupy one of the rooms in our East Hall, and recently celebrated their 25th wedding anniversary.

Bernice and Gordon were each born in Seattle, but Bernice was raised in the Skykomish area. She and Gordon met each other at a car race track when she was 17 and he was 24. He was married and they did not see each other again until she was 50, although they had remained in the same circle of friends.

Bernice had four marriages, "beginning with a Gordon and ending with one." She was widowed once and divorced twice, with no children from these marriages. She worked over the years as an apartment manager in Minnesota, and for the Sheriff's Department in Colorado. She returned to Washington to help with an illness in the family, and was working at Hattie's Hat when Gordon came in. She remembered him and said she hollered, "Hey, Duke!" He didn't remember her at first, but then figured it out from their mutual friend. She noted that she became a "mother and grandmother in one hour" when she married Gordon.

Gordon was a widower, having lost his second wife and their dog in a car accident on December 24, 35 years before. Bernice came over to see him on July 4, with her new poodle, Brandy. Gordon had vowed never to have a dog in his home again, but Brandy came over to lick his face and melted his heart. He asked Bernice

*Continued on page 2*

# Employee News

## Employees of the Month:

**July:** Zilda Irvin, Recreation Therapy Assistant

**August:** Seana Chapin, NAC/Shower Aide

**October:** Matt Chilcote, NAC/Dining Room Assisant

**November:** Lorraine Stephens

**December:** Natalie Skrinnik



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

## Anniversaries

### October

- Kelli Martinez ..... 2 years
- Shawna Mahar ..... 3 years
- Karen Phillips..... 4 years
- Rosemary Horn..... 5 years
- Sue Burdette..... 8 years
- Lorilynn Buren..... 16 years
- Babara Steed..... 17 years

### November

- Mea Scherer ..... 1 year
- Beth Armstrong..... 2 years
- Marcie Washington ..... 2 years
- Seana Chapin ..... 21 years

### December

- Andrey Datskiy ..... 2 years
- Mike Johnson..... 3 years
- Judy Wagner..... 8 years

### Quote for the Quarter:

*I've gone to look for myself. If I should return before I get back, keep me here.*

*-Barbara Johnson*

# Recreation/Volunteer News

## Thank you!

Thanks to all our families and staff who donated candy for our trick-or-treaters on Halloween. A fabulous time was had by all!



A word of thanks goes out to **Diane Hansen**, who has been volunteering at Alderwood for 9 years! Diane assists residents in our recreation programs weekly, helping with bowling, lunch outings, and special party programs. Diane is a valued part of our Alderwood family and we would be lost without her!

Thank you to all of our Christmas carolers who blessed us with great music through the Holiday season. Your musical visits were appreciated by all!

## Needed:

**Calendars for the 2009 year.** These calendars are placed in each of our residents' rooms, so we will be needing approximately 100 of them. Calendars may be dropped off in the front office or in the recreation office.

## Huntingtons *continued from page 1*

if she still liked to ride bikes, and she said yes, so he said "Let's get married," and on July 9 they did.

They had many an adventure on their Harley motorcycles, sometimes riding for charities, such as Children's Hospital or the Heart Fund, or just for fun. Bernice said that Gordon asked her where she wanted to travel, and she told him "whichever way the front wheels point." Both Gordon and Bernice remember the fun of just taking off to go out for lunch and being off on a spur of the moment adventure on the Harley. When asked about her favorite memory, Bernice said it was when they went to the Oyster Bar for their 15th anniversary, because of the atmosphere there and the sense of togetherness she felt. Gordon said he couldn't think of just one memory, because all the times they rode the Harleys were fun. He also loved their dogs, Brandy, Bourbon, and now Cinders.

---

## 10 Healthy Aging Resolutions for 2009

The holidays are over! If you are like most of us, a bit of overindulgence went along with the holiday cheer. But now the eggnog, fruitcake, pies and candy canes have all been consumed, and life is getting back to normal.

The New Year is the traditional time when many of us are motivated to make positive changes in our lives. Why not add a few resolutions that can impact your health and well-being through the New Year and beyond? During 2008, research institutions from around the world released new studies shedding light on factors that encourage optimum aging. Take advantage of this information as you make your list.

**Resolution #1:** *Add at least 10% more physical activity to your daily routine.* Simply speaking, exercise has a positive effect on virtually every body system. No matter what your health status, there is some form of exercise you can do. And what about a balance class? Speak to your healthcare provider about an exercise program that is right for you.

**Resolution #2:** *Read food labels.* Look for “heart smart” foods that are rich in nutrients and fiber. Avoid foods with saturated fats and trans fat. Look for those labeled “low sodium” or “reduced sodium.”

**Resolution #3:** *Learn a new skill.* With advanced brain imagery techniques, neurologists can now actually see that mental stimulation encourages new connections between brain cells. And activities that stimulate the brain in a new way are especially effective. Take a language class, try a new instrument, or learn to use a digital camera and e-mail photos.

**Resolution #4:** *Discover a great new walking path.* Walking is one of the best forms of exercise, but we can lose motivation and become bored with our same old routine. Check out local parks, neighborhoods...even shopping malls when the weather is bad. And invest in a pair of good quality walking shoes.

**Resolution #5:** *Ask your doctor about the shingles vaccine.* This new immunization was approved for older



adults this year. It can help you avoid this often painful, sometimes debilitating condition. And be sure your other immunizations are up to date, as well.

**Resolution #6:** *Plant a vegetable garden.* What a nice way to get some exercise and add nutritious veggies to your menu!

A container garden or windowsill herbs can also yield a nutrient-rich “crop.” Or, check out local farmers markets for fresh, locally grown produce...and perhaps a flower bouquet for a mood boost?

**Resolution #7:** *Watch a funny movie.* A new round of studies this year confirm that laughter is good for the heart and immune system, relieves depression, and is a great social “icebreaker.” Your local library probably has a good collection of comedy films that you can borrow at no cost.

**Resolution #8:** *Take a fall prevention tour of your house.* By yourself or with a loved one, look for situations and conditions that could be hazardous as you are moving from place to place. What could trip you up? Removing clutter and fixing unsafe conditions helps you avoid falls and live more confidently.

**Resolution #9:** *Ask your doctor to review your medications.* During your next appointment, arrange in advance to bring in a list of all drugs you take, both prescription and over-the-counter. (Some healthcare providers suggest you bring in the containers.) Ask about side effects, possible interactions, and whether switching to a generic might save you money.

**Resolution #10:** *Check out the activities at your local senior center.* You may be surprised at the variety of offerings—from field trips to classes to computer training and much more. Socialization is good for the mind and emotions—and a recent study even shows that spending time with others can benefit the memory.

No matter what your age and health condition, taking positive steps to follow healthy aging guidelines can pay off and help you have a HAPPY NEW YEAR



*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.illuminAge.com](http://www.illuminAge.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  
 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](http://www.alderwoodpark.com)