



Resident Birthdays

Don Myers.....09/01
 Marlene Stadler.....09/05
 John Carpenter.....09/12
 Richard Houck.....09/12
 Wayne Carlson.....09/15
 Leila Scofield.....09/16
 Betty Thomas.....09/17
 Nancy Euken.....09/20
 Ruth Hayes-Short.....09/20
 Carmen Francois.....09/23
 Jane Slattum.....09/27

Team Member Birthdays

Pauline Gathogo.....09/01 - Wellness
 Jenelle Root.....09/01 - Wellness
 Debra Dial.....09/05 - Nurse
 Richard Ibarra.....09/10 - Security
 Larry Sanders.....09/12 - Hskeeping
 Yodit Weldegeorgis.....09/12 - Wellness
 Konrad Winder.....09/12 - Chef
 Thein Le.....9/13 - Dining
 Almaz Gezahay.....09/16 - Wellness
 Gina Apuya.....09/24 - Wellness
 Lacey Waldo...09/28 - Wellness Scheduler
 Marcris Galang.....09/29 - Dining



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September 2022

The Covey Connection

Dear Residents,

We've had an interesting few weeks! Thank you all for your help with our recent challenges.

We are finding that vendors are having difficulties with even expedited shipping of equipment/parts and we are partnering with them to find solutions. I know this makes things tough on everyone who lives and works here. We really appreciate everyone's understanding as we work through the new life challenges with supply and demand.

The great news is I've found our new Health and Wellness Director, David Simbolon. David will be joining us on September 12th! David joins us with experience in senior living and raving references. Once we started talking, I was excited to offer him a position. His passion for team, unity, and partnership shines through. He wrote you a short note introducing himself:

My name is David Simbolon. I am very excited to join the family of Quail Park Senior Living Community. I have held a Health and Wellness Director position for the past 6 years at an assisted living community in Everett, WA. Long-term care and geriatric health is my nursing expertise and focus for the past 12 years.

I was born in Jakarta, Indonesia and moved to Everett, WA when I was 14 years old. Indonesian culture is very family oriented and that culture stayed with me my whole life. I am married and blessed with 3 beautiful children. We love going on hikes, fishing, and movies. As a Health and Wellness Director, I see residents, resident's family, and colleagues as my extended family. I will be a team player and work for the best interest of our Quail Park family. I am grateful for this opportunity and look forward to meeting all of you.

I will plan a welcome celebration with Candace, so we can embrace David to our Quail Park family!

I hope to see you soon!

Michelle Longwill
 Executive Director

Calendar Chatter

(Highlights in September. Check your calendar for additional info)



9/2 - **HERSTORY** - (as opposed to **history**) Come hear the story of one resident and choose a topic from a basket to share a piece of your own story.

9/8 - **QUAIL BUCKS AUCTION** - a chance to spend the quail bucks you have collected from each staff led activity & bid on some great items.

9/10 - **BUS TRIP to THE FAIR ON 44TH**, Lynnwood's Health & Safety Community Block Party providing vehicle tours, demonstrations, and hands-on games and activities for families.

9/11- **FLAG CEREMONY** by the flagpole to remember **9/11** (flag lowering, pledge of allegiance, moment of silence, America the Beautiful, poem, prayer, taps.)

9/14 - **MEET THE ARTIST RECEPTION** at the Convention

Center. Browse the exhibit, meet the artists behind all the beautiful pieces, and enjoy complimentary in-house appetizers and a cash bar.

9/15 - **The Panathenaea**

Water balloon toss, Pie in the face (of a staff member), Egg relay, Cotton ball relay, Scooter races, Water guns* (In the front area of the building)

9/26 - **DRIVE** across the **WEST SEATTLE BRIDGE** closed since March 23, 2020 which severely impacted travel from West Seattle to Seattle & major routes. It is scheduled to reopen on 9/18.

9/26 - **NATIONAL SCARF DAY**. Whatever your style, a scarf is a good way to express yourself, make a statement or update your look. Let a scarf inspire your style on National Scarf Day.

9/28 - **NEW RESIDENT ORIENTATION** 1pm in the ballroom. Invitations will be sent to new residents. This is a chance to meet and listen to presentations from Council Members and Admin staff. We recommend this opportunity to new residents or to any who missed it in June.

9/30 - **ORANGE SHIRT DAY**, created to honor the legacy of the Inuit and Metis children in Canada who were forcefully taken from their parents and sent off to residential schools. The day is to acknowledge the healing that is still taking place in the lives of those affected.



Updates from Marketing

Congratulations to our recent silent auction winners: Lynn Burns, Bea Souvannarath, and Judy Inslee. So far we've raised \$1,075 in our Alzheimer's Association fundraiser. Way to go Quail Park! We'll be hosting another silent auction in early September, and then we'll have our designer bag/purse auction. We're still accepting donations of designer bags and purses. To date we've received a Coach purse, a Michael Kors purse, and others. We still need more! Please bring your donation to the marketing office. Thank you in advance.

Definition of herstory

What does a herstory mean?

history considered or presented
from a feminist viewpoint or with special attention
to the experience of women.

On September 2, we will meet in the ballroom for another gathering of women. Herstory is a term for history written from a feminist perspective and emphasizing the role of women and their experiences. Each time we have this activity, we feature one of our resident women who tell us their story. This month it will feature Velma Welling, speaking of her experiences. We ask that women that day, wear a hat, a visor, a headscarf, in order to commemorate our identity and roles as women. We will also have lively discussions concerning our lives, our decisions, and our hopes and dreams. So, celebrate "Ourstories" with the women of Quail Park. Any questions or thoughts, please contact me. Mark your calendar, and join us for this interesting and fun event!

Thanks,

Kay Dichter

425-879-4288

SEPTEMBER MOVIES



Thirteen Lives - do not miss! Ron Howard has directed a true story of Rescue of Thailand boys trapped in a cave.

My Big Fat Greek Wedding 2 - The Portokalos Family reunites in this hilarious sequel for an even bigger fatter Greek wedding.

The Lost City - After being kidnapped, a successful romance novelist is swept into a cutthroat jungle adventure that proves stranger than fiction.

Respect - Follows the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom.

House of Gucci - a 2021 American biographical crime drama — a "Sensational Story of Murder, Madness, Glamour, and Greed."

Ladies in Lavender - Aging spinster sisters discover a young man near death on the beach by their home in a small Cornish fishing village.

Labor Day - A depressed mother's husband has left her because she could not bear a second child. Living alone with her only son, she has an unlikely meeting with an injured escaped convict, and reluctantly takes him into her own care. The man proves to be better than his criminal image as the three bond over Labor Day weekend. The only problem? Everyone in town is looking for him.

The Marksman - A rancher on the Arizona border defends a young Mexican boy fleeing cartel assassins who've pursued him into the U.S.

No Time to Die - is twenty-fifth in the *James Bond* series with Daniel Craig in his fifth and final portrayal of fictional British MI6 agent James Bond.

The Secret Life of the Cruise (documentary) - this film uncovers the army of people and complex systems that keep a cruise ship at sea.

Forsaken - In 1872 an embittered gunslinger attempts to make amends with his father while their community is besieged by ruthless land-grabbers.

Licorice Pizza - documents the misadventures, friendship, and romance of a photographer's assistant in her mid-20s, and a 15-year-old actor.

Old Goats - is a comedy featuring three elderly men playing themselves, but within a fictional framework. The story blends fiction and reality.

Above and Beyond - A group of Jewish American war pilots smuggle planes out of the U.S. and fly for Israel in its War of Independence.

Being the Ricardo's - Follows Lucy and Desi as they face a crisis that could end their careers and another that could end their marriage.

The Guilt Trip - As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride.



Quail Park Theme of the Month for September revolves around GREEK Cuisine.

Activities celebrating our theme:

Lunch out at Kosta's Greek Restaurant in Mukilteo which offers an extensive menu of traditional Greek cuisine.

Greek yogurt parfait social in the Snoqualmie Room

Baklava Social (courtesy of Candace!)

Armchair Travel to Greece

Greek wedding show & reception - Complete with a wedding cake (courtesy of Candace.)

Greek happy hour featuring a Roaring Greek Tiger Cocktail, a traditional Greek drink of ouzo and orange juice.

AND WAIT...THERE'S MORE!!!

LET'S PLAY GAMES by Kay Dichter



Did you know that we have two cabinets under the countertop in the Snoqualmie Room filled with games? Card games and Board Games: *Pinochle, Apples to Apples, Skip Bo, Scrabble, Backgammon, Chinese and Standard Checkers and more!* They are there for the

use and enjoyment of all residents, and not necessarily when games are scheduled on the Life Engagement Calendar. On the weekends, after dinner, or anytime, avail yourself of these games, invite some residents to play, and have a great time!

LUNCH AND A MOVIE is back! On 9/26,

Letters to Juliet will be shown. Sign up, choose your lunch, and enjoy this romantic comedy where a young woman visiting Verona, Italy with her busy fiancé, visits a wall where the heartbroken leave notes to Shakespeare's Juliet.





JULY WALKING CHALLENGE

30 participants signed up for the 1,000 mile challenge. The goal was to collectively walk 1,000 miles for the month of July, but next time I might have to make it the “2,000 mile challenge” because **we made it to 2008 miles!** The top three walkers were: Jerry Hambly, Judy McCrone, and Jim Simmons! The whole goal was to get residents moving more, and I am so proud of how hard everyone worked to achieve our goal! - Lauren

Check out Quail Tales in September in the Quilceda Room! This is an ongoing project, so there is no deadline. We are accepting additional stories to our **memory book about Quail Park**. Tentative categories are: experiences at QP, life at QP, informative information, humor and stories. You may leave your submissions at front desk, or give them to Paul Lang or Kay Dichter. So far, we’ve had quite a few submissions. **Keep them coming!**

TWO BOOKS ORDERED FOR THE QUAIL PARK LIBRARY IN AUGUST

The 6:20 Man by David Baldacci / Everyday, Travis Devine puts on a cheap suit, grabs his briefcase and boards a train to Manhattan. Sara Ewes, Devine’s coworker and former girlfriend, has been found hanging in the storage room of his office building, presumably a suicide. NYPD comes calling for Travis.

The Hotel Nantucket by Elin Hilderbrand / Fresh off a bad breakup with a longtime boyfriend, Nantucket sweetheart Lizbet Keaton is desperately seeking a second act. Hired as general manager of Hotel Nantucket, she hopes to attract London billionaire owner, Xavier Darling.

A MESSAGE FROM THE RESIDENT COUNCIL CHAIR

Just a few notes about Resident Council. The Resident Council assists administration in providing quality services and programs and offering suggestions for improvement. We do this through our four standing committees monitoring programs, building and grounds, dining and welcoming new residents. All of our meetings are open to residents, and I encourage getting involved. It fosters new friendships, and promotes a positive relationship with the administration and staff.

Committees meet once a month on Wednesdays, and Council on Thursdays. Stop by and see what we are all about. For new residents I have several suggestions. Attend the New Resident Orientation held quarterly, read your calendar and the Covey Connection which will tell you what is offered monthly, and attend the new resident luncheon. On even months don’t miss the All Residents Meeting where you will be updated on council committees, future council plans, and information from our Executive Director, Michelle. Avail yourself of the 7 council liaisons to discuss concerns and answer your questions. We look forward to working with you. *Kay Dichter, Resident Council Chair*

SOMETHING NEW FOR YOUR ENJOYMENT

The small bistro off the main lobby is now being staffed Monday, Tuesday, Thursday and Friday. Misgana is the pleasant server who will provide fresh fruit cups, snacks, and machine made lattes and Cappuccinos. Also available are fresh coffee, tea and fruit infused ice water. With our warmer days it is very pleasant to pick up your choice of snacks and beverages at the lobby bistro. Take them through the bistro door out to the Main Entrance patio to enjoy the morning sun at the tables provided there. Often there are other residents there with whom you can visit and enjoy making a new friend, perhaps.
Your Dining Committee

FROM THE HOSPITALITY COMMITTEE:

As we welcome new residents to Quail Park, please invite them to a meal or activity. We all remember how difficult it was to take that first step to “fitting in”.