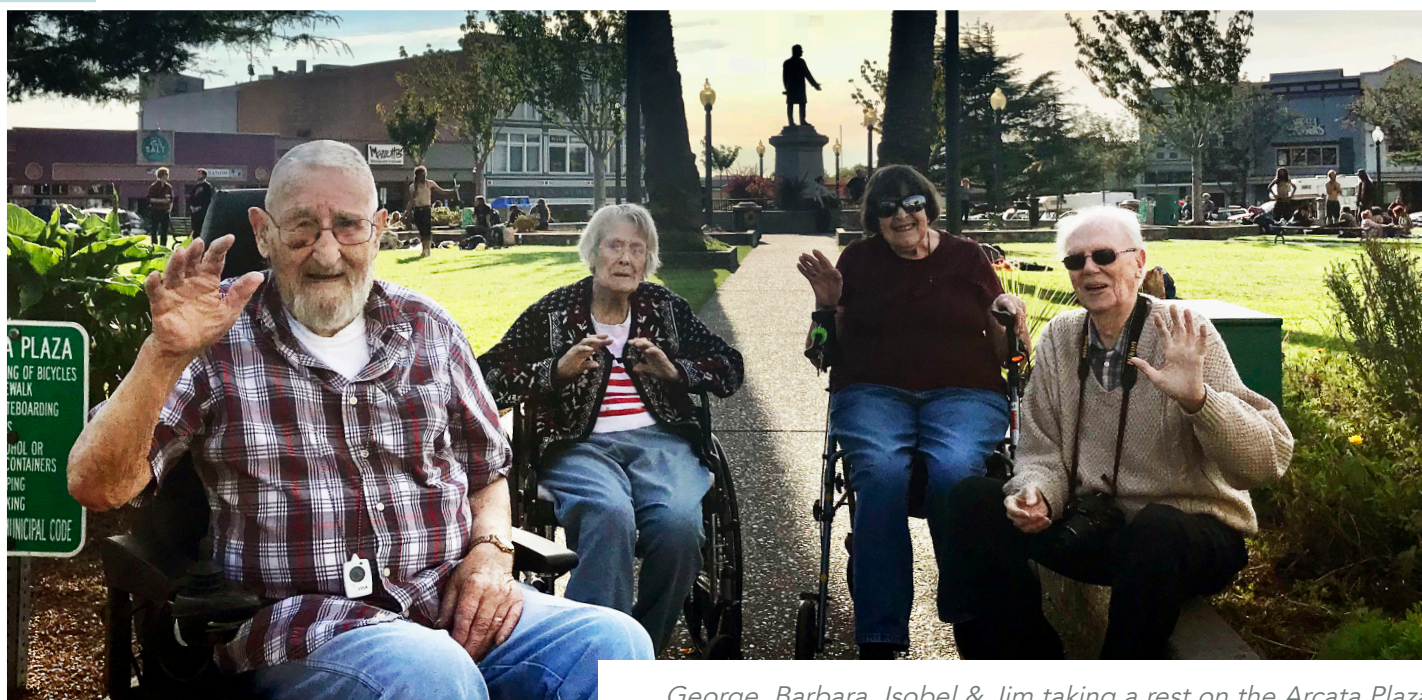


ALDER BAY | NEWSLETTER



George, Barbara, Isobel & Jim taking a rest on the Arcata Plaza



LETTER FROM THE ADMINISTRATOR

Holiday season is upon us! It's hard to believe that 2017 is almost over but this is by far my

favorite time at Alder Bay because we get so many opportunities to spend quality time with family members. We will be hosting our annual Thanksgiving Day Feast at lunch on Thursday November 23 at 11:30am. All friends are family are welcome to join us, the more the merrier, please RSVP to Patrick by Thursday, November 13th.

This time of year also gives us the opportunity to sit back and reminisce on everything we have to be thankful for. Personally, this year has made me beyond thankful

for the amazing team I have working with me. Over the last few months there have been various different occasions that could have easily turned into chaos (our elevator breaking down mid breakfast rush, not having someone in the RCC position for 2 months) but instead of chaos, these incidents allowed our staff to shine and highlighted one of the things they do the best which is work as a team. Everyone stepped up to help in anyway they could to ensure our residents were still receiving the quality care they deserve. I can't remember the last time (if ever) I've heard anyone utter "that's not my job", instead they just step in and assist wherever needed. On a regular basis, staff will stop into my office and ask if there is anything they can do to help me with something, it brings

a giant smile to my face and warms my heart each and every time.

Meghan Gallagher



RESIDENTS

Ed A.	November 02
Helen P.	November 21
George G.	November 21
Ida N.	November 28

ALDER BAY
ASSISTED LIVING

1355 Myrtle Avenue, Eureka, CA 95501

Phone: 707-273-6474 | Fax: 707-268-5607 | www.alderbayalf.com | NOVEMBER 2017

FEATURED UPCOMING EVENTS

PUMPKIN PIE SOCIAL

NOVEMBER 01 AT 3:00

What says November better than pumpkin pie?! Not a lot comes to mind! Join us at 3 o'clock in the living room for a slice of delicious pie. Bring your appetite, there will be enough for seconds. Don't miss this one!

SAMOA COOKHOUSE AND MARITIME MUSEUM

NOVEMBER 9 AT 11:30

It's been a while since we have visited this resident favorite restaurant! One thing a bit different about this visit is that after we eat we will head next door to the Maritime Museum. One of our residents, Winnfred G, volunteers there 3 days a week and will be able to show us around! We will load the bus at 11:30, see you there!

THANKSGIVING FEAST

NOVEMBER 23 AT 11:30

Every Thanksgiving our wonderful chef puts on a delicious feast for us. All family members are invited! Please RSVP no later than November 13th to Patrick so we get a seating chart ready for all to be comfortable. We will seat at 11:30.

RESIDENT CARE COORDINATOR CORNER

PREPARING FOR FLU SEASON

As you all know, this time of year we begin to prepare for flu season.

Flu season last several months and generally peaks in the colder months. The flu is never fun to catch and we do our best to avoid it; which may not be as easy for those who are more at risk. As both a Nurse and the Resident Care Coordinator I believe it is my responsibility to educate staff, residents, and family about the flu so that they can do their part to avoid falling ill and avoid infecting others if they have already fallen ill.

One of the most important things to know is how to recognize the symptoms. Symptoms include:

fatigue, body aches, chills, cough, sore throat, fever, and gastrointestinal problems. If you have these symptoms it does not necessarily mean you automatically have the flu. However, if you do notice them it is best to take precautions until 24 hours has passed without having any symptoms.

What should you do if you notice you have symptoms? **If you are a family member, staff member, or visitor the best thing you can do is stay home until you are better. If you are a resident, immediately let a staff member know what symptoms you are feeling** so that we may assist you by contacting your

doctor, monitoring your symptoms, treating symptoms appropriately, and guiding you through the infection prevention precautions so that others do not catch the flu while you are contagious.

Is there anything you can do that will help prevent flu infection? Yes,

there are a number of things that anyone can do. The first thing is to familiarize yourself with the symptoms. Once you know what to look for, you will know what to avoid being around. Washing your hands often, especially after sneezing, using the bathroom, and touching potentially contaminated surfaces is also majorly important. Drinking plenty of fluids, getting a decent amount of exercise, and eating a healthy diet contribute greatly to your overall health and will strengthen your immune system. Last, but most definitely not least, get vaccinated. Getting vaccinated is not for everyone. If it is not your wish to get vaccinated wearing a mask during flu season is recommended.

I wish everyone a happy and healthy transition into such a beautiful time of year, and may none of us catch the flu this season!

**Truly Yours,
Kelsey Housden**

Activity Highlights



Our last BBQ of the summer was a hit!



Jim B. & Isobel B. enjoying the chalk art.



A Holiday Toast

written by Betsy G. (Alder Bay Resident)

We think of every holiday
As a special time
With birthday cakes and Easter eggs,
And wonderful valentines...
But no matter what we celebrate,
Love should be the reason
For it gives a special meaning
To each and every season...
Midnight New Year's Eve, we'll make a vow
To memorize this moment now
So much could happen when spring breaks thru'
But love could blossom and renew
We'll run away from the world in summertime
To find a mountaintop where we can climb
To watch the sky on the Fourth of July
And talk about how time can fly...
When autumn's red and gold will change the scene
We'll masquerade like fools on Halloween
There'll be Thanksgiving as we hope and pray
That love will show the world the way
When Christmas comes, we'll look for snow
And hope it melts in time so we can go
To share the laughter and shed a tear
Before we toast a brand new year

UPCOMING ACTIVITIES

NOVEMBER 1

3:00 Pumpkin Pie Social

NOVEMBER 2

10:30 Serenity Singers

NOVEMBER 6

3:00 Gardening

NOVEMBER 7

3:00 Thanksgiving Craft

NOVEMBER 8

3:00 Resident Council

6:00 Accordionaires

NOVEMBER 9

11:30 Samoa Cookhouse
and Maritime Museum

NOVEMBER 10

10:00 Veterans Day Tribute

NOVEMBER 11

11:11 Moment of Silence

NOVEMBER 13

3:00 Black Jack

NOVEMBER 14

3:00 Personal Pizzas

NOVEMBER 15

3:00 Out for a Drive

NOVEMBER 16

3:00 Dog Visits

NOVEMBER 20

3:00 Popcorn Social

NOVEMBER 21

3:00 Black Jack

NOVEMBER 22

3:00 Animal Documentary

NOVEMBER 23

11:30 Thanksgiving Feast

3:00 Charlie Brown Movie

NOVEMBER 27

3:00 Gardening

NOVEMBER 28

3:00 December Centerpieces

NOVEMBER 29

3:00 Out for a Drive

Activity Highlights CONTINUED



Pastels on the plaza was sunny and fun



George G. observing the pastels.



Winnfred G. enjoying the apple pie social



1355 Myrtle Avenue
Eureka, CA 95501
707.273.6474
www.alderbayalf.com
License #126801871

COMMUNITY CONTACTS

ADMINISTRATOR

Meghan Gallagher
MGallagher@alderbayalf.com

RESIDENT CARE COORDINATOR

Kelsey Housden
rcc@alderbayalf.com

DIRECTOR OF DINING SERVICES

Peter Bailey
Pbailey@alderbayalf.com

LIFE ENRICHMENT COORDINATOR

Emily Burrell
activities@alderbayalf.com

HOUSEKEEPING DIRECTOR

Kendsey McMahan
KMcmahan@alderbayalf.com

ADMINISTRATIVE ASSISTANT

Patrick Sosa
PSosa@alderbayalf.com

MAINTENANCE DIRECTOR

Bill Burrell
Maintenance@alderbayalf.com



Newsletter Production by PorterOneDesign.com

NOVEMBER – WORD SEARCH

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

APPRECIATION

FAMILY

FEAST

FLU

GRATEFUL

HEALTH

HERO

KINDNESS

PIZZA

PUMPKIN PIE

SERVICE

SICK

THANKSGIVING

TURKEY

VETERANS