

# ALDER BAY | NEWSLETTER



*Meghan at our Art and Wine event.*



## LETTER FROM THE ADMINISTRATOR

The **Walk to End Alzheimer's** is something I hold near and dear to my heart. Not only because of the industry I work in but because I've lost two grandparents, one to Alzheimer's and the other to vascular dementia. I know the struggles my family went through and see the struggle our resident families are currently going through. It is a horrible disease that currently cannot be prevented, cured or even slowed.

Alder Bay has been very involved in promoting and fundraising for our local walk and are very excited that our walk is finally here! **Please**

**join us Saturday October 14th in Eureka at Halvorsen Park.** Registration starts at 8:30, with the opening ceremony at 9:30am. There will be two different routes to choose from, a short 1-mile loop and a longer 3 mile loop. For more information, or to register/donate for the walk you can visit [act.alz.org/Humboldt2017](http://act.alz.org/Humboldt2017).

October also brings us the annual **Pastels on the Plaza**, the fundraiser for the North Coast Children's Services. You should stop by the Arcata Plaza on Saturday October 7th to check out all the amazing art work. Or join us on our scenic drive, Monday the 9th at 3:00pm.

*Meghan Gallagher*



### RESIDENTS

Reba H.	October 10
Del P.	October 19
Richard B.	October 20
Laura D.	October 24
Fran L.	October 24

### STAFF

Andrea A	October 18
Abigail C	October 20
Siobhan S	October 22

## FEATURED UPCOMING EVENTS

### SING ALONG WITH BETSY AND THE CHORALIERS

Please join in the living room once a week for an exciting sing along. Betsy, a resident here at Alder Bay, plays the piano for us and we all have a book to sing along and join in with. If you have any friends from the community who want to join, please have them come in and check it out!

### BLUE LAKE CASINO

OCTOBER 26 AT 3:00

Now that fall is here, we are heading back to our winter tradition of going to the casino once a month. We will start with Blue Lake Casino. The bus loads at 11:30 and we will have lunch at Alice's Restaurant upon arrival. After eating we will spend a bit of time playing slots and having fun! Bring your luck and lets have fun!

### HAPPY HOUR HALLOWEEN

OCTOBER 27 AT 3:00

Wear your best Halloween costume to this fun filled happy hour! We will have special cocktails and drinks. We will also have some snacks! Invite your family and friends and we will have candy for the kiddo's too.

## Art and Wine Event Highlights



## RESIDENT CARE COORDINATOR CORNER

### WELCOME KELSEY HOUSDEN, OUR NEW RESIDENT CARE COORDINATOR!

**We would like to introduce you to Kelsey Housden, our new Resident Care Coordinator.** Kelsey is a licensed vocational nurse out of Washington State who has been living and working in Eureka since May of 2016. Kelsey decided to move to Eureka to explore and advance in all aspects of her life, primarily career and education. Now she is proud to be a part of our team, while also looking forward to being a new mom. Her goal is to become a more established member of our community over the years and to promote joy and wellness in all that she does.

**Kelsey started working as a certified nursing assistant when she was seventeen in a long term care facility.** After several years working as a nursing assistant she recognized her passion was driving her to continue her education. She attended nursing school at Wenatchee Valley

College near her home town, while continuing work as a nursing assistant and other customer service jobs. Once Kelsey became a licensed practical nurse she began work in a long term care facility under her new title. After a couple years working as a nurse she decided to move to California and transfer her license. Kelsey became a member of our healthcare team in late August 2017 and looks forward to returning to school someday to obtain her registered nurse license and minor in healthcare administration.

Outside of work Kelsey enjoys the outdoors in just about any way she can. She also enjoys arts and crafts such as painting, playing guitar, singing, and crochet. She enjoys trying new things, recently testing her luck at canning and learning to surf. **Also, Kelsey and her partner are looking forward to her first child due in January 2018!**

# OUR FEATURED RESIDENT

## WILL THERE BE A SOUND IN SPACE IF NO ONE IS THERE TO HEAR IT?

*written by Betsy G. (Alder Bay Resident)*

When I congratulated Jim B. on his accomplishments he used a homey cockney phrase to answer; *"'e dun 'is best."*

**Jim told me his most life-defining experience was growing up in England during World War II.** He was seven years old, and knowing how quickly his life could end made him want to get the most out of it. However, what changed his direction was falling just short of earning his bachelor's degree. That rerouted him to work for a company that provided four years of schooling in aeronautical engineering. He became involved in a project that was in danger of being canceled, so he submitted an application to NASA and was accepted to work on the Apollo Project.

He was assigned to work as an acoustician. He described a huge reverberation chamber where a small section of the Apollo was placed so the effect of various noises could be studied. Filling the chamber with 'white noise' (which is similar to radio static) could cause the reverberation from a sound to remain constant, enabling him to determine how the sensitive instruments in a spacecraft might react to high noise levels. He later worked on giant aircraft engines.

It's easy to see why this was the high point of Jim's career. But he also enjoyed being able to enter a church and clap his hands so he could recommend an acoustical treatment that would control the excess reverb. Every project presented different problems and he admits to missing the challenge nowadays.

**Jim is also a photographer and builds miniature houses for the fun of it.** He has read for the blind on the radio and aided research into allergies by giving himself shots to document his reaction. He was active in amateur theatre for twenty-five years, and if you want to hear something really bizarre, ask him about the car rallies of his reckless youth.

This will give you an idea of how Jim B. managed to get the most out of life. But he confides that the smartest thing he ever did was to marry Isobel almost sixty-three years ago.

*I'm secretly hoping he will study the hearing needs at Alder Bay so our get-togethers will be more enjoyable for all.*



*Jim and Reba.*



*Jim and Barbara.*

## UPCOMING ACTIVITIES

### OCTOBER 2

1:30 Target Outing

### OCTOBER 3

3:00 Black Jack

### OCTOBER 4

11:00 Sing along  
with Choraliers

3:00 Out for a drive

### OCTOBER 5

10:30 Dog Visits

3:00 Betsy on the harp

### OCTOBER 9

TBA Scenic drive for  
pastels on the plaza

### OCTOBER 10

3:00 History of the  
Flood of 1964

### OCTOBER 11

11:00 Sing along  
with Choraliers

3:00 Resident Council

### OCTOBER 12

11:30 Fiesta Grill

3:00 Betsy on the Harp

### OCTOBER 16

3:00 Gardening

### OCTOBER 17

3:00 Root Beer Floats

### OCTOBER 18

10:00 Musical Duo

### OCTOBER 20

10:00 Sing along  
with Choraliers

### OCTOBER 23

3:00 Personal Pizzas

### OCTOBER 24

3:00 Black Jack

### OCTOBER 25

11:00 Sing along  
with Choraliers

3:00 Animal Documentary

### OCTOBER 26

11:30 Blue Lake Casino

3:00 Betsy on the Harp

### OCTOBER 27

3:00 Halloween Happy Hour!

### OCTOBER 30

3:00 Gardening

### OCTOBER 31

3:00 November Centerpieces

# ALDER BAY

ASSISTED LIVING

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## COMMUNITY CONTACTS

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**RIDGELINE**  
 MANAGEMENT COMPANY

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## OCTOBER – WORD SEARCH

D	X	C	M	O	P	U	M	P	K	I	N	A	S	A
I	B	D	I	F	F	E	R	E	N	C	E	R	A	D
Z	N	B	B	N	C	T	B	E	B	R	E	A	S	T
S	U	C	C	E	S	S	N	C	U	D	H	C	C	X
X	E	H	H	P	O	S	I	T	I	V	E	B	B	S
H	X	P	D	O	J	F	J	P	E	C	H	B	S	W
A	Y	S	E	T	C	E	S	L	O	N	S	S	I	M
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O	Y	A	E	Q	S	R	K	A	E	P	L	B	V	C
W	S	B	S	H	Y	F	K	R	T	W	Q	L	F	Q
E	I	B	S	N	D	P	A	W	T	E	G	V	Z	O
E	C	V	I	X	I	W	B	R	E	A	T	H	P	B
N	A	M	O	M	A	D	O	B	T	R	O	U	A	Q
M	L	H	N	H	Y	G	I	E	N	E	Y	T	O	D

AWARENESS

BREAST

BREATH

CAKE

CHOCOLATE

DEPRESSION

DIFFERENCE

HALLOWEEN

HYGIENE

PHYSICAL

POSITIVE

PUMPKIN

SMILE

SPIDERS

SUCCESS