

# ALDER BAY | NEWSLETTER



*Cheers!*

## LETTER FROM THE ADMINISTRATOR



These last few weeks have begun to bring us sunny and warm days. Summertime, and all the great outdoor activities it brings with it, has always been my favorite time of year. At Alder Bay we have a lot of big plans to get us out and enjoying the nice weather.

My longtime favorite summer activity, the Freshwater Park picnic, started back up in May and we will be heading to the park each month for a delicious BBQ lunch. This month we will be going on Thursday, the 28th, and we love it when family can join us!

To celebrate Father's Day, Alder Bay is heading to Arcata to cheer on the Crab's at their baseball game. The game starts at 12:30, so we will have lunch at the stadium on hot dogs while rooting for our favorite team!

In July, we are once again sponsoring the Summer Concert Series which gets us front row seats and snacks while we enjoy The Decades perform. Last year our residents had a blast and were dancing even after the music ended. The concerts are held at the foot of C Street in Eureka with the music going from 6 p.m. – 8 p.m.

A few other great activities our residents wanted to enjoy this summer are; enjoying a beer, and lunch outside at Eel River Brewery, heading North to experience the Klamath Jet Boats, and touring the bay on The Madaket Cruise. Keep an eye on your upcoming activities calendars so you can join in on all the fun!

*Meghan Gallagher* ADMINISTRATOR



*At the Crabs Game*



### STAFF

Kendsey	6/5
Cassidy	6/11
Morintia H.	6/14
Rylie G.	6/20
Darci K.	6/25
Cheryl D.	6/30

### RESIDENTS

Barbara G.	6/9
Benjamin M.	6/17
Olga N.	6/21



# Our Featured Resident

**Rick P.** was born in a small city in southeast Kansas named Chanute. He is the oldest of three children, two boys and one girl. Rick and his family moved to Memphis, Tennessee, at the time when Elvis Presley was a huge star; Rick spent his teenage years in Memphis. His family moved once again, to Wichita, Kansas, where Rick went to Wichita State University. He got his bachelor's degree in English, with an emphasis on creative writing, especially poetry. Rick thought of becoming a short story writer – it would be exhilarating to write short stories, because he was a boy from the plains.

Rick has had a love a poetry since

he was a child. He was a Boy Scout, and at one of their meetings he recited one of his poems, titled "Old Log by the River." He remembers telling the poem to his Dad, and his dad laughing about it for days. Rick found inspiration in his later years when he bought some of Elvis Presley's songs such as "Hound Dog" and "Don't Be Cruel." He thought of this as folk poetry.

In 1967, Rick moved to Hollywood, where he got a role in a Dick Clark production, "Psych-Out." Rick was an extra in the film, which starred Jack Nicholson and Susan Strasberg. Rick said he was excited to have a role since he was from the Midwest. After his time in Hollywood, he worked for San Francisco State University, where he



was a secretary for the creative writing department for a few years.

Rick plays multiple musical instruments but most enjoys playing the guitar. He still enjoys writing poetry, and has an appreciation for art. He used to be a long-distance runner, and enjoys being outdoors. Welcome to Alder Bay, Rick!!!

## FEATURED UPCOMING EVENTS

### SUNDAY, JUNE 17<sup>TH</sup> HAPPY FATHER'S DAY!

Come out and watch some Crabs baseball! Help cheer on the home team! Let's go Crabs!!!!

### TUESDAY, JUNE 19<sup>TH</sup> COME LEARN ABOUT CAPYBARAS!

If you don't know what they are you should come and learn about these cuddle creatures. There will also be a special visit from their cousins!!!!

### WEDNESDAY, JUNE 20<sup>TH</sup> FUN PHOTOS!

We will have a fun photo opportunity. So come on down and let's take some selfies.

## A Note from the Resident Care Coordinator

Hello again! I am so happy to be back at Alder Bay sharing the joys of motherhood after the birth of my daughter Dharma in January. Since I have been back I have had the opportunity to take Dharma to visit several of our residents; the stories they have told me about their children and parenting have been heart-warming and at times comforting. Sharing this time reminiscing and telling stories with our residents has been inspirational for me.

When visiting with residents I find myself in awe, amazed by their experiences, laughing at the things we can laugh at, and comforted by the similarities we share. It really feels like "home" to sit down and just talk. That is what Alder Bay is, their home. Often times it is easy to focus on the "business" end of things, and we forget about the person and all the years they spent becoming that person. It is my hope to push a more holistic approach. Why do residents like things the way they do? What do our residents need from us for Alder Bay to feel more like their home and less like a business? My goal as your Resident Care Coordinator is not just to manage the business end of my position but also to create a "home" where our residents are happy.

I am excited to use this inspiration coupled with a solution-minded approach to challenges now that I am back in office full time! It is good to be back and looking up!

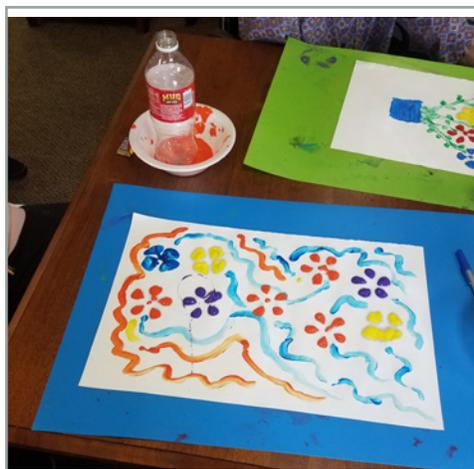
# PHOTO HIGHLIGHTS



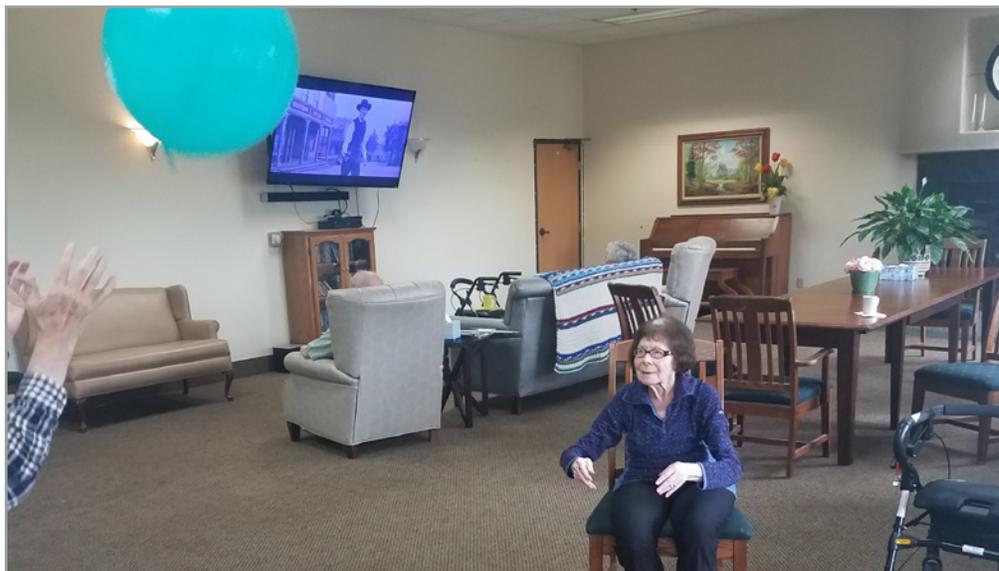
*Come paint with bottles!*



*Laura D. finished work of art*



*Fran A Finished work of art*



*Having fun with ballons*

## UPCOMING ACTIVITIES

- JUNE 4**  
3 P.M. Dominoes
- JUNE 5**  
3 P.M. Surprise Activity
- JUNE 6**  
3 P.M.  
D Day Documentary
- JUNE 7**  
1:15 P.M. Target Outing
- JUNE 7**  
1:30P.M. Errand Day
- JUNE 11**  
3 P.M. Chocolate  
Ice Cream Social
- JUNE 12**  
3 P.M. Ice Tea Social
- JUNE 13**  
3 P.M. Resident Council
- JUNE 14**  
11:30 A.M. Fiesta Grill
- JUNE 17**  
11:30 A.M.  
Crabs Game
- JUNE 18**  
3 P.M. Color with Me
- JUNE 19**  
3 P.M. Capybara  
Documentary
- JUNE 20**  
3 P.M. Let's Take a Selfie
- JUNE 25**  
3 P.M. Tell Me a Story
- JUNE 26**  
3 P.M. July Center Pieces
- JUNE 27**  
3 P.M. Food Committee
- JUNE 27**  
3 P.M. Peanut Butter  
Cookie Social
- JUNE 28**  
3 P.M. Wear  
Sunglasses Day
- JUNE 28**  
3 P.M. Freshwater  
Park Picnic

# ALDER BAY

ASSISTED LIVING

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

## COMMUNITY CONTACTS

### EXECUTIVE DIRECTOR

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

Cheryl Dunphy  
 activities@alderbayalf.com

### HOUSEKEEPING DIRECTOR

Kendsey McMahan  
 KMcmahan@alderbayalf.com

### MAINTENANCE DIRECTOR

Bill Burrell  
 Maintenance@alderbayalf.com



**RIDGELINE**  
 MANAGEMENT COMPANY

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## JUNE – WORD SEARCH

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

BBO  
 CATARACT  
 CNA  
 FATHER  
 FLAG

GRILL  
 HYDRATION  
 MEN  
 NURSE  
 SAFETY

SKIN  
 SUMMER  
 SUNSHINE  
 WALKING  
 WATER