

# ALDER BAY | NEWSLETTER



## LETTER FROM THE ADMINISTRATOR

Happy 2018!!!!  
I am very excited to be ringing in another new year here at Alder

Bay and am happy to announce we will be kicking the year off with our annual Crab Feed!!!

For those of you who were around last year, you might remember my overwhelming enthusiasm for our

Crab Feed. It's one of my favorite foods so I turn into a little kid, full of excitement, when January comes around. We are so lucky here in Humboldt to have delicious Dungeness crabs right off the coast. I've gone out a few times to go crabbing in my kayak since the season opened and can personally attest to them being extra yummy this year. Check out our pictures from last

year, everyone was either full of smiles or deep in concentration cracking crabs.

I hope you all can join us on **Thursday the 25th for Alder Bay's 3rd Annual Crab Feed Luncheon**. To ensure we have enough crabs to go around, please RSVP to Patrick no later than Tuesday the 16th.

*Meghan Gallagher*



1355 Myrtle Avenue, Eureka, CA 95501

Phone: 707-273-6474 | Fax: 707-268-5607 | AlderBayALF.com | JANUARY 2018

ALDER BAY  
ASSISTED LIVING

## FEATURED UPCOMING EVENTS

### BLUE LAKE CASINO JANUARY 11 AT 11:30

We will be loading the bus on Thursday the 11th at 11:30. We will head over to Blue Lake and have lunch at Alice's Restaurant. After we finish eating we can have some free time to test our luck and gamble! Maybe someone will win the jackpot!

### COGNITIVE PACKET REVIEW MONDAYS AT 3:00

Meghan introduced us to a few different ways to stimulate our brain to keep cognitively in tip top shape last month. This month we will continue exercising our brains by engaging in a brain game packet every Monday and also reviewing the packet from the week prior. The brain games in these packets range from Sudoku to crossword puzzles. They are fun and great for our brains!

### CRAB FEAST JANUARY 25 AT 11:45

Don't miss the yummy crab feed! Family members are also welcomed to attend! We will have an RSVP list to make sure we don't run short on crab. Please call Patrick by Tuesday the 16th. Our number here is 707-273-6474.

## RESIDENT CARE COORDINATOR CORNER

I hope that everyone enjoyed the recent holidays! After such a busy time of year it seems as though January is a good time to wind down, enjoy the little things, and reflect.

Winding down isn't always easy when you have just spent so much time constantly preparing for things, often juggling day to day life with added company. **Something I like to do is harness that left over energy and put it towards getting things knocked off my "to-do" list.** I often find myself ready to relax by the time I have most of those things done, which also makes it much easier for me to enjoy the break. Others I am sure find themselves ready to relax without left over energy, which is great! **Take that time for yourself, hit the reset button, and breathe.**

Sometimes it can feel like a whole new world when the holidays end; family goes home, no more last minute shopping, huge meals to prep, or crazy business schedules. I feel as though this makes the little details all the more important. I know I certainly recognize and enjoy being able to go to the store or run errands without places being closed or having odd hours. I also enjoy being able to have some peace and quiet at home where I can wake up and not feel bad about my bed hair and second day make-up because the guests have gone home. So even though the holidays are over, there are still some awesome positives. For those that don't have as much of a positive outlook when the holidays end, it is important to recognize what they enjoy. **Noticing that a person really loves marshmallow hot cocoa at noon and a good book,**

**helping them receive that, and simply taking the time can really brighten things up when they are feeling down.**

Of course, let's not forget about those resolutions. If you are anything like most people, good luck come February with the follow-through. **However, resolutions are healthy. Being able to reflect on things you want to improve or obtain helps you set goals for your future, and having goals is important. Having goals gives you something to look forward to and offers motivation.** So even if we don't succeed with our first big vision of the year, we can always change our goals as we go to make them more realistic. When we finish something, we feel good about it. **So don't forget to set those smaller goals and give yourself a pat on the back when you ace it!**

As most of you may know, **this month is a big one for me as my daughter is due January 20th!** I look forward to seeing everyone and continuing to settle in at Alder Bay when I return from maternity leave. I can't wait to share the all of the love and joy, and introduce her to all of the amazing people I have met since beginning here back in August.

Kelsey Housden



#### STAFF

Josie B.

Sabrinna G.

January 27

January 28



# OUR FEATURED RESIDENT



Cecil Thurston H. was born in 1935 on the 27th of September. His mother, Letha, had him at home in Chester, Oklahoma. He took the name of his father: Cecil. Sonny was a nickname he acquired from his mother, who called him "Sonny Boy." Sonny graduated from The U.S. Navy Training Center in San Diego on August 6th, 1954. The Navy took him to many different places in the world, including Japan, Manilla, China and Guam! After the Navy, Sonny was proud to be in the United States Coast Guard. In 1959 he was stationed in Portsmouth,

Virginia. Later he was stationed in Libia, carrying out Isolated Duty. From there he was in Galveston, Texas. In 1964 he was in Italy for the US Coastguard at the Fifth District Headquarters. Sonny worked on a ship named the Destroyer. In August of 1972, Sonny was honorably discharged from the Coast Guard. If you would like to have a nice chat about Sonny's Navy or Coast Guard adventures, he has a wonderful yearbook full of pictures he can share and tell stories over.



## Great Smiles!

(Left)  
Our oldest resident,  
George G  
turned 103!

(Right)  
Bonnie W  
and her family.

## UPCOMING ACTIVITIES

### JANUARY 1

3:00 Cognitive Packet Review

### JANUARY 2

3:00 Personal Pizzas

### JANUARY 3

3:00 Out for a Drive

### JANUARY 4

1:00 Target Outing

### JANUARY 4

3:00 Black Jack

### JANUARY 8

10:00 Music Makers

### JANUARY 8

3:00 Cognitive Packet Review

### JANUARY 9

3:00 Crafters Corner

### JANUARY 10

3:00 Resident Council

### JANUARY 10

6:00 Accordionaires

### JANUARY 11

11:30 Blue Lake Casino

### JANUARY 11

3:00 Black Jack

### JANUARY 15

Cognitive Packet Review

### JANUARY 16

3:00 Brain Games

### JANUARY 17

3:00 Out for a Drive

### JANUARY 18

Errand Day

### JANUARY 18

3:00 Dog Visits

### JANUARY 22

3:00 Cognitive Packet Review

### JANUARY 23

3:00 Chocolate Cake Social

### JANUARY 24

3:00 Penguin Documentary

### JANUARY 25

11:45 Crab Feast

### JANUARY 25

3:00 Black Jack

### JANUARY 29

3:00 Cognitive Packet Review

### JANUARY 30

3:00 February Centerpieces

### JANUARY 31

3:00 Puzzle Social



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## COMMUNITY CONTACTS

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## JANUARY – WORD SEARCH

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

COOKIES  
GARDEN  
GLAUCOMA  
GOALS  
HAPPY

HERBS  
NEW YEAR  
OATMEAL  
PUZZLE  
RELAX

RESOLUTIONS  
SKIN  
SUCCESS  
WHOLE GRAIN  
WINTER