

# ALDER BAY | NEWSLETTER



Irene and son photo by Nan N.



Meghan, Admin photo by Nan N.

## LETTER FROM THE ADMINISTRATOR



Happy National Assisted Living Week. This year the theme is "Capture the Moment", which plays in perfectly

with our mission statement "Creating environments where moments of joy, independence and wellness are the focus each and every day." Our mission and this year's theme really highlight living in the moment and focus on making each interaction our staff has with residents the best that it can be. To celebrate we will be hosting multiple events to help us have a week full of great moments.

**Monday 9/10:** Tie-dye theme day kicks off the Assisted Living week

with a bagel bar and entertainment from the music makers.

**Tuesday 9/11** is Red, White, And Blue theme day. We are asking residents and family to bring in old photo albums to share with the group. We will be scanning old photos and turning them into a slide show to watch on Friday as we close out a week of fun.

**Wednesday 9/12** is Wear Crazy Sock theme day. We will also be dressing in our finest evening wear for our candlelight dinner, photo booth and a performance by the accordion players.

**Thursday 9/13** is Crazy Hat theme day. We will be testing our luck at casino night at 6pm.

**Friday 9/14** is Pajama theme day and it is all about enjoying some relaxation to finish off the week. Back by popular demand we will host spa day. You can enjoy a facial, hand scrub and shoulder massage, all while sipping on a mimosa.

*Meghan Gallagher*

ADMINISTRATOR



## Happy Birthday

### RESIDENTS

Bob B.	9/6
Bill G.	9/16
Marilyn C.	9/23

### STAFF

Sabrina W.	9/27
------------	------

**FEATURED EVENT:** September 3rd, we will be making play-doh a child hood favorite. What amazing things can we create? Please join me at 3pm to make some fun, stress-relieving goo.

# NATIONAL ASSISTED LIVING WEEK UPCOMING EVENTS

We will be participating in National Assisted Living week 9/10-9/15.

## MONDAY 9/10 TIE-DYE THEME

Celebrate with a bagel bar and music makers.

## TUESDAY 9/11 – RED, WHITE & BLUE THEME

Come share your old photos with us. We will be scanning some of them to share later in the week.

## WEDNESDAY 9/12 CRAZY SOCK THEME

We will also be dressing in our finest for the candlelight dinner and photo booth, with some musical entertainment.

## THURSDAY 9/13 IS CRAZY HAT THEME

We will also have casino night at 6pm.

## FRIDAY 9/14 IS PAJAMA THEME

We will have a spa day. While we enjoy our spa retreat, we will be showing our old family photos and some current pictures that were taken throughout Assisted Living week.

Come and enjoy Assisted Living week with us, as we capture the moment.

## LOOKING AHEAD:

We will be taking our last Freshwater Picnic of the year on September 27. We will start them back up next year, so don't be sad. We will start our Casino lunch outings in October.

## A Note from the Resident Care Coordinator

How about those acrylic pours? Last month we got to experience quite a bit of art, and it was definitely visually appealing. What some may not know is that art is good for the brain. Just looking at art work can stimulate new neural pathways! Even in our later years creativity continues to grow and change. What's even cooler, is knowing that all this new creativity (left brain) paired with years of experience and expertise (right brain) helps us utilize the full potential of our entire brain. Isn't that a fun fact? So I encourage each and every one of you to get out there and find some art that you enjoy. Don't hesitate to see what Cheryl, our Activities Director, is planning next!

This month, I decided to start dedicating a portion of my article for getting to know just how awesome our caregivers are. Each month I will talk a little about our staff until you get to know each and every one of them. All of our caregivers are a blessing to have; they work hard, go above and beyond to meet the needs of our residents, and they love what they do. I truly love the team we have, and while they are all absolutely the best I have to start off somewhere. So, this month I would like to highlight **Megan "May" Claybon, Hannah Ben-lesau, and Andrea "Drea" Jones.**

**Megan** is incredibly reliable and the residents love her. I often see notes on our JIW bulletin board written by residents for her providing care the way they want it and doing a great job. This really puts a smile on my face, because we want Alder Bay to be as close to home as possible for our residents and we want everyone to be happy to be

here. Megan really shines when she is providing care. I hear the way she talks to our residents and it is kind, heartfelt, respectful, and true. Thank you Megan for everything you do!

**Hannah** is my evening shift rock. I can always count on her to be honest and thorough in her duties. So many of our residents feel this way about Hannah, and it shows when they ask for her specifically to help them. I am constantly hearing how "Hannah knows how", and because of her experience and expertise I can rely on her to help others, including new caregiving staff! She stays busy throughout her entire shift, so often I don't get to see her to give her the credit she deserves. So keep it up Hannah, you are such a valuable member of our team!

**Andrea** lights up the day. Her positive humor-filled energy is infectious, and I envy her ability to carry such a positive attitude all the time, because it is not always easy. Several of our residents request her specifically for care because she does such a great job and makes them happy. Andrea has been a non-stop hard worker since day one. When I say "non-stop", I say it proudly, because she is so incredibly efficient at completing many tasks. Shout out to Drea! Don't stop being you!

While I would love to continue talking about how amazing the rest of our caregivers are, I would unfortunately run out of space in the newsletter. I look forward to introducing more staff next month in addition to my article. Don't forget to check out our art activities and tell our caregivers just how amazing they truly are!



# Our Featured Resident

**Barbara G.** was born right here in Eureka in 1917 and has lived here all of her life. Needless to say, she has seen a lot of changes in Eureka and Humboldt County in her 101 years.

"Too many people!" she told me. Barbara spent her childhood as most kids do, going to school and getting into mischief with her best friend, Edna. They would go fishing, hike around in the redwoods and go down to the beach to build sandcastles.

Barbara had two brothers and a sister. Her oldest brother was a career military man, her younger brother was a logger and her sister was a homemaker.

Barbara graduated from Eureka High School in 1938, and soon after married her first husband, Norman. They enjoyed many years of marriage, but sadly Norman passed away.

At this time Barbara took an extended vacation down to San Francisco, but eventually returned to Eureka. Barbara reunited with her high school friend George G. and they married sometime during the 80s.



George and Barbara liked to take road trips in their car with their four Dachshund dogs. They would travel far and wide camping and sightseeing.

Among other things, Barbara worked as a personal shopper for some of the "stylish" ladies she had become acquainted with here in Eureka.

Barbara told me that she is not much of a movie fan, but she loves history, all types of history, and was an avid reader of history books. It was a real treat learning about Barbara's life.

**Barbara has been with Alder Bay since 2013. Thank you, Barbara, for being a great part of Alder Bay!!!!!!**

## PHOTOS



*Lunch out with good company.*



*Lavonne*



*Norm*

*photos by Nan N.*



*Great food at the Samoa Cookhouse*



*Staff getting sleepy after lunch*

## UPCOMING ACTIVITIES

### SEPTEMBER 3

3 P.M. Tie-dye

### SEPTEMBER 4

3 P.M. Apple Social

### SEPTEMBER 5

3 P.M. Make A Crazy Hat

### SEPTEMBER 6

3 P.M. Make play-doh

### SEPTEMBER 9

3 P.M. Banana Split Social

### ASSISTED LIVING WEEK

9/10 – 9/14

### SEPTEMBER 10

Tie-dye day 9/10

9:30 A.M. Bagel Bar

3 P.M. Crafters Corner

### SEPTEMBER 11

Red, White, & Blue day 9/11

2 P.M. Bring your old photos to share

3 P.M. Remembering 9/11

### SEPTEMBER 12

Crazy Sock Day 9/12

3-4 P.M. Photo Booth

5 P.M. Candlelight Dinner

### SEPTEMBER 13

Crazy Hat Day 9/13

11:30 A.M. Applebee's Lunch

6 P.M. Casino Night

### SEPTEMBER 14

Pajama Day 9/14

10:30 A.M. Spa Day

### SEPTEMBER 17

2 P.M. Let's Take a Walk

3 P.M. Butterscotch Pudding Social

### SEPTEMBER 18

3 P.M. Color with Me

### SEPTEMBER 19

3 P.M. Elephant Documentary

### SEPTEMBER 20

3 P.M. Errand Day

### SEPTEMBER 24

3 P.M. Rice Crispy Social

### SEPTEMBER 25

3 P.M. October Centerpieces

### SEPTEMBER 26

3 P.M. Chocolate Milkshake Social

### SEPTEMBER 27

11:30 A.M. Freshwater 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

### ADMINISTRATIVE ASSISTANT

Joh-Nika Ivory  
Bom@alderbayalf.com

### MAINTENANCE DIRECTOR

Bill Burrell  
Maintenance@alderbayalf.com



Newsletter Production by PorterOneDesign.com

## SEPTEMBER – WORD SEARCH

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

AGING  
BEAR  
CHOLESTEROL  
CUDDLY  
FIRST-AID

GRANDFATHER  
GRANDMOTHER  
HURRICANE  
ICE CREAM  
LABOR

PREPARE  
STORM  
TEDDY  
TORNADO  
WISE