

# ALDER BAY | NEWSLETTER



Olga, Winn & Drea

## LETTER FROM THE ADMINISTRATOR



This month, I wanted to take a moment to highlight some

community-driven events that are happening in November.

**On Saturday November 10th, Hospice of Humboldt is hosting a free advance care planning workshop.**

They'll discuss how to start the conversation about advance directives, assist you with drafting one and teach you what is important to include. The workshop is from 1:30pm-3:30pm on 11/10 and you must pre-register to attend by calling 707-445-8443

**The week before Thanksgiving, Alder Bay**

**will be hosting "Turkey Tours".** Anyone who has never been to our facility before that comes in for a tour Monday November 12th - Saturday November 17th will receive a voucher for a free turkey that they can pick up from us on Monday November 19th. It's an easy way to get that large Thanksgiving shopping item checked off your list.

**As many of you know, each Friday morning we have a "Coffee and Donuts" social at 9:30am.** Don't worry, these will still be happening, but on the last Friday of each month, we've started inviting first responders to stop in for a morning treat as a way of saying thank you for everything they do in our community. So please pass

the word if you know any first responders, and when you see a new face pop in for a donut on Friday, introduce yourself and say thanks!

*Meghan Gallagher*  
**ADMINISTRATOR**



### RESIDENTS

Margaret B.	November 5
Ida N.	November 28

### STAFF

Andrea J.	November 04
Jessica W.	November 15

**ALDER BAY**  
ASSISTED LIVING

## UPCOMING ACTIVITIES

**11/1 AT 1:30 PM**  
Target

**11/3 AT 3:00 PM**  
Go for a drive

**11/5 AT 2:00 PM**  
Crafters Corner

**11/5 AT 3:00 PM**  
Mars Documentary

**11/6 AT 3:00 PM**  
Guess that game

**11/7 AT 2:00 PM**  
Cards with Cheryl

**11/7 AT 3:00 PM**  
Dominos

**11/8 AT 11:30 AM**  
Applebee's

**11/10 AT 2:00 PM**  
Humboldt County Library

**11/11 AT 11:11AM**  
Moment of silence

**11/12 AT 10:00 AM**  
Music Makers

**11/12 AT 3:00 PM**  
Deville Egg Social

**11/13 AT 3:00 PM**  
Color with me

**11/14 AT 3:00 PM**  
Resident Council

**11/15 AT 1:30PM**  
Errand Day

**11/17 AT 3:00 PM**  
Go for a drive

**11/19 AT 2:00 PM**  
Learn sign Language

**11/19 AT 3:00 PM**  
Hot Cocoa Social

**11/20 AT 2:00 PM**  
Dominos

**11/20 AT 3:00 PM**  
Foam Turkeys

**11/21 AT 2:00 PM**  
Gardening

**11/21 AT 3:00 PM**  
Owl Turkeys

**11/22 AT 9:00 AM**  
Macy's Thanksgiving Parade

**11/24 AT 2:00 PM**  
Humboldt County Library

**11/26 AT 2:00 PM**  
Cards with Cheryl

**11/26 AT 3:00 PM**  
December Centerpieces

**11/27 AT 3:00 PM**  
Homemade Bread Social

**11/28 AT 10:00 AM**  
Food Committee

**11/28 AT 3:00 PM**  
Crafters Corner

**11/29 AT 11:30 AM**  
Bear River Casino

## Featured Resident: *Charles W.*

**Chuck was born in Lebanon, Missouri in 1943. At the age of four Chuck and his family moved to San Diego, where they lived for three years and then up to Eureka.**

Chuck's father was a pastor; his father's side of the family have been pastors for 25 generations

Chuck has lived in the Eureka area for 64 years, and he has seen many changes. He says the logging and fishing industries locally are just a shadow of what they used to be.

Around 1964 Chuck was working at Purity Grocery in Eureka when a local girl came in and asked Chuck to the Sadie Hawkins dance. Chuck passed on the dance, but asked the young lady out to dinner and a movie instead. After their date, Chuck asked her to marry him; she said "Let's wait a bit" and they got married one and a half years later. Chuck and his wife were together for over 40 years.

Chuck tells me he has a brother, a step-brother, a sister, a step-sister a son and a daughter. His son works in a hospital in Portland, Oregon

and his daughter is a nurse living in England.

Chuck's favorite subjects in school were art and history.

Chuck likes to build wooden models of ancient ships as a hobby. He has a beautiful model of a Caesar's warship ("trireme") in his apartment and he tells me he has many more in storage.

Chuck enjoys reading and cites Spurgeon (a great author of many types of works including sermons one autobiography, commentaries, books on prayer, devotionals, magazines, poetry, hymns, and more.) as his favorite author.

*Gone With the Wind* and *Raintree County* (Elizabeth Taylor, Montgomery Clift) are his favorite movies.

I asked Chuck "what was the riskiest thing he has ever done" and he told me rappelling off of a mountain and racing cars on old highway 101.

It was a pleasure spending time with Mr. Chuck W. and learning a bit about his life.

Welcome to Alder Bay!





## Featured Residents: *David and Janice S.*



**David and Janice moved to Alder Bay from Ferndale, Ca. but they are originally from Oregon.**

David was born in Portland and Janice was born in Myrtle Point, Oregon and moved to Eugene as a young child.

David grew up in a no-high school district in Portland and had to bus to Stevenson, Washington for classes— a distance of about 45 miles! David's father was a tugboat captain on the Columbia River and his mother was a cook for the school district

David and Janice have been married for 64 years. They met in Eugene, Oregon while David was a freshman at University of Oregon and Janine was a senior in high school.

They had four sons, three of whom live in Humboldt County. One is a mechanic, one is a pharmacist, and one is a hospice LVN.

Janice was a yearbook editor in high school and has sung in various choirs. David still keeps in touch with some of his best friends from his school days; Don R., a teacher at San Diego State and Martin M., a political science professor at American University in Washington, DC.

David and Janice moved to Ferndale, California in 1961 where David taught several subjects at Ferndale High and Janice was a medical technologist

David and Janice love to play cards, especially cribbage and pinochle, and they are always looking for a game.

They also enjoy reading books by authors Ivan Doig, Clive Cussler and Mitch Albom. David told me that they are not big movie buffs but they do consider *Gone with the Wind* and *The Wizard of Oz* a couple of favorites.

When asked "what was the riskiest thing you have ever done" David told me that they always weigh the risk against the benefits.

David and Janice S. are a very sweet couple and I really enjoyed spending some time with them and learning a little about their lives. Welcome to Alder Bay!

## Photo Highlights



*Barney & Lavonne*



*Cards & popcicles*

## FEATURED UPCOMING EVENTS

### ON NOVEMBER 11<sup>TH</sup>

we will be having a moment of silence to honor all of our Veterans. Please join me at 11:11 am as we have a moment of silence for our past, current, and future Veterans.

### ON NOVEMBER 19<sup>TH</sup>

at 2 pm Lets' learn sign Language. We will never know when we might need it. We will be learning how to say hello, goodbye, how are you, and hopefully learn our alphabet. Come learn sign language with me.

### ON NOVEMBER 22<sup>ND</sup>

come join us for Thanksgiving lunch. We will have an amazing Turkey dinner prepared by our chief Peter. If you would like to come join us please R.S.V.P. by November 15, 2018. We have a fun day of activities happening as well, starting at 9 am with the Macy's Thanksgiving Day Parade. Followed by the Bears vs the Lions at 9:30. Then it's the Redskins vs the Cowboys at 1:00 pm. Can't forget the Falcons vs the Saints at 5:20 pm.

### ON NOVEMBER 27<sup>TH</sup>

at 3 pm come join me for National Homemade Bread day. We will have some delicious homemade bread. (I am not that good at making bread, so we might have some yummy pancakes). Some of the breads might be banana nut, pumpkin, zucchini, monkey bread, or cinnamon bread. Come join me and see what yummy breads I have instore.

# ALDER BAY

ASSISTED LIVING

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## Photo Highlights CONTINUED



*Casino night*



*Dell & Gregory*



*Marilyn C.*



*Win and crazy hat*