

ALDER BAY | NEWSLETTER



Fun times at lunch.

LETTER FROM THE ADMINISTRATOR



October has always been one of my favorite months.

I remember back home watching the leaves change color, the ground around me was

suddenly covered with beautiful shades of orange and gold, and the weather was just right for my favorite sweater and a seasonal pumpkin flavored drink by the fire. What I liked most about October was that I felt like change was a positive thing. I felt a transition into a restful season where I could hit the reset button and fine tune all of the crazy things I was juggling over the busy summer months.

Just like the changing seasons, I believe change can be a positive thing if you are willing to see it. Moving into an assisted living community is not an easy transition for everyone. However, I do think that if each and every one of us focus on the benefits and positive things that come with living here, we can make the transition a happy and meaningful one.

Let me share with you the benefits and positive things I see about living at Alder Bay. I see new friends being made, chatting at the dinner table,

playing cards, putting together puzzles, and looking out for each other the way that friends do. I see an opportunity for rest, to let someone else do the work so you can focus on the meaningful relationships and passions in your life. I hear amazing stories being shared about each other's lives, warming our hearts and stimulating memories. I see an opportunity to have your health closely monitored to ensure you are comfortable every day and having your needs met in a timely manner. I see new memories being made, companionship, and love. Finally, I see an amazing team that is here to make your life feel enhanced.

On that last note, I would like to highlight a couple more team-players here at Alder Bay.

KATHERINE "KAT" BRUCK: Kat is incredible at paying attention to the small detail. While many don't get the opportunity to see the hard work she dedicates to our residents because she works overnight as our Medication Assistant, I do. I know I can reach out to Kat to help accomplish tasks and she never hesitates to help out. Often Kat does more than what is asked of her. She really takes charge of reordering medications, following up on concerns, and auditing

documentation. Kat has earned a leadership role here at Alder Bay for all that she does and proves it day in and day out through her dedication to her career.

JONNELL STEWART: Jonnell has been with Alder Bay for many years. Many of our residents, doctors, outside healthcare agencies, and staff trust her as a go-to gal. Jonnell is constantly staying late to get the job done, and she does it exceptionally well. Jonnell has a consistent professional demeanor and is incredibly knowledgeable about everything related to her position as our day time medication assistant. I know I can rely on her as a leader, and appreciate everything she does to make Alder Bay the great place that it is.

I look forward to introducing more of our staff next month, and hope that all of you can find the lighter side of things while transitioning into our community and the changing seasons!

Meghan Gallagher
ADMINISTRATOR

ALDER BAY
ASSISTED LIVING



Happy Birthday

RESIDENTS

Del P.	10/19
Richard B.	10/20
Laura D.	10/24
Fran L.	10/24

STAFF

Andrea A.	10/18
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FEATURED UPCOMING EVENTS

ON OCTOBER 3RD

we will be going to mad River Brewery. We will be kicking off our pints for non-profit event. We are raising money for our walk to end Alzheimer's on October 13th. We would love for everyone to come out and help us raise money.

ON OCTOBER 11TH

we will take a trip to Organic Matter farm for some pumpkins. We will be leaving at 1:30 after lunch. We will be painting our pumpkins later this month. Let's go pumpkin picking.

ON OCTOBER 13TH

from 8-12 come to Halverson Park and join us as we walk to end Alzheimer's. Don't forget to wear your purple in support of Alder Bay's fight against Alzheimer's. Purple power go!

ON OCTOBER

13TH & 20TH at 3pm, we will be starting back up our going out for a drive. Think of all the wonderful wild life and scenery that we will be able to see. All the places and people we will discover. Let's go for a drive.

Our Featured Resident

VERN B. — Alder Bay is pleased to announce Vern B. as Resident of the Month!

Vern was born on July 15, 1924 in Brigham City, Utah. He was the first child born in Brigham hospital and almost weighed a whopping 10 pounds!

When he was four months old, Vern and his family set out to return to their home in San Francisco and drove through Humboldt County to get there. Vern can still remember his address in San Francisco: 1111 Vermont St. He started school in 1st grade and became good friends with a boy named Eddie. Eddie nick named him Vernelli Botticelli so he'd fit in with the Italians living in that area at the time. On the weekends, Vern and his family would go down to Fishermen's Warf and rent fishing boats to fish. He loved the sight when approaching where the Golden Gate bridge stands now. Back then it was just the coastline and beautiful bay.

Vern and his family moved back and forth many times throughout his childhood. They eventually moved back to Salt Lake City, Utah to run the monument business that still flourishes today. Vern was very close to his family, especially with his mother. Eventually, the town that Vern drove through to get to San Francisco when he was only four months old, became where he resides today, beautiful Humboldt County.

Vern moved to Alder Bay on April 1st 2010 and has made a positive impact on all who are here. He is willing to try anything and everything and is often very good at it. From ballroom dance, to art, to adventurous excursions, Vern is there. He is the best scrabble player and has the best memory of any human being I have ever met. So if you want a competition, he is your man. We at Alder Bay thank you for all you do to make this a brighter place to be!

Photo Highlights

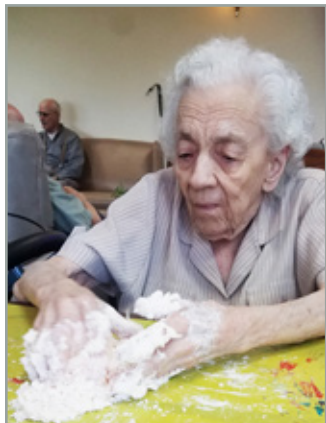


Loving Lunch!

Photo Highlights CONTINUED



Family Tree Art



Olga making modeling dough.



Nan and Barbara's Photos



Barbara G. making modeling dough.



Fran A. making modeling dough.

UPCOMING ACTIVITIES

- OCTOBER 1**
3:00p Black Jack
- OCTOBER 2**
3:00p Jenga
- OCTOBER 3**
11:30a Mad River
Brewery Lunch Outing
- OCTOBER 4**
1:30p Target
- OCTOBER 6**
3:00p Color with Me
- OCTOBER 8**
3:00p Columbus
Documentary
- OCTOBER 9**
3:00p Board Games
- OCTOBER 10**
3:00p Resident Council
- OCTOBER 11**
1:30p Pumpkin Patch
- OCTOBER 13**
8a-12p Walk to
End Alzheimer's
10:30a Gospel Karaoke
3:00p Out for a Drive
- OCTOBER 15**
3:00p Let's Paint Pumpkins
- OCTOBER 16**
3:00p Pumpkin
Cheesecake Social
- OCTOBER 17**
2:00p Poem Reading
3:00p Let's make bookmarks
- OCTOBER 18**
1:30p Errand Day
3:00p Out for a Drive
- OCTOBER 22**
2:00p Fruit Smoothie Social
3:00p Make Ghost Windows
- OCTOBER 24**
2:00p Crafters Corner
3:00p November
Centerpieces
- OCTOBER 25**
11:30a Bear River
Casino Lunch Outing
- OCTOBER 27**
3:00p Let's Get Crafty
- OCTOBER 28**
3:00p Orange Floats
- OCTOBER 29**
3:00p Make Goody Bags
- OCTOBER 30**
3:00p Black Jack
- OCTOBER 31**
10:30a Food Committee
3:00p Costume Party



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Newsletter Production by PorterOneDesign.com

OCTOBER – WORD SEARCH

O	I	S	C	Y	L	V	O	J	S	Q	P	K	S	N
P	W	Z	N	C	M	X	R	B	U	W	R	C	Q	H
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BRAIN
CANCER
DESSERT
FIRE
HALLOWEEN

PREVENTION
PUMPKIN
PUZZLE
SLEEP
SPIDER

STRETCH
SUDOKU
SUGAR
THERAPY
WALK