

THE ENCORE Breeze

February 2016 • 12295 Schold Place NW • Silverdale, WA 98383 • 360-692-1228

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Northwoods Lodge



CLEARBROOK INN



THE RIDGE

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LAYOUT

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“YOU’VE GOT A FRIEND”



“The wisdom of the ages, anecdotal reports, numerous clinical studies, a wealth of epidemiologic data as well as sophisticated psycho-physiologic and laboratory testing all confirm that strong social and emotional support is a powerful stress buster that improves health and prolongs life. But what exactly does strong social support mean?”

~The American Institute of Stress

Social support buffers the adverse effects of stress on cardiovascular and immune responses, which can provide numerous health benefits. Laboratory studies show that when people are subjected to stress, emotional support reduces the usual sharp rise in blood pressure and increased secretion of damaging stress related hormones. Strong emotional support reduces illness due to the stress of caregivers for spouses of Alzheimer’s disease.

Encore Communities has monthly support groups that meet at The Ridge and Country Meadows whose goal is to provide a place for caregivers and family members to share their feelings and know they are not alone in their journey.

Experts say that almost all of us benefit from social and emotional

support. Though it may seem counterintuitive, having strong social support can actually make you more able to cope with problems on your own by improving your self-esteem and sense of autonomy.

Even if social skills don’t come naturally to you, or if you’ve lost established connections due to life changes, it is possible to forge new connections and reap the benefits of a healthy support network. Meet a neighbor over the jigsaw puzzle; come to coffee and donuts; take a bus ride or come listen to music. You will find a friendly face—you may discover that someone else needs cheering up and that giving someone else support is what you needed!

“Recent findings often show a robust relationship in which social and emotional support from others can be protective for health.”

~National Center for

At Encore Communities, we answer the question posed by the American Institute of Stress with this: We start with loving and dedicated staff in each facility, strong administrative support of our staff, and a multitude of opportunities offered each day for our residents to get the skilled

care they need, be encouraged, try something different, have fun, and get a few hugs! We want our residents to know that they are cared for and loved, esteemed and valued. “You’ve got a friend!”

♥ Peggy Reece



February 2016 Hilites



Walk the Mall for Heart Month Wednesday February 3 at 1:30 pm

Of course a little shopping might do your heart good, too!

ROMEO Club to All Star Lanes Thursday February 4, depart at 11:00 am

The ROMEO Club continues their romance with bacon by enjoying breakfast at the bowling alley!

Clearwater Casino, Lunch & Scenic Drive Tuesday February 9, depart at 10:30 am

The luncheon buffet is always a treat and seemed a festive event to celebrate Mardi Gras; for our scenic drive back home, we'll take some of the roads less traveled.

Valentine's Day Brunch Sunday February 14, 11:00 am and 12:15 pm

For our residents and their guests, our chefs will delight with a fabulous spread.

"Grange" Social and Meeting Wednesday February 17 starting at 1:30 pm

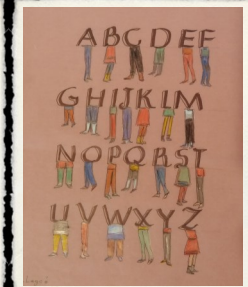
Chef Sarah will create a fabulous chocolate fondue for our social—nothing says Valentine's Day like chocolate!

Port Orchard Public Market Thursday February 18, depart at 10:30 am

Carter's Chocolates is the real reason to go to the market, but we'll be sensible & have a bit of lunch at Central Dock first.

Nourish in Sequim, Sunshine Lavender Thursday February 25, depart at 10:00 am

The food & people are so good here that we are truly nourished body and soul in this delightful place. On the way home we'll stop at the Sunshine Lavender farm.



Danny's BBQ with ROMEOs
Lunch with the girls in Gig Harbor
Ann's Calligraphy project "Little Legos"
Persistent jigsaw puzzle people!
Tacoma Art Museum
Making Valentines



CLEARBROOK
INN



Let Me Call You Sweetheart

February 2016

February 2 @ 2:00 p.m.

Will Punxatawny Phil see his shadow?
Ground Hog Day games & Trivia!

February 4 @ 2:00 p.m.

“Valentines for Vets”
Say “Thanks” and put smiles on the faces of
our Retsil Veterans with handmade cards.

February 5 @ 2:00 p.m.

Join us for our monthly birthday party with
music by Dan the Man.

February 7 @ 2:00 p.m.

Super Bowl Party! Eat great food & cheer!

February 9—“Fat Tuesday”

We will bring New Orleans to you! We will
have donuts & Mardi Gras trivia.

February 14 @ 2:00 p.m.

“Sweet Heart Party”
Champagne & chocolates with our favorite
entertainer Charlie Brown.

February 16 @ 7:00 p.m.

“Knit In” & PJ Party
Join us as we get knitting lessons from one
of the Silverdale Knitting Shop teachers

February 21 @ 1:00 p.m.

Navy Band Concert at Keyport

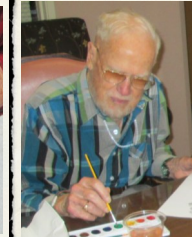
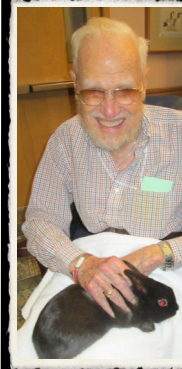
February 26 @ 2:00 p.m.

Happy Hour with music by
Marty Jagodensky

The bus heads out on Mondays for great
adventures! You MUST sign up with the activity
department for bus trips.

February 1 @ 11:00—Applebee’s
February 22 @ 11:00—Olive Garden
Shopping Trips

February 8 @ 10:30—Safeway
February 29 @ 10:30—Trader Joe’s



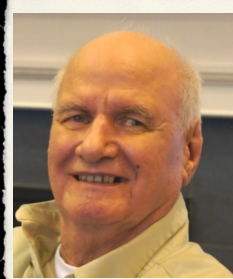
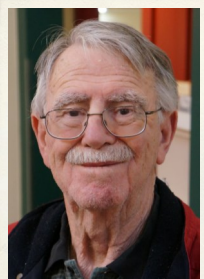
Just when you think you know love, something *little* comes along
to remind you how **big** it is.



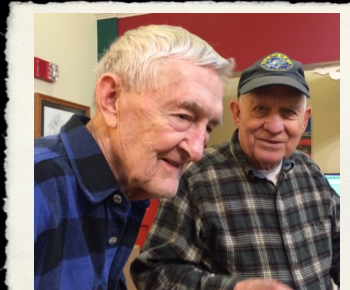
February 2016



The Ridge warmly invites family members and friends to attend our monthly Support Group. At 1:00 p.m. on the last Wednesday of each month we serve a light lunch and visit around the table, sharing our questions and concerns, being encouraged by each other and learning from educational presentations or visiting professionals. Everyone is welcome and respite care is provided for guests during the meeting.



“The Ridge Walkers Have Heart & Sole,” our successful Alzheimer’s Walk team, meet the last Wednesday of each month 2:30 p.m. to stir up enthusiasm for this year’s Walk and make plans for a bigger and better turnout and more funds raised. We would love to have you join us with your ideas and enthusiasm, too!



The Ridge provides a comprehensive activity program that specializes in memory/dementia stimulation. Loved ones are encouraged to join us for our daily activities, special events & outings! Be sure to check out our calendar at the Ridge or visit our website to catch up on all that we do!





The Northwoods Activity Corner

with Jessica Williams

KEEP CALM AND SING ALONG

A new year brings new adventures for all of us, and here at Northwoods we are striving to bring new activities. Most notably, in the next few months, weekly sing-alongs will be held with musical programs featuring country western, standards and spirituals.



Something especially wonderful this month is our upcoming Valentine's Event featuring Poulsbo harpist Arisa Houston, who will serenade us with uplifting lyrical and romantic music.



We welcome back The Heart Singers and Eunice "Fluffy" Hartz to play for our facility. And we will continue our movie matinee series with more classic films of yesteryear.



Keep striving to be active and take advantage of our unique cultural programming.

~ Jessica Anne Williams



Local theatre artist, Reece Suave, serenading our Wonder of Christmas audience with a Christmas Carol sing along.



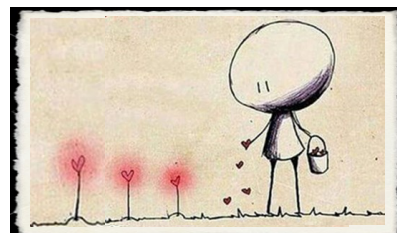
An audience of residents and family reminiscing and watching "The Wizard of Oz" in the Fireside Room on Thanksgiving.



Life is an echo. What you send out, comes back.
What you sow, you reap. What you give, you get.
What you see in others, exists in you.
Remember, Life is an echo. It always gets back to you.

So give Goodness.

~ZIG ZIGLAR



FEATURED STAFF MEMBER



DEBBIE STEWARD

I am from a very small farming community in the San Joaquin Valley in Central California. I grew up very close to my grandparents, aunts and uncles and cousins. As a child I enjoyed being outside as much as possible, and I still do today, fishing, gardening and finding that out of the way trail.



I met my husband at a BBQ when he was stationed at Lemoore Naval Air

Station in California. The Navy has moved us around a little: to China Lake, CA, then to San Diego, CA and then here to Bremerton.

Since my husband's retirement from the Navy we both found jobs that we love in a



beautiful community surrounded by wonderful people.

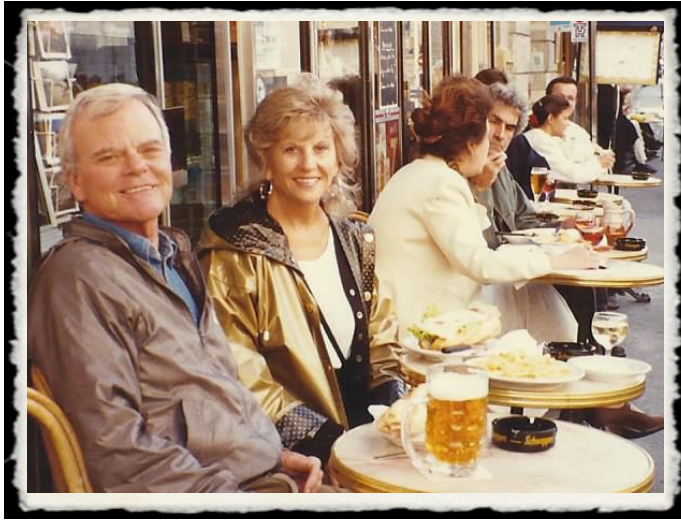
Clearbrook is fortunate to have Debbie on staff— her positive attitude and warm smile can brighten the grayest northwest day—she must have brought some of that warm California sunshine with her!

"Sometimes it feels like there are so many things in this world that we can't control. Earthquakes, floods, reality shows. But it's important to remember the things that we can, like forgiveness, second chances, fresh starts. Because the one thing that changes the world from a lonely place to a beautiful place is love. Love, in any of its forms, love gives us hope."

From the movie "New Year's Eve"

RETIREMENT AND CARE AT ITS FINEST—ENCORE!

RESIDENT OF THE MONTH



RACHELLE WALLOF

What is your idea of perfect happiness?

Being married to my husband; he was a pilot and we traveled around the world.

What is your most treasured possession?

My Drexel Heritage chairs. I love beautiful furniture; that's why I became a designer.

If you could have dinner with anyone who would it be?

Clint Eastwood again.



What is your most rewarding experience and what made it so?

Having two children, who both live locally and have blessed me with

five grandchildren and 6 or 7 "greats" What might someone be surprised to know about you?

My two sisters and I were a trio that sang in church.

What is your favorite journey?

A two week safari in Africa: we saw so many animals, herds of them, and a rare black Rhino; seeing children in homes made of cow dung; we traveled with guides in an open-topped jeep, slept in tents, and heard and felt the thud of the elephants at night.

We traveled the world twice. Some of the most memorable places we



visited were Italy, France, Germany, Holland, Africa, Fiji, and all of South America.

What has surprised you most about living at Clearbrook?

The kindness of the staff.

In your lifetime what changes have come around that you like?

Easier ways to travel the world.

Rachelle was born in Ohio, the daughter of a traveling pastor. Her sweet smile brightens the halls of Clearbrook Inn



One can never have too many hugs or laugh too often!

HERE'S TO YOUR HEALTH!

Happy Heart Day!

Peggy Reece



SEVEN GOOD REASONS TO GIVE MORE HUGS

- 1) *They make us feel good!* It releases oxytocin, which makes us feel warm and fuzzy inside.
- 2) *More hugs = lower blood pressure.* Touch sends signals to the vagus nerve, an area of the brain that is responsible for lowering blood pressure.

- 3) *Hugs may alleviate our fears.* Even hugging a teddy bear can instill a sense of peace and reduce worry.
- 4) *Hugging is good for our hearts.* It quickens our heart rates!
- 5) *Adults can benefit from hugging the most.* The older you are, the more fragile you are physically, so contact becomes increasingly important.
- 6) *Hugs are a natural stress reliever.* Hugs immediately reduce the amount of the stress hormone cortisol that is produced in our bodies.
- 7) *Well-hugged babies are less stressed as adults.* How we cope with stress as an adult is a combination of nature and nurture. **So go hug somebody now!**

ENCORE COMMUNITIES

under



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www.encorecommunities.com

