



LETTER FROM THE ADMINISTRATOR



I am very thankful to be ringing in another new year with everyone here at Alder Bay.

Happy 2019. It's hard to believe that another year is behind us. We had a few management changes in 2018, and while most are probably very familiar faces by now, I wanted to take a moment to introduce them and their position.

April 2018 - Cheryl Dunphy took over as Activities Director; she had previously worked as a caregiver, since 2011, and has stepped into the activities role wonderfully. Cheryl is always open to suggestions of new things to add to our activities calendar so please make sure you touch base with her if you have any ideas.

Shortly after, Greg Henner

came on as Cheryl's activities assistant and frequently doubles as our front desk receptionist. In November he got his Class B driver's license and has been having a blast driving our residents to fun events in the bus.

May 2018 - Joh-Nika Ivory relocated from Georgia to our lovely Humboldt coast and we are so thankful she joined our team. You'll hear her southern drawl answering the phones when you call, and her smiling face is usually the first you'll see when walking into the building. In addition to sitting at the front desk, she works as the business office manager and handles all things billing related.

December 2018 - Tess Martin stepped into the Resident Care Coordinator position; she has worked as a caregiver with us for over 2 years and has done an amazing job at conquering

the new position. Tess is the go-to gal for all things care related, and will be continuing to reach out and introduce herself over the coming months.

I am looking forward to all of the wonderful things 2019 has in store for us and I know with all these amazing people by my side it's going to be a great year.

We are starting the year off with a roaring 20's party this month. The Eureka Brass is a 12-16 piece big band that specialized in playing some great swing music, so dust off your dancing shoes and flapper dresses. The party will be Friday, January, 18th from 6:30 – 8.

Meghan Gallagher
ADMINISTRATOR

ALDER BAY
ASSISTED LIVING

UPCOMING ACTIVITIES

1/1 AT 2PM

Resolutions

1/1 AT 3PM

Fun Facts About Resolutions

1/2 AT 2PM

Activity Planning Meeting

1/3 AT 1:30PM

Target

1/3 AT 3PM

Penguin Documentary

1/5 AT 3PM

Out for a Drive

1/6 AT 3PM

Root Beer Floats

1/7 AT 3PM

Jenga

1/8 AT 3PM

Frozen the Movie

1/9 AT 2PM

Puzzles

1/9 AT 3PM

Resident Council

1/10 AT 11:30AM

Esmerald's Lunch Outing

1/12 AT 2PM

Library

1/14 AT 2 PM

Hand Writing Letters

1/15 AT 3PM

Sensory Challenge

1/16 AT 3PM

Cards with Cheryl

1/17 AT 3PM

This Day in History

1/18 AT 6PM

Roaring 20's Party

1/19 AT 3PM

Out for a Drive

1/20 AT 3PM

Root Beer Floats

1/21 AT 2PM

Bingo

1/21 AT 3PM

Cards with Cheryl

1/22 AT 2PM

Checkers

1/22 AT 3PM

Phase Ten

1/23 AT 2PM

Free Hugs Social

1/23 AT 3PM

February Centerpieces

1/24 AT 11:30AM

Bear River Casino Lunch Outing

Photo Highlights



Group sing- a -long



Lewis & Barb G.



Tree Lighting



Happy snowman



Our Christmas Tree



Redwood Womens Chorus

A Note from Our Activities Director, Cheryl Dunphy

As we begin a new year, I wanted to highlight all of our residents. Each one of them brings something unique to Alder Bay. They are not just residents, they are family to all the staff that work here. Their families become staff's extended families

Each one of our residents brings their wisdom, experience, and life lessons, and shares it with staff. Some of the residents give us friendly advice when we need it the most, whether we think we do or not. They tell us great stories of the many adventures they have experienced. Some of them have sailed to many locations around the world. Some have traveled in RV's to places across the United States. Some are great at telling staff about what it was like growing up during the depression, and farming. A few have told staff what Eureka and surrounding areas were like in the 1964 flood. Some have even told us what it was like living in Crescent City during the 1964 Tsunami. Some give their expertise with plants and wildlife. Some of the residents share a few laughs, hugs and smiles with us, which cheer us up when we are feeling blue.

Each of our residents are unique and make Alder Bay us. Thank you for being you and family.

GLAUCOMA AWARENESS MONTH

Within the healthcare community, January is known as Glaucoma Awareness month. According to the Glaucoma Research Foundation, it is one of the leading causes of blindness. It affects approximately 3 million people within the United States, and 60 million nationwide. By 2030, it is projected that there will be a 58% increase in individuals in the United States. Glaucoma is described as an eye disease that slowly steals an individual's sight. It occurs when the optic nerve is damaged. Essentially the optic nerve functions to bring images from the eye to the brain. Once that nerve is injured/damaged, the images cannot be carried to the brain, resulting in the loss of one's vision. An individual can lose up to 40% of their eyesight before they even notice a change. Unfortunately, glaucoma does not have any known symptoms, which is why it's important to have routine eye exams with your eye care professional for early detection and treatment.



RESIDENTS

Josie B.

January 27

FEATURED UPCOMING EVENTS

COME JOIN ME ON JANUARY 2ND

as we plan some amazing activities. I could really use your help with planning activities. Come with your ideas of what you like to do, and want to do.

LET'S GO BACK TO THE 1920'S!

Come join us on January 18 at 6pm. Eureka Brass Band will be performing at this Roaring 20's party. Come dressed in 20's clothing or just come as you are. We would love for you to come anyways.

COME JOIN ME FOR A STAY-IN-PIZZA LUNCH.

We will be having Take and Bake pizza on the fourth floor. Come help me make some yummy pizza for lunch on January 31st at 11:30.

UPCOMING ACTIVITIES

1/26 AT 2PM

Library

1/28 AT 2PM

Clue

1/29 AT 2PM

Paper Craft

1/29 AT 3PM

Chocolate Cake Social

1/30 AT 2PM

Make Art

1/31 AT 11:30AM

Pizza Lunch

1/31 AT 3PM

Bingo



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JANUARY – WORD SEARCH

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

ACTIVITY
AGING
BLOOD
CONFIDENCE
DONOR

ENGAGE
EYES
GLAUCOMA
JANUARY
MIND

RESOLUTION
SMART
SOUP
VISION
WARM