

THE ENCORE Breeze

September 2018 • 2333 Schold Place NW • Silverdale, WA 98383 • 360-692-1228

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All that is September

September is a month that seems to sneak up on us at the end of each summer. We all know it's coming; if you're not a fan of the heat, you are eagerly awaiting the promise of the cool and the damp that characterize the fall mornings and evenings. If you love the warm weather, you might be packing your RV for a return trip to the sunny south. If you're a kid, the excitement of new school supplies only partly dulls the pain of losing your carefree summer days.

The crisp morning air, the edges of the leaves turning yellow, the sun lower in the sky, offer a poetic welcome to the end of summer. We wax nostalgic in the change of the seasons, a time of endings and beginnings, of stayings

and goings, of the memories of summer and the anticipation of what's to come.

September can be a time of renewed purpose; time to prepare for the next season, the next project, the next great adventure. No matter what your circumstances are, you still have much to offer to those around you and can continue to live life to the fullest, giving and receiving love and encouragement.

One of the advantages of life in an Encore Community is that you are supported in many of the daily tasks so that you are freed up to spend your time doing the things that you love. So savor the comings and the goings and let all the tomorrows sneak up because you are too busy enjoying today!

By all these lovely **TOKENS**
SEPTEMBER
DAYS ARE HERE,
with summer's best of
AND **weather**
AUTUMN'S
best of **cheer.**
-HELEN HUNT JACKSON

Northwoods Lodge



CLEARBROOK INN



COUNTRY MEADOWS



THE RIDGE

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ENCORE  COMMUNITIES

♥ Peggy Reece



COUNTRY MEADOWS

September 2018 Activity Highlights

ROMEO CLUB

Thursday September 6, departing at 10:00 a.m.
All Star Lanes for Bacon, bacon, bacon!

FAT SMITTY'S & TROLLS!

Friday September 7, departing at 10:00 a.m.
Hold that burger 'til it's gone, 'cause otherwise, it's so big it's going to get away from you; then Bandy's Gardens & Troll Haven.

WLAK TO END ALZHEIMER'S

Saturday September 8

Opening ceremony at 9:00; 2 mile walk in downtown Bremerton. Join Team Encore—we're getting close to our fundraising goal!

PHOTO ALBUM DAY

Tuesday September 11 at 1:30 p.m.

"Capture the Moment" and "Joyfully Share Life" by bringing up some favorite pictures to share with your neighbors.

"BLOCK PARTY"

Thursday September 13 from noon to 2:30
A mini tour of homes (your cottages) with refreshments and social hour in the Barn

CHIHULY MUSEUM OF GLASS

Thursday August 16, departing 10:00 a.m.
Lunch at Choripan; then a feast for the eyes and the soul; admission \$9.

TIMBER FALLS

Friday September 21, departing 1:30 p.m.
Before the weather starts to feel like Fall (brrrrr), one more round of mini-golf.

FROM THE BENCH

Wednesday September 26 depart 11:00 a.m.
After a sack lunch provided by the kitchen we'll enjoy uplifting performances by members of the American Guild of Organists.



LUAU



Thursday September 27, 4:30 p.m.
Hula Halau will entertain with the rhythmic dance and music of the Islands; cocktails and appetizers at 4:30 followed at 5:30 p.m. by a delicious meal prepared by our wonderful chefs. Aloha nui loa!





CLEARBROOK
INN



September 2018 Activity Highlights

SCENIC DRIVE & ICE CREAM
Monday September 3, depart at 1:30 p.m.
Celebrate Labor Day with a bit of adventure
and a lot of yum!

RESIDENT COUNCIL
Friday September 7 at 2:00 p.m.
Coaxing you to Resident Council with caramel
apples and Bingo!



SUNDAY: Sweet Memories with Grandparents
Day, music & ice cream social

MONDAY: Capturing Memories with a trip out
to lunch and an afternoon of sharing stories

TUESDAY: Photo Booth! Everyone join in, get
silly, be serious, have fun, make memories!
Every picture tells a story!

WEDNESDAY: Music Memories with the Port
Ludlow singers

THURSDAY: A “thank you” party for our staff
with gourmet ice cream sundaes. The staff says
“thank you” back!

FRIDAY: Capturing moments from the past with
our birthday celebration with the Heart Singers

SATURDAY: Old fashioned fun with movies: a
comedy will cap off a week of special moments!

MUSIC WITH VINCE PACE

Wednesday September 19 at 2:00 p.m.
Vince and his keyboard always bring smiles—and
he remembers your personal favorite songs!

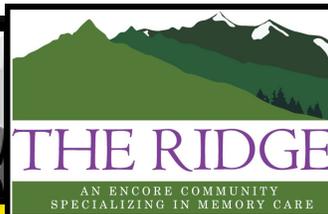
SING-A-LONG

Friday September 21 at 2:00 p.m.
With Marti at the piano, we will join together to sing
the songs of our lives

HAPPY HOUR

Friday September 28 at 2:00 p.m.
Cheers! With Monica Harle at the piano!

A snapshot stops a moment from running away. ~Welty
Every picture has a story to tell.



September 2018 Activity Highlights

Life is made up of little moments that bring stability and pleasure to our lives. Our weekly schedule offers entertainment, crafts, exercise, current events, services and even Monday Mochas!

National Assisted Living Week is observed in September and we have some special activities planned to celebrate this year's theme, "Capture the Moment."

Grandparents' Day, Sunday the 9th is the first special day, complete with family games and ice cream sundaes.

On Tuesday the 11th we capture memories by writing and sharing our stories.

On Wednesday, our moments and memories center around music.

Diesel the Therapy Horse visits on Thursday.

We mingle the "olde" with the latest fad on Friday with "selfies" in our photo booth!

Please join us in capturing these moments!



This beautiful quilt created for the raffle for the Walk Fundraiser raised \$735 towards our goal—and the lucky winner is Vickie!

Take the first step to a world without Alzheimer's

2018 Walk to End Alzheimer's Saturday September 8

Registration 8:00 a.m.

Ceremony 9:00 a.m.

Walk 9:30 a.m.

Join our team for the
Alzheimer's Association
Walk to End Alzheimer's
the world's largest event to raise
awareness and funds for Alzheimer's
care, support & research.

Go to the 2018 Walk to End Alzheimer's



It's Nice to Remember

*Try to remember the kind of September
 When life was slow and oh so mellow
 Try to remember the kind of September
 When grass was green and grain was yellow
 Try to remember the kind of September
 When you were a tender and callow fellow
 Try to remember and if you remember then
 follow, follow*

*Try to remember when life was so tender
 When no one wept except the willow
 Try to remember when life was so tender
 When dreams were kept beside your pillow
 Try to remember when life was so tender
 When love was an ember about to billow
 Try to remember and if you remember then
 follow, follow*

*Deep in December it's nice to remember
 Although you know the snow will follow
 Deep in December it's nice to remember
 Without a hurt, the heart will hollow
 Deep in December it's nice to remember
 The fire of September that made you mellow
 Deep in December our hearts should remember
 and follow, follow*



Photography takes an instant out of time, altering life by holding it still.
 ~Dorothea Lange

Every photo is taken with the intention to capture the feelings of that present moment & hope it would last forever.

FEATURED STAFF MEMBER



EMMA BROUGHAM

What is your idea of perfect happiness?

A lifetime of memories with loved ones

If you could have dinner with anyone from the past or present who would it be?

My Uncle John

What has impressed you most about working at Encore Communities?

The friendships that build into such a great working team.

What is your favorite journey?

Motherhood

What is your most treasured possession?

My three children

What might someone be surprised to know about you?

I'm physically stronger than I appear (per my husband)

How would someone describe you?
That in everything I do, I do it at 110%

What is the most rewarding experience you have had and what made it so?
Pregnancy, knowing my body could do such an incredible thing

In your lifetime, what changes have come around that you like?
Vehicle trunks that lift automatically

Emma was born on an Indian reservation in New Mexico. She has three sisters and one brother, a very large family, and she loves being around people because of it.

She and her husband have eleven years together. Now they have three children—Atlas, 7, Aisley, 3, and Ares, 1— but she always wanted 12; that way she could have her own football team. "Go Seahawks!"

Emma's family loves Batman and the theme plays throughout their home, from paint and décor to dishes.

Emma is very much a part of the caring team at Clearbrook Inn, bringing her love of people, her warm smile and her enthusiasm to all that she does.



RESIDENTS OF THE MONTH



WAYNE & IRENE ORMISTON

What is your idea of perfect happiness?

Wayne: living and loving the good life with my wonderful wife

Irene: Knowing that our Lord is in charge

What is your most treasured possession?

Wayne: An overflowing bucket of great memories

Irene: Family and love

If you could have dinner with anyone from the past or present, who would it be?

Wayne: Any of the comedians of old, Carol Burnett, Tim Conway, the need for a good laugh

Irene: Bob Hope and Carol Burnett

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

Wayne: Becoming a private pilot; it was a confidence builder for life

Irene: Motherhood

What might someone be surprised to know about you?

W: That I tried my hand at writing poetry

What is your favorite journey?

W: A trip from Juneau, Alaska in a 24 foot boat, 1400 miles to Port Orchard, WA alone with my family

I: Life itself

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

W: Communications have vastly improved via electronics but it has been very hard to keep up with its change

Our life together began over 12 years ago when we both lost our spouses to brain cancer. They were both our high school sweethearts at South Kitsap High.

Our marriage brought together our two wonderful families, my Mark, Carla and Curtis and Irene's Steve, Joan and Jill—giving us many terrific grandchildren.

Together we have had a great continuation of life and have traveled together in our motorhome and have taken cruises to Alaska.

We give our thanks to God for bringing us together for an extended life on His beautiful earth.

We both feel that our move here to Country Meadows at this point in our life was the right thing for us and hope to enjoy the rest of forever here at this wonderful place with so many wonderful people living and working here.



HERE'S TO YOUR HEALTH! Capture Your Health with Humor

"The secret of staying young is to live honestly, eat slowly and lie about your age."

~ Lucille Ball

She could always make us laugh! And now we know that keeping one's sense of humor is not just enjoyable, it's good for your health!

Experts have studied the benefits of a "cheerful heart" and discovered that it can indeed be a healthier heart. When you laugh, there is an increase in oxygen-rich blood flow in your body, possibly due to the release of endorphins, which create a chemical rush that counters negative feelings & stress. Other activities that increase endorphins (and are also good for your heart) are a good workout

and listening to music you love.

Studies show that people who laugh a lot tend to be in good health and generally feel well. Laughter is one of the most commonly used complementary therapies among cancer patients, who find that one of the benefits of laughter is an improved quality of life.

Laughter and a sense of humor can buffer you against the negatives of life that could lead to depression. People who use humor to fight stress also feel less lonely and more positive about themselves. And a recent study found that humor therapy was as effective as widely used drugs, minus the side effects, in managing agitation for those with dementia.

Well then, what are you waiting for? Lucy reruns, Victor Borge, late night talk shows— and laugh your way to good health!

Cherish all your happy moments. They make a fine cushion for old age.
~Booth Tarkington

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under



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