



*Bringing independence to living and quality to life*

## Regency on Whidbey National Assisted Living Week

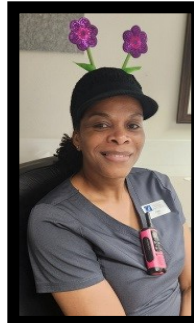
September 11– 15 was National Assisted Living week, and Regency on Whidbey celebrated with several special activities for Residents and Staff. The week always follows Grandparents Day on Sunday, so we kicked things off with a time for Grandparents to brag about their grandkids.

Throughout the week we had themed spirit days that included Red, White and Blue in Remembrance of September 11th, Tie-Dye Day, Wear Purple for Alzheimer's awareness Day, Team Spirit Day, and Crazy Hat Day.

The theme for this year's Assisted Living Week was season of Reflection, so we put together a special photo display with that in mind. The photos feature Residents looking into a mirror at the reflection of their younger selves. The photo display was a huge hit with Residents, Staff and Visitors.

To honor the Staff, and the hard work they do, they were entered into daily drawings for gift certificates to local restaurants. Staff also received a small gift everyday as a thank you for their service. We closed the week with a visit from the Reptile Lady. Residents, Staff, and their kids came out to learn about her wild critters. We were all amazed at the bravery shown by all those who decided to do more than just look at the critters she had brought.

November  
2023





## Regency on Whidbey's Management Team

**Wilma Jo Flaherty**  
Executive Director

**Kathleen Pendleton MN/RN**  
Wellness Director

**Anelyn Ronquillo LPN**  
AL Nurse Manager

**Cam Phelps LPN**  
MC Nurse Manager

**Jayla Lawing**  
MC Resident Care Coordinator

**Rebecca Letendre**  
AL Resident Care Coordinator

**Stephanie Teano**  
Business Office Manager

**Teri Mendiola**  
Community Relations  
Director

**Lanida Brophy**  
AL Life Enrichment Director

**Rene Schlangen**  
MC Life Enrichment Director

**Terry Jackson**  
Dietary Manager

**Anne Hofferth**  
Payroll/HR Director

**Jeff Lujan**  
Maintenance Director



## Residents

- **Will Jones—11/1**
- **Sondra Keith—11/2**
- **Janet Hughes—11/4**
- **Barney Beeksma—11/5**
- **Betty Lyles—11/12**
- **Mickey Pierson—11/13**
- **Dorea Woods —11/20**
- **Judy Winship—11/21**
- **Tom Piper—11/23**
- **Janet Heideger—11/27**



As the holidays approach, many Residents and family members look for ways to show their appreciation to the Staff here at Regency on Whidbey.

We thank you for your generosity, however, employees are not permitted to accept gifts or money. Instead, we have an Employee Holiday Fund where all monies given are distributed to all of our employees to show your gratitude.

If you wish, contributions to this fund can be given to the front desk or the business office.

**Please make checks payable to:  
Regency on Whidbey**

**Include on the Memo Line:  
Employee Holiday Fund**

*Thank you!*



## Traveling the Dementia Journey Together

**Harbor Care at  
Regency on  
Whidbey invites you  
to join our  
Memory Care  
Support Group  
Thursday,  
November 2nd  
2:00pm—3:30pm  
Regency Assisted  
Living Building  
3rd Floor Day Room**



**Regency on Whidbey's  
Front door is  
unlocked from**

**8:30am—5:00pm  
Daily**

**Please schedule visits  
appropriately.**

**If you will be visiting  
or returning to the  
building after 5:00pm,  
please contact the front  
desk for the door code.**

**Thank you!!**

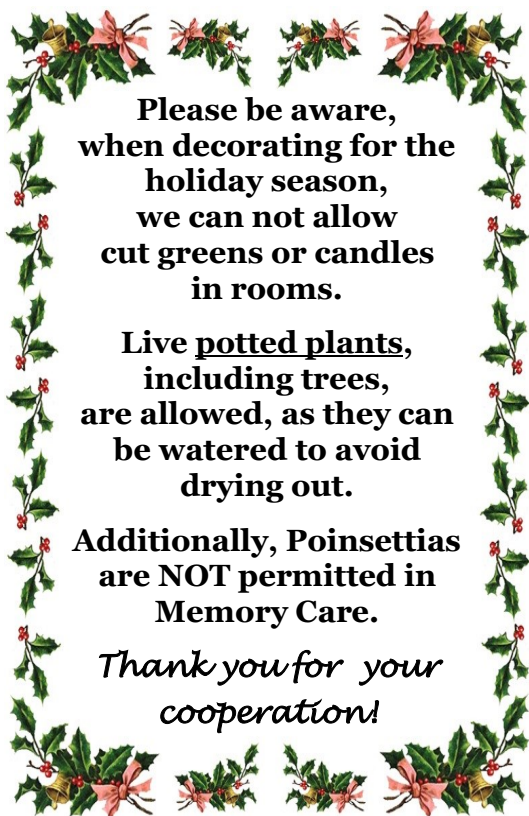


# DON'T FORGET

Whenever you have a doctors appointment, please be sure to take your paperwork from the Med Room.

The paperwork should be returned to the Med Room after your appointment.

This insures that we can update your information correctly—including medications and vaccinations.



Please be aware, when decorating for the holiday season, we can not allow cut greens or candles in rooms.

Live potted plants, including trees, are allowed, as they can be watered to avoid drying out.

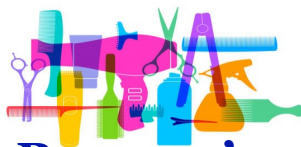
Additionally, Poinsettias are NOT permitted in Memory Care.

*Thank you for your cooperation!*



## Staff

- Greg Villarreal—11/1
- Wilma Jo Flaherty—11/11
- Margarita Vazquez—11/12
- Nikki Henry—11/24
- Claire Brown—11/28



## Regency's Beauty Salons

There are changes happening!!!

We would like to Thank Gabby and wish her well in her new endeavors.

We are pleased to introduce our new beautician Kayla Granger



Watch for signage regarding hours and scheduling.



The Last Tuesday of every month is reserved for Anacortes Doctor Visits.

We cannot accommodate visits to other areas.

Please DO NOT schedule local appointments on that day.

Thank You!!!



## We need your help!!

Nominations for our RESPECT program have dropped-off dramatically, please consider filling-out a nomination form.

In an effort to make the process easier, we have simplified the nomination forms, and they will now be located at the front desk.

Once complete, simply drop the nomination form in the drop-box next to the desk.

# RESPECT

Show it, give it, grow it, live it!

## Congratulations September RESPECT

### Winner—Heather Runner

Heather 's Father was in the Navy, and she was born when the family was stationed in Guam. He would eventually receive orders to San Diego and the family spent several years in various parts of California. When retirement was on the horizon, the family made the decision to move to Whidbey Island to be near family. Heather would complete high school in Oak Harbor and begin college at Skagit Valley College.

Heather has worked at Regency on Whidbey twice. Regency was actually her "first real job." For just over four years, she worked in the Memory Care laundry and was an on-call receptionist. New adventures took her away from Oak Harbor, but she eventually returned to be near family; and she once again joined the Regency team. In December she will celebrate her second four year anniversary .

When Heather is not at work, she enjoys crocheting, making jewelry, reading, and building Legos with her 5-year-old-son.

When asked what she likes best about her job, Heather said, " meeting all of the Residents and learning their stories." Having just taken the position of Cottage Housekeeper, Heather has many new stories to learn.

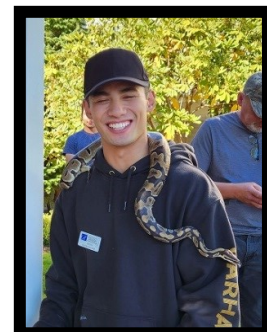
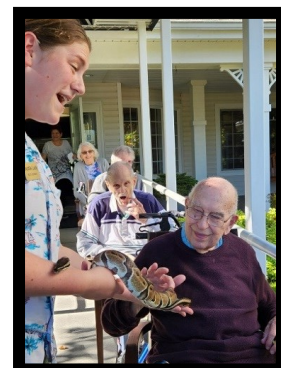
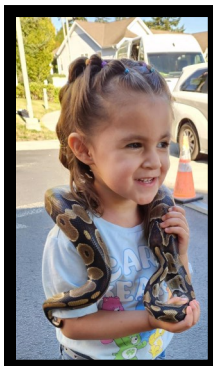
Heather is a devoted employee, who is always willing to help and cover to get the job done. It is her dedication and work ethic that makes her our Employee of the Month.

Thank you, Heather, for all you do!! Congratulations!!!



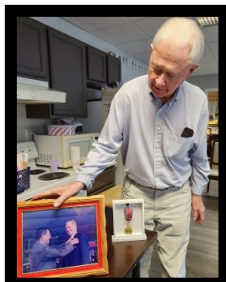


# More Fun with The Reptile Lady





## Resident Show-n-Tell



## Cottage Dinner at Esteban's



## ♥♥♥ Memory Care Moments ♥♥♥







*Bringing independence to living and quality to life*

1040 SW Kimball Drive ~ Oak Harbor, WA 98277

360-279-0933

