

ALDER BAY | NEWSLETTER



Our staff participating in the Perilous Plunge

LETTER FROM THE ADMINISTRATOR



It was with great sadness that we wished Patrick, our amazing business office manager, farewell in April. He decided to enter into a well-deserved early retirement. Patrick promises to still visit and is planning to continue performing for us with The Dreamcatcher Follies.

His departure has brought along some excited changes for a few of our other employees. Emily, who has been the face of our Activities program for the last three years has been transitioning roles and will be filling Patrick's shoes starting this month. She was trained by the best and has been excelling in the new position. Make sure you stop by the front desk and tell her hello.

Cheryl is the newest member of our management team, stepping in where Emily left off as our Activities Director. Cheryl is a familiar face, she has been with Alder Bay for over 5 years now working as both a resident and medication aide. See the next page for more information about Cheryl, stop in to chat with her and let her know if you have any ideas for our activities program.

Meghan Gallagher ADMINISTRATOR



STAFF

Kat B

May 28

RESIDENTS

Chuck T

May 2

Roger J

May 23

Winnfred G

May 31

A Furry Friend



Barb & Charlie

ALDER BAY
ASSISTED LIVING

1355 Myrtle Avenue, Eureka, CA 95501

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

FEATURED UPCOMING EVENTS

TELL ME A STORY EVERY MONDAY AT 3:00

I will have some prompts to use if need. I would like to hear some stories from the residents' life and to have them share some of their favorite memories. For example: When you were a child what was your favorite vacation, and why. What was your first car you ever drove? My hope is to get everyone share and talking with each other. Share their childhood/ younger adult lives.

EXOTIC BIRD DOCUMENTARY MAY 2ND AT 3:00

There is wonderful world out there of exotic birds. Such as macaws, African grays, yellow nape Amazons. I would like to share with the residents what types there are, so they may be able to tell what kind they are if they ever see one. There are so many different types! As well as how they became beloved pets. I would like to bring my knowledge of these pets. I have owned two of these birds. Me and my husband owned a Yellow Napped Amazon and a Military Macaw. They were our babies until we had our son. I will also be showing a part of, "Winged Migration" which a documentary to show them in their natural habitat in the rain forest.

GROW A SEA CREATURE MAY 22ND AT 3:00

Let's go back to 1957, when all the rage was about owning sea monkeys. How many of you or your children had sea monkeys? Let's grow our own modern-day sea creature. Since Alder Bay needs a pet why not a prehistoric one? They will grow to over 20x their original size! They are over 220 million years old. Let's grow some dinosaurs.

Our Featured Resident

Ellie was born in O'Brien Oregon. Her family moved to Humboldt County when she was just two years old. Ellie, who is the youngest, is the only remaining sibling out of nine children.

Ellie loved to take her children camping in the Redwoods. She would take her kids to Richardson's Grove, Hidden Valley, as well as Swimmers Delight.

Ellie and her second husband Jack traveled all over the world. Her and Jack visited Europe and Fiji to name a couple. Ellie and Jack's favorite place was New Zealand. They often visited Alaska so Jack could go fishing.

Ellie worked at a few different places during her working days. Her first job was working with a telephone company. She then worked at Olsen Heating Company as their secretary and book keeper. After about ten years there, Ellie left and started working at Rogers machine shop as their secretary, book keeper as well as coffee maker. Ellie also volunteered at the Senior Resource center for over twenty years.



One of Ellie's favorite memories is when her oldest grandson asked if she could marry him and his fiancé. Excited to be a part of their big day, Ellie went down to the court house to get a certificate that would allow her to perform the ceremony. Once she was ordained, the wedding took place in her house at noon on December 12th. That way they couldn't forget their anniversary.

Ellie enjoys reading, playing cards, as well as socializing. In the past she spent time quilting, sewing and gardening. Ellie told me that the reason she moved her to Alder Bay was to find more socialization and wanted to give herself better nutrition. Ellie enjoys being here and socializing with her table mates. Welcome to Alder Bay, Ellie!

EASTER PHOTO HIGHLIGHTS



Ida, Reba, and Ellie at Easter

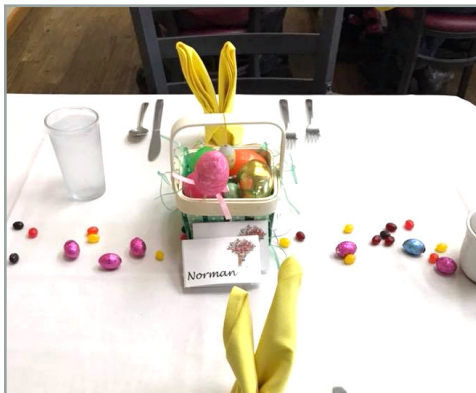


Guests at Easter Lunch



▲ *Vern B and family at Easter*

◀ *Decorative Easter tables*



A Note from the New Activities Director

I am pleased to be your new Activities Director. I have been at Alder Bay for almost seven years. Most of you know me as a resident aide and medication aide. Or the guinea pig lady. Here is a little bit about myself! I am the youngest of three girls. I have been married for fifteen years and have one son who is twelve. Many of you already have meet my son Damien, when I have brought in my guinea pigs. Which I hope will come again. I am excited about my new role at Alder Bay. I have several fun things planned. I would love for any activities, craft projects, or ideas that you would love to do, so that I may put them on the calendar.

UPCOMING ACTIVITIES

MAY 01

3:00 Mother Goose Rhymes

MAY 02

3:00 Remember When

MAY 03

1:15 Target Outing

MAY 04

11:45 Cinco de Mayo lunch

MAY 07

3:00 Tell me a story

MAY 08

3:00 Paint with me

MAY 09

3:00 Resident Council

MAY 10

11:30 Gills by the Bay

MAY 12

3:00 Star Wars
Movie Marathon

MAY 13

10:00 Mother's Day Tea

MAY 14

3:00 Tell me a story

MAY 15

3:00 Root Beer Float Social

MAY 16

3:00 Exotic bird documentary/
presentation

MAY 16

3:00 Wear purple for
peace day

MAY 21

3:00 Tell me a story

MAY 22

3:00 Grow your own
sea creature

MAY 23

3:00 Strawberry
shortcake social

MAY 24

3:00 Bear River Casino

MAY 28

3:00 Tell me a story

MAY 29

3:00 June center pieces

MAY 29

3:00 Out for a drive

MAY 30

10:30 Food Committee



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MAY – WORD SEARCH

N	S	R	V	M	M	E	M	O	R	I	A	L	Q	Q
R	O	J	B	G	E	T	F	T	D	B	F	T	F	N
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ARTERIES
BIRDS
CELEBRATE
CHOLESTEROL
DIET

GOLDEN
MEMORIAL
MOTHER
NURSE
OSTEOPOROSIS

SOLDIERS
STORIES
STROKE
VISION
YOUTHFUL