

ALDER BAY | NEWSLETTER



Yummy crab

LETTER FROM ACTIVITIES

Please put the following article on the front from activities

Welcome to the month of April. This month we have many fun things planned. Here are just a few of them. We will be doing a poetry reading, learning to draw birds, learning ways to reduce stress. We will be making anti-stress balls as a way to relieve stress. Jelly bean social as well as peanut butter and jelly social are just a few of the socials this month. We will be learning about dolphins, penguins, and birds. We will be attempting to draw some, so bring your drawing talent.

This month we will be concentrating on relieving stress. Did you know that being outside for 10-15 minutes can reduce stress, and you get a little

Vitamin D as well? You don't have to go for walks, even though that's good for you too. You can read a book, enjoy someone's company, or just watch some wildlife. I like to go out and play in the dirt (garden). Now that the weather is nicer we will be able to go out on the balcony a little bit more and watch some of the local wildlife.

Another good way to destress is to write/ journal. This was very popular in the past few years. You can start out by writing what is bothering you. This can turn into a great way to relieve stress. Some people often creatively write which helps them as well.

There are drawing and coloring activities that also can relieve some stress. There are a lot of adult coloring and drawing

books on the market that you can try. The key to de-stressing is to do, read, and watch what you love. It is your own unique destressing tool.

A quick note. If you no longer want to receive Alder Bay's wonderful newsletter. Please contact Cheryl at 444-8000 so we can remove you from our mailing list. We would hate to see you go!! Also, if you been receiving multiple newsletters I sincerely apologize. We are trying to eliminate this moving forward.

Cheryl Dunphy
ACTIVITIES DIRECTOR

ALDER BAY
ASSISTED LIVING

UPCOMING ACTIVITIES

4/1 AT 2PM - April Fools History
4/1 AT 3PM - Crafters Corner
4/2 AT 3PM - PB&J Social
4/3 AT 1:30PM - Target
4/4 AT 3PM - Out for a Drive
4/5 AT 9:30 AM - Bagels
4/8 AT 2PM - Poetry Reading
4/8 AT 3PM - Chinese Checkers
4/9 AT 2PM - Favorite Animal
4/9 AT 3PM - Dolphin Documentary
11:30 AM - Gills By the Bay
4/10 AT 3PM - Resident Council
4/10 AT 6PM - Accordionairs
4/11 AT 2PM - Library
4/11 AT 3PM - Licorice Social
4/12 AT 9:30AM - Parfaits
4/15 AT 2PM - Cards with Cheryl
4/15 AT 3PM - Draw a bird
4/16 AT 2PM - Anti-Stress Tips
4/16 AT 2PM & 3PM - Anti-Stress Tips and Balls
4/17 - Errand Day
4/17 AT 3PM - Penguin Movie
4/18 AT 2PM - Crafters Corner
4/18 AT 3PM - Out for a Drive
4/21 AT 11:45 AM - Easter Lunch
4/22 AT 2PM - Scrabble

Note from the Resident Care Coordinator

The month of April, we will be focusing on Anti-Stress techniques. Stress is experienced by everyone, it is a normal aspect to life. Which makes it very important to know what stress is, what triggers stress, and how to appropriately manage it.

The first question we must answer is, what is Stress?

Stress is the way in which your body will respond to a change or demand. The body will respond to such changes; physically, emotionally or mentally.

Stress can be triggered by events, surroundings, and/or conditions. It is important to identify what is triggering the stress experienced in order to manage it. Many techniques are used to help individuals manage and reduce the amount of stress they experience. Here are a few techniques that you can do to reduce your stress:

- Meditation • Cognitive puzzles • Deep breathing exercises
- Yoga (you don't have to be very physical to do yoga)
- Cognitive restructuring(changing the way you look at things)
- 15-30 minutes outside, reading or gardening • Adult coloring books

Write the stressors in your life down, this is a way to get your thoughts in order. Once you recognize what the stressor is, then you can plan how to relieve or manage that stressor.

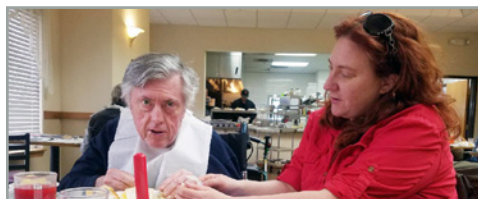
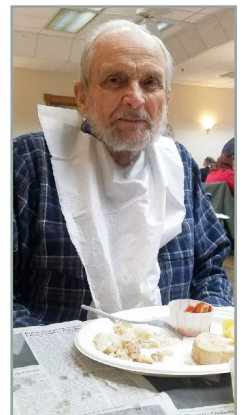
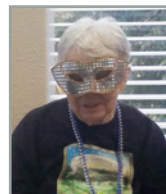
You can drink herbal teas that contain chamomile, lavender, and lemon. Don't drink anything that has caffeine in it before going to bed. Eating "stress-fighting foods" like oatmeal, salmon, pistachio nuts and dark chocolate. You can also use an essential oil diffuser with scents of lavender, lemon, jasmine, or sage.

In our activities department, we do a few of these already. We love to color and we started to do some gardening. Singing and dancing are great ways to relieve stress as well. Laughter is great as well and our activities director can be extremely silly to get our residents to laugh.

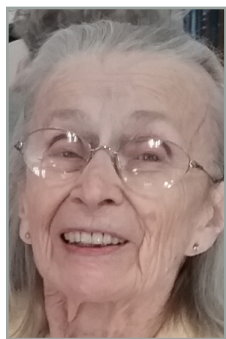
Activities will be sharing more of these tips in depth, on April 16th at 2 pm, going over We will then be making our anti-stress balls at 3 pm. Come if you would like to make something fun.

If all else fails, you can always throw your hands in the air and yell plot twist!!! You never know it might make you laugh and laughing reduces stress.

PHOTO HIGHLIGHTS



Resident of the Month: Miriam M.



April's resident of the month is Miriam M. Miriam was born and raised right here in Eureka, Ca. She attended Lincoln Elementary School and graduated

from Eureka High.

Miriam comes from a fairly large family; she had three brothers and a sister.

Miriam's ancestors, the Prestons, were among the founding pioneers of Humboldt County. The Prestons donated the land that Humboldt State University sits on.

Miriam met her best friend Violet in the first grade. Violet was Miriam's neighbor across the street. They shared all their childhood experiences together; many hours at the beach, hiking in the redwoods and camping at Richardson Grove State Park. Miriam and Violet stay in touch to this day.

After High School Miriam (along with her best friend Violet) went to work at the new Bank of America in Henderson Center. This began a 30-year career in banking. (more on that in a minute)

While working at the Bank of America, Miriam met a nice guy named Richard. He was a decorated World War II veteran, a Marine. They were married in 1950 and had two boys to add to the two boys Richard had from a previous marriage. They also raised their youngest granddaughter from the age of three.

Richard's job transferred him, so Miriam's family relocated to Anaheim, California. Miriam worked at the Bank of America in Anaheim, which was robbed three times at gunpoint while she was employed there. She went on to work in commercial banking at Wells Fargo in Newport Beach, California.

Miriam retired in 1988 and moved back to Eureka.

Miriam says that she is not a big movie buff but she loves to read, (biographies and documentaries) and she loves to sew. Miriam told me she can sew just about anything.

When I asked Miriam 'what was the riskiest thing she had ever done' she said moving her large family to Anaheim.

It was a pleasure sitting down with Miriam and learning a little bit about her life. Welcome to Alder Bay!



RESIDENTS

Norman P. 4/11

Betty P. 4/12

Lewis B. 4/25

STAFF

Melinda S. 4/2

Ashton A. 4/23

Tess M. 4/25

ACTIVITIES ...CONT'D

4/22 AT 3PM - Jelly Bean Social

4/23 AT 3PM - May Centerpieces

4/24 AT 11:30AM - Blue Lake Casino

4/25 AT 10:30AM - Food Committee

4/25 AT 2PM - Library

4/25 AT 3PM - Bingo

4/26 AT 9:30AM - Smoothies

4/29 AT 2PM - Cards with Cheryl

4/29 AT 3PM - Checkers

4/30 AT 3PM - Gardening

FEATURED UPCOMING EVENTS

Please look closely as our activities have changed. As of April here are the following changes: Lunch outings, target and errand day are now scheduled for Wednesdays. Thursdays are designated for drives and the library. The coffee & donut socials are now being replaced with the following, bagels, parfaits, smoothies. Thank you – your activities are important to us.

April 8th at 2 pm - Come join me as we read some poetry. We will be reading some from a few of our favorite poets. We may be reading some poetry by someone you know. If you have any poetry that you might want to share please feel free to bring it.

April 11th - Come help me celebrate National Licorice Day. We will be trying two different

types of licorice. What is your favorite black or red? I personally like red.

April 16th starting at 2 pm - We will be learning a few tips to combat stress. What do you do to relax? We will then be making anti-stress balls at 3 pm. Come join me for a relaxing fun time.

ALDER BAY

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APRIL – WORD SEARCH

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BLANKET
DOUGH
EARTH
EASTER

EGGS
HAIKU
JOKES
PIGS
POEM

RECYCLE
STRESS
SYLLABLES
THERAPY
VOLUNTEER