

ALDER BAY | NEWSLETTER



Enjoying the Serenity Singers



LETTER FROM THE ADMINISTRATOR

In November, I had the opportunity to attend a CALA (California Assisted Living Association) conference. Over the course of 2 days, I participated in various seminars and classes. One of our speakers was Dr. Rob Winningham who has spent the last 20+ years researching human memory and ways to enhance cognitive abilities. He provided us with some amazing statistics on just how much control we actually have over reducing our chances of cognitive decline. 50% comes from genetics, something we have no control over but small lifestyle changes can greatly effect the other 50% that is non-genetic.

Dr. Winningham determined engaging in the following 5 behaviors will help you maximize your memory ability as we age.

1. Get adequate physical exercise - No you don't have to start training for a marathon, simply 20 minutes twice a week is shown to have an impact over the course of the year.

At Alder Bay, to help our residents meet this behavior we offer exercise class 6 days a week. M-Th you can join in our chair fitness, Saturdays we are going to begin Tai Chi and Sundays we will be doing chair yoga. Since you are "dual tasking" during both Tai Chi and Yoga, by focusing on both the physical movement and your breathing, they are especially helpful at improving your executive functioning.

2. Get adequate cognitive exercise - This can be done easily by engaging in hobbies, travel (even via the TV or other's stories), learning new skills and participating in targeted cognitive activities. Many of our currently scheduled activities help residents get their cognitive exercise but we are also going to start distributing weekly puzzle packets. The packets will contain various exercises for residents to try and complete on their own. Then each Monday at 3pm, we will get together, review the answers and work as a group to finish solving any tricky problems.

3. Watch weight, diet and glucose

levels - I have never been successful at diets or watching what I eat, but statistics are hard to argue and by eating right we can dramatically reduce our chances of cognitive problems.

4. Stay socially engaged - Participate in our wide array of social activities, there are multiple social activities scheduled daily and come to meals, chat with your table mates.

5. Sleep well - Not getting adequate amounts of sleep, or getting poor quality of sleep can impair brain function.

I will be holding an **education class** for our residents to discuss these factors in more detail on **Monday December 4th at 3pm. All are welcome to join**, we will provide more examples of specific activities you can participate in and we'll be passing out and explaining our first "cognitive packet".

Meghan Gallagher

ALDER BAY
ASSISTED LIVING

FEATURED UPCOMING EVENTS

ANNUAL TREE LIGHTING CONCERT DECEMBER 1 AT 6PM

The Dreamcatchers perform big band, folk and holiday favorites with an international flair at this Not-Strictly-Holiday-Music Cabaret. Come join us for our Annual Tree Lighting Ceremony concert and enjoy spiced cider and treats and ring in some Holiday Cheer!

ALDER GROVE CHARTER SCHOOL MUSICAL PERFORMANCE DECEMBER 15 AT 6PM

A group of students playing a plethora of instruments would love to come perform for us. They will be singing and playing at 6pm Friday the 15th. Join them in the living room after dinner, have a seat and enjoy their performance!

HOT CHOCOLATE & COOKIE SOCIAL DECEMBER 19 AT 3PM

Chilly weather calls for warm drinks. We will be enjoying hot coco and cookies in the living room. Join us at 3:00 on the 19th. Warm up and have a yummy treat!

RESIDENT CARE COORDINATOR CORNER

This time of year is full of joy and anticipation for the holidays. For those who celebrate Christmas it can be a great time to share stories, take pictures, make memories, and simply spend time with those you love. Then, shortly after comes another new year, whether we are ready for it or not. While I encourage everyone to get out and enjoy the many festivities, there are a few things to keep in mind.

Most of us love the goodies that come during Christmas time: almond roca, toffee, hot chocolate, seasonal candies and more. I get it, we are all human and we do what makes us happy, eat the bag of chocolates. However, if you are diabetic there are some unfortunate consequences that come with eating all those sweets. How can you have your cake and eat it too when you are diabetic? Sugar free is the typical answer to that question, but it isn't always what happens nor is it perfect by any means. So, when you do splurge and have the regular sweets make sure you are checking your blood sugar regularly and taking insulin or other medication as indicated, recognizing the symptoms of high or low blood sugar, drinking plenty of water, and keeping the rest of your diet relatively healthy. It may help to educate your family and friends about your diabetic needs prior to any trips for the holidays.

The weather sure is getting gloomy. Make sure you have the layers you need when planning an outing, and always prepare for more rather than less. Keep in mind that if you are traveling, the roads start getting rough soon due to landslides from all the rain. Have a back-up plan in the event that something does happen, such as delays or closures, and be packed for the unknown! In the event that something does occur keep in contact with people who provide care for you so that they can do what they can to help ensure your safety and wellbeing.

With this time of year some begin to experience depression, often recognized as seasonal-affective disorder. If you do start feeling a little down, know that you are not alone and that there are many things we can do to help! Often times, the solution is as simple as taking vitamin D to make up for a lack of natural sunlight. More importantly, keep your mind busy with things you enjoy! Stormy weather is a great time to stay indoors and work on crafts or hobbies, let us know what we can do to accommodate you. **We are happy when you are happy!**

Wherever you are going, whatever you are doing, and whoever you are seeing this holiday season may it be happy and full of love!

Kelsey Housden



RESIDENTS

Lou G.	December 05
Gregory M.	December 26
Irene S.	December 29

STAFF

Emily B.	December 01
Carmen C.	December 01
Kelsey H.	December 18

Activity Highlight



Barney and Lavonne

OUR FEATURED RESIDENTS



Isobel was a bit frightened and offered to walk her home. During that walk Jim mustered up the courage to ask Isobel if he could see her again, she said yes. They both said it was love at second sight and the rest was history! They "just clicked" as Isobel said and couldn't be separated after that evening. Jim lived a town over and would cycle five miles to spend his evenings with her after work. She would take the bus sometimes to see him as well. On a midsummer night, following that October, Jim popped the big question to Isobel at 3 Hammers Pub. Jim said her answer "yes" took merely nano seconds and that it surely wasn't just the cherry brandy talking. They made a plan to wed the following spring. Jim's job was moved to a city outside of London who also put him on a housing list. There was a severe housing shortage after WWII so everyone was looking for homes. Jim got a phone call that a house was available for him January 1st, 1955. Jim and Isobel were so happy and jumped on the opportunity, marrying that same January 1st and moving into their new home together just two weeks later. Sixty-two years later you can find them hand in hand walking through the building, still as happy as the day they wed.

While in England at a new job for an aircraft company, Jim's colleague Tony invited him to a birthday party. The birthday party was for Tony's sister, Audrey. While at the party Jim casually met Isobel who happened to be best friends with Audrey, and also neighbors their neighbor. This party was in February. In October, Tony was celebrating his own birthday and Jim of course was invited. I'm sure you can guess who else was in attendance to this party, that's right, Isobel! At the end of the evening Jim told a harrowing ghost story. After he finished he could tell

At Samoa Cookhouse for Lunch



Jim B



Winnfred



George and Barb

UPCOMING ACTIVITIES

DECEMBER 1

6:00 Tree Lighting Concert

DECEMBER 4

3:00 Educational Class
by Meghan

DECEMBER 5

3:00 Make Holiday Cards

DECEMBER 6

3:00 Black Jack

DECEMBER 7

3:00 Antarctica Documentary

DECEMBER 11

3:00 Cognitive Packet Review

DECEMBER 12

3:00 Holiday Craft

DECEMBER 13

3:00 Brain Games

DECEMBER 14

3:00 Miracle on 34th Street

DECEMBER 15

6:00 Alder Grove Musical
Performance

DECEMBER 18

3:00 Cognitive Packet Review

DECEMBER 19

3:00 Hot Chocolate
and Cookies Social

DECEMBER 20

6:00 Christmas Drive

DECEMBER 21

3:00 Decorate Holiday
Cookies

DECEMBER 22

5:00 Holiday Potluck

DECEMBER 25

3:00 Cognitive Packet Review

DECEMBER 26

3:00 Personal Pizzas

DECEMBER 27

3:00 Out for a Drive

DECEMBER 28

3:00 Brownie Social



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DECEMBER – WORD SEARCH

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

CANDLES
COOKIES
CRAFTS
FAMILY
GIFTS

GLITTER
HOLIDAY
ORNAMENT
PINE CONES
RESOLUTIONS

SNOWFLAKE
SNOWMAN
TEA
WELLNESS
WINTER