



May Activities Continued



* Shopping at Walgreens - Tuesday, May 15

Walgreens is offering a 20% discount for Seniors! The bus will be leaving at 1:15. Please sign up in the hallway near the lobby.

* Antiques Roadshow w/Island Gemology - Tuesday, May 15

Do you have a piece of jewelry or art that that you have always wondered about? This is your opportunity to have it examined by an expert! Candace Kingman will be in the Captain's Crossing at 2:30 to give a verbal appraisals. If you are interested in attending please put your name on the interested sheet so we can get an idea of how many will be attending.

* Ladies Lunch Outing at Secret Cove - Thursday, May 17

Calling all Ladies, you will be headed to Secret Cove for some fabulous food and views. Don't forget to bring some cash to pay for lunch. The bus will be leaving at 11:30am. Please sign up in the hallway near the lobby.

* Back Road Drive - Sunday, May, 20

Join Chris for a drive around the area. This afternoon drive is always a hit so sign up early. The bus leaves at 1:30 and you'll need to sign up in the hallway near the lobby.

* Casino Trip- Tuesday, May 22

Head over to the casino for Boomin' Tuesdays. Sign up in the hallway near the lobby. The bus will leave at 1:15 and will pick you up at 3:30.

* Walk the Anacortes Farmer's Market - Saturday, May 26

The Anacortes Farmer's Market is the best place to get local produce, mingle with local artists and buy some wonderful crafts. This is a great place for a walk or to shop. They have live music and good food too so bring along some cash for spending and enjoy being outdoors. Sign up in the hallway near the lobby. The bus will leave at 11:15.

* Guy's Outing - Thursday, May, 31

Calling all guys! We are going to a surprise location for lunch! Please join us for an adventure and food! The bus leaves at 11:15 and you'll need to sign up in the hallway near the lobby.

Note: Please check the calendar for many other activities not listed.



CLIPPER



May 2018



Pete Kovach
Executive Director

Casandra Roberts
Business Office
Manager

Leah Yanega
Community Relations
Director

Tammy Scott
Health Services
Director

Becca Booker-
DeMonbreun
Activities Director

Ian McAllaster
Food Services
Director

John Fuik
Maintenance
Director

Susie Deyo
Resident Relations

Healthy Living Topic: Fall Prevention

Facts of Falling: According to the Centers for Disease Control and Prevention, each year one out of every three adults aged 65 and older experiences a fall. Falling once doubles your chances of falling again. Older adults who have fallen typically report moderate to severe injuries, including deep bruises, head trauma and hip fractures. Fall-related injuries may alter mobility and limit independent living, requiring both formal and informal care giving. Many of these injuries, such as hip fractures, increase the risk of premature death. These *facts of falling* put into perspective the importance of reducing your risk of falls. Many falls can be prevented by making simple changes in your daily life. This month's *Healthy Living Series* will focus on tips to decrease your chances of falling.

How can therapy help? By participating in a balance/fall management program, you will develop and learn skills necessary for safe, functional mobility with reduced risk for falls. You may also reduce the risk for falls and other complications resulting from balance problems, low vision, cognitive changes and decreased sensation. In order to ensure success of an individualized balance/fall management program, therapists work closely with the multi-disciplinary team.

Select Rehab looks forward to seeing you on Monday, May 7th at 10:30am in Captain's Crossing to find out how Physical Therapy can assist with preventing falls or recovering from a fall.



Chandler's Square Resident's Council Meeting - April 17, 2018

Present:

Harvey O.
Maxine L.
Harry B.
Mary Lou M.
Loraine P.
Nancy A.
Dee H.
Becca B-D

Meeting was called to order at 2:30pm. The following discussions took place:

Old Business:

A big thank you to all of the Wii bowlers - they took almost all of the awards at the event!

Concerns about spiders and ants in and around the building. These concerns have been passed along to Pete and John.

The blinds in the Dining Room need to be replaced. This has been passed along to Pete and John. If you would like the blinds up or down please ask a staff member to do it.

Spring cleaning focus points were brought up at the meeting. These point include: power washing the patios and sidewalks, cleaning exterior window (this has been completed), replacement of exterior mats (there is a test mat outside of the conference room), and cleaning or disposal of interior fake plants.

New Business:

The sidewalk lights, between the center wing and the north wing, are not turning on and off at the correct times do to the power outages. The timer needs to be reset. This request has been passed along to Pete and John.

The exterior door under the clock in the north wing is not working properly. Both residents and staff have had difficulty opening the door. This has been passed along to Pete.

The question was brought up about the ability to know where on the list the request is. Pete will address this at the all resident meeting.

There have been a couple items missing from room trays. When this happens please call the kitchen so that they can take care of it as soon as possible.

The meeting was adjourned at 2:45pm.

Respectfully submitted, Becca Booker-DeMonbreun, Interim Secretary

Happy May Birthdays

Residents

5/07 ~ Jim O. 5/08 ~ Lucy W.

5/09 ~ Jim J. 5/10 ~ Mary M.

5/13 ~ Violet F. 5/14 ~ Cleo G.

5/16 ~ George F.

5/18 ~ George K.

5/22 ~ Dee H.

5/23 ~ Joyce H. & Elizabeth J.

Staff

5/04 ~ Olive S.

5/09 ~ Lori M.

5/22 ~ Ofelia S.

5/26 ~ Crystal C.

5/27 ~ Deb F.



April Birthday Celebration



May Activities



May Birthday Party - Tuesday, May 1

Come and join the fun in celebrating our May birthdays! We will have cake, ice cream, and a fun raffle with great prizes. It will be in the Dining Room at 2:30. Hope to see you there!

* Afternoon Drive - Thursday, May 3 & 24

Join Kerry for a leisurely drive to see the sights. Ride along to enjoy the views and time with other residents. Sign up in the hallway by the lobby if you want to come along.

Cinco De Mayo Happy Hour - Friday, May 4th

Join us for this special Friday Happy Hour. Dress in a Mexico inspired outfit or red, white, and green. The date is observed to commemorate the Mexican Army's unlikely victory over the French Empire at the Battle of Puebla, on May 5, 1862.

* Shopping in Burlington - Saturday, May 5 & 19

Kerry will be driving you to where you need to shop in Burlington. We have two trips scheduled and the bus will be leaving at 11:15. Please sign up for this event in the hallway near the lobby.

* Trip to Soroptimist - Tuesday, May 8

Soroptimist is one of the best places to buy used goods in Anacortes. You can find some really cool treasures along with clothing, shoes, books, and many other items. Sign up in the hallway by the lobby if you want to come along.

* Trip to the Skagit Museum - Thursday, May 10

This exhibition features the new work of Skagit furniture maker Stuart Welch. The exhibition will also feature woodworking tools from the museum's historic collection. Sign up in the hallway by the lobby. Cost is \$4.

* Swedish Pancakes in Mt. Vernon - Saturday, May 12

Come hop on the bus at 9:15 for a trip out to the Elks Lodge in Mt. Vernon for their famous Swedish Pancake breakfast. Ham, eggs, coffee, juice, and unlimited pancakes. Good luck trying to eat more than two, but they're so good! Cost is \$8.00 so sign up quickly.

* Mother's Day Ice Cream Social - Saturday, May 12

We are inviting all mothers, their friends and families to come and join us in celebrating Mother's Day! We will be serving ice cream sundaes with all your favorite toppings in the Compass Room. All are welcome! Event starts at 1:30. Please signup so we can estimate how many to expect.

See next page for more activities. —>



**Mother's Day ice cream
sundae social on
Saturday May 12th at
1:30PM in the
Compass Room.
All are welcome!**

Pre-School Kids Last
Performance Before
Summer Break!

Please come and hear the
pre-school children sing on
Friday, May 11th, at 11:00
in the Captains Crossing.
The kids love coming here
and we want to thank them
for bringing
us joy this
past year.



**Let us remember, honor, and give thanks to
our Military Veterans who have sacrificed so
much, including their lives for our freedoms.
May we never forget what they did for us and
are continuing to do on behalf of our nation.
They are the true heroes who deserve more
than we could ever repay.**



May Movies
At The Theater – Saturday & Sunday's
Starting at 2:30pm

The Post 2017 PG-13 1hr 55m – **Playing May 5 & 6**
When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle. **Cast:** Tom Hanks, Meryl Streep, Alison Brie, Carrie Coon, David Cross, Bruce Greenwood, Pat Healy, Tracy Letts, Bob Odenkirk, Sarah Paulson, Jesse Plemons, Matthew Rhys, Michael Stuhlbarg, Bradley Whitford, Zach Woods **Genre: Drama Based on Real Life**

Steel Magnolias 1989 P G 1hr 59m – **Playing May 12 & 13**
Featuring a star-studded cast, this bittersweet drama follows the abiding friendship among five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives. **Cast:** Sally Field, Dolly Parton, Shirley MacLaine, Daryl Hannah, Olympia Dukakis, Julia Roberts, Tom Skerritt, Sam Shepard, Dylan McDermott, Janine Turner
Genre: Tearjerker

Murder on the Orient Express 2017 PG-13 1hr 54m – **Playing May 19 & 20**
In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain -- and almost everyone on board is a suspect. **Cast:** Kenneth Branagh, Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Leslie Odom Jr., Michelle Pfeiffer, Daisy Ridley, Derek Jacobi, Tom Bateman, Marwan Kenzari, Olivia Colman, Lucy Boynton, Manuel Garcia-Rulfo, Sergei Polunin, Miranda Raison **Genre: Thriller**

Rebel Without a Cause 1955 PG 1hr 51m – **Playing May 26 & 27**
When Jim Stark (James Dean) arrives in a new town with his troubled past firmly in tow, he quickly falls for the girl next door (Natalie Wood) and befriends the vulnerable Plato (Sal Mineo), forming a surrogate family fueled by alienation. From a deadly game of chicken to the spectacular climax at Los Angeles's Griffith Park Observatory, director Nicholas Ray's Oscar-nominated portrait of teen angst provided a jolt to 1950s America. **Cast:** James Dean, Natalie Wood, Sal Mineo, Dennis Hopper, Jim Backus, Ann Doran, Corey Allen, William Hopper, Rochelle Hudson, Edward Platt, Marietta Canty, Virginia Brissac, Ian Wolfe
Genre: Classic

Music this Month

May 7th
Ward McCary ~ 2:30

May 14th
Andy Carr &
Kenton Kuusela ~ 2:30

May 21st
Dennis Sakowski ~ 2:30

May 28th
Nick & Judy ~ 3:00