

October Noteworthy Activities Continued

Fall Crafts - Saturday, October 13th

Bring your own pumpkin or use one of ours to doodle or paint on. Join us in the Compass Room for this wonderful holiday craft.

***Ride to & from the Casino– October 16th**

Come with us to the Swinomish Casino. The bus leaves at 11:30am and pick you up at 2:45pm. Don't forget to sign up!

***Shopping at Walgreens - Tuesday, October 16th**

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.

Brian Ledbetter Halloween Magic Show - October 17th

Returning to Chandler's Square is the great magician Brian Ledbetter. Join us in the Captain's Crossing at 1pm to be amazed and mystified.

*** Ladies Lunch Outing - Thursday, October 18th**

Calling all Ladies! Join us for a trip to Bastion Brewing Company for lunch. They feature fresh, creative northwest cuisine, and house brewed beer. A favorite destination of locals and visitors. The bus leaves at 11:45 and you'll need to sign up in the hallway near the lobby.

Preschool Singers - Friday, October 19th

Join the preschoolers in the **Captain's Crossing** for this wonderful fall performance. It starts at **11:00am** and only lasts about 15 minutes so come early to get a good seat!

***Guy's Outing - Thursday, October 25th**

Calling all guys! Pete and John will be taking you on another wild adventure for lunch. The bus leaves at 11:15 and you'll need to sign up in the hallway near the lobby.

Family and Friends Trick-or-Treat - Saturday, October 27th

Invite your family and friend for a trick-or-treating event here at Chandler's Square. Residents, who would like to participate, will have Halloween visitors excited for candy! This event starts at 1:15. More information to follow.

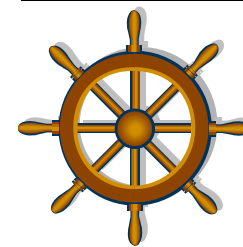
Note: Please check the calendar for other activities not listed.



CLIPPER



October 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*

Educational Lecture

In October we will be hearing Chris Carnahan present "History of the 7th Ohio Infantry, Ohio's Spartans, the road to Gettysburg". Chris is a dedicated and tireless student of history and artifacts of the North American experience. Focused on United States ante bellum military history, American Cut Glass of the Brilliant Period and Art Nouveau glassware. A progressive minded historian and team player with a high degree of energy and creativity in "telling multiple sides of the story".

Please join us in the dining room Friday, October 19th at 2:30 pm. There is an early happy hour in the Captain's Crossing following the presentation.



Chandler's Square Residents' Council Meeting September 18st, 2018

Present:

- Maxine L.
- Harvey O.
- Lorraine P.
- Margret S.
- Mary Lou M.
- Harry B.
- Nancy A.
- Becca B-D.

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

Old Business:

Many residents enjoy walking to Safeway and downtown. This is complicated by the dangers crossing 12th and Commercial. The crosswalk light is not long enough and the traffic going to and coming from the ferry does not pay attention to the pedestrians. The residents request that Pete go to the city on behalf of the residents to make the intersection safer and more accessible.

All residents that have items in the South Wing storage must have all items inside of their storage units by the end of September. This is to eliminate any trip hazards and provide space to move around. Any items not in the storage units by the end of September will be removed.

New Business:

Men's coffee and donuts has been moved to the Compass Room.

Door propped open by the nurse's annex. There should be a locked screen door in that doorway. This would keep the multitude of flies that are entering the building and getting on food in dining room. The flies are also getting in through the dining room doors. Could they just open the screen windows instead?

There is a growing concern of safety and keeping the building a secure building. Exterior doors are not being lock throughout the perimeter. The Center wing door by parking lot is not latching. Conference door is not locked and it needs to be. It is a concern for break-ins and for shootings.

There should not be any doors propped open and better signage and monitoring of people in the building. A Visitor badge? People need to sign in at the lobby. Staff should direct strangers to the lobby area entrance.

The meeting was adjourned at 2:43pm.

Respectfully submitted, Becca B-D, Interim Secretary



September Birthday
Celebration



October Noteworthy Activities

Balanced & Fit W/Ania— Monday, October 1st, 8th, 15th, 22nd, 29th

Come join Ania (a certified PTA and fitness instructor) on **Wednesday mornings at 9:30** to work on your balance and mobility to enhance your safety independent daily living. Remember, keeping fit will help you healthier, so join Ania and her fun group to work together on your balance.

Birthday Party - October 2nd

Join us in the Dining Room at 2:30pm to celebrate this month's birthdays! There will be cake, ice cream, and a raffle.

***Trip to Gordon's Skagit Farm– Thursday, October 4th**

Come pick pumpkins and enjoy the fall weather. Bus leaves at 1:15 and don't forget some cash and please sign up on the board near the lobby!

Tech Help - Friday, October 5th and 26th

Bring your mobile technology to the **Train Room at 10:30 am** and we will help answer your questions.

***Burlington Shopping - Saturday, October 6th & 20th**

Do you like to shop? We are headed to Burlington for some off island shopping. The bus will be leaving at 11:15. Please sign up in the hallway near the lobby.

***Afternoon Drive - October 9th**

Join us on an afternoon drives this month. the drive will take you on a relaxing ride to a new location. The bus leaves at 1:30pm. Don't forget to sign up!

***Shop Soroptimist – Tuesday, October 9th**

Come shop one of the best thrift stores in Anacortes. They sell a wide variety of items. Bus leaves at 2:30pm. Please sign up on the board near the lobby!

Activities Suggestion Meeting - Wednesday, October 10th

Come share your ideas about what movies we should show, where we should go out to eat, and what desserts we have at our afternoon dessert socials. **Join us in the Library at 11:15am.**

***Anacortes Museum Trip - October 11th**

Join us in the afternoon for a visit to the Anacortes Museum. Admission is free. Don't forget to sign up!

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Living Well with Parkinson's disease

Parkinson's disease (PD) is a neurological condition that occurs when certain neurons in the brain die or become impaired. These nerve cells produce dopamine, the chemical responsible for coordinated muscle function. According to the National Parkinson Foundation (NPF), approximately 60,000 new cases of PD are diagnosed each year, joining the 1.5 million Americans who have the disease. The condition usually affects those over age 65.

Symptoms of Parkinson's disease

Tremors are the most common symptom of Parkinson's disease. Tremors are often the first symptom. Usually the early symptoms are mild, and affect one side of the body. Slow movement, stiffness and challenges with balance are also symptoms, as are shuffling gait, frozen facial expressions, muffled speech patterns, and depression.

How Can Therapy Help?

The symptoms of Parkinson's disease can hinder work, social life and family life if steps are not taken to prevent falls and manage the symptoms. Seeking professional advice to analyze your unique situation can often result in simple solutions. Your rehab team can identify lifestyle changes that can decrease the symptoms of Parkinson's disease and facilitate physical activity. Therapists can provide a range of treatment options including:

- Managing symptoms, such as balance deficits, stiffness and gait deviations
- Improving joint mobility and flexibility
- Suggesting appropriate assistive devices
- Educating patients, families and caregivers

Your rehab team can provide practical and helpful information and resources in order to assist in health promotion such as wellness and increasing physical activity in your community. **Please join us for our monthly wellness talk on Monday, October 1st at 10:30am in Captain's Crossing.**

Guess Who?

These are
two
different
residents.





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



Book Club 2018 PG-13 1hr 4m – **Playing Oct 6 & 7**
Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. **Cast:** Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Craig T. Nelson, Richard Dreyfuss, Alicia Silverstone, Katie Aselton, Ed Begley Jr., Wallace Shawn, Andy Garcia, Don Johnson, Tommy Dewey, Mircea Monroe **Genre: Comedy**

Fiddler on the Roof 1971 G 2hr 59m – **Playing Oct 13 & 14**
Director Norman Jewison chronicles the trials of Jewish peasant Tevye, the humble father of three strong-willed daughters and husband to oft-objecting wife Golde in pre-revolutionary Russia. **Cast:** Topol, Norma Crane, Leonard Frey, Molly Picon, Paul Mann, Rosalind Harris, Michele Marsh, Neva Small, Paul Michael Glaser, Ray Lovelock **Genre: Classic Musical**

RBG 2018 PG 1hr 37m – **Playing Oct 20 & 21**
Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court. **Cast:** Ruth Bader Ginsburg, Gloria Steinem, Bill Clinton, Orrin Hatch **Genre: Documentary**

Invasion of the Body Snatcher 1956 PG 1hr 20m – **Playing Oct 27 & 28**
Evil-intentioned extraterrestrials capable of replicating humans and assuming their identities invade the sleepy California hamlet of Santa Mira. It's up to the local doctor to sound the alarm and almost single-handedly battle the alien forces. **Cast:** Kevin McCarthy, Dana Wynter, Larry Gates, King Donovan, Carolyn Jones, Jean Willes, Ralph Dumke, Virginia Christine **Genre: Classic Sci-Fi**

Music Monday

October 1st
Trish Hatley ~ 2:30

October 8th
Bayview Sound ~ 2:30

October 15th
Doug Roraback ~ 2:30

October 22nd
Crystal Blue ~ 2:30

October 29th
Nick & Judy ~ 3:00