

# Summer Hill

*An Assisted Living Community*

## THE TIDE



APRIL 2012

[www.summerhill-assistedliving.com](http://www.summerhill-assistedliving.com)

### CAROLYN'S CORNER



Spring is in the air, and the trees are now showing their colors. Soon the tulips will follow. Time to dust off your wooden shoes and tiptoe through the tulips! Come join us on April 27 for a visit to Skagit Valley, where many abound to shake off the winter blues and bask in nature's wonderful display of colors. With the warmer weather on it's way, we can all look forward to many more trips out and around the island. For those of you who enjoyed our mystery trips last year, there will be many more to come. In April I look forward to planning a few new activities for you all. Please be sure to watch our bulletin board for up and coming events. We are so pleased that everyone is enjoying our new pool table. Family and friends are invited to join you in a friendly game of billiards, but we ask that you supervise young children at play. This will ensure that our table and its equipment will last us for years to come. Have a blessed Easter!

— Carolyn

### EXECUTIVE DIRECTOR

Thank you to all of you who took the time to complete the resident/family surveys! I will review your responses and appreciate your honest feedback. Then I will be setting up meetings with you individually or as a group to discuss what you would like to see done differently. As I have mentioned to you in the past, I like change. I encourage change, and I think change is a good thing. Together I believe that we can make some changes that will enhance your quality of life. I look forward to hearing your ideas. Spring arrived on March 20, and I have seen signs that it is really here to stay! Okay, maybe just a couple of days, but if that was it, that was too short and I want more of it. Spring is my favorite of the four seasons because it means that it is baseball season! Well, this is a short note this month, but not as short as spring! I hope you are enjoying the longer days, and I look forward to seeing you all out on the patio enjoying the sun when it gets here.

— Leslie

# HOUSEKEEPING NOTES

Will April showers bring May flowers? We definitely hope so! This is the month of the Skagit Valley Tulip Festival and the Holland Happenings Parade and Celebration, when our town starts to look like spring is blooming.

With that being said, summer is right around the corner. If you need help getting summer clothes out or other spring chores done, please let us know. We can schedule a special time to assist you. Remember, we will be checking frost build up in the freezers so we can stay ahead of the frost and keep your refrigerators working at top performance for you. Have a great Easter, and may the Easter Bunny bring you lots of chocolates!

— Terri, Sandy and Almira, Your Housekeeping Team

## SHELLY'S KITCHEN

Hello from the Kitchen! I wanted to do something a little different for my April newsletter article and share one of my favorite spring time poems with you. I hope you enjoy it!

“Springtime Wonder”

The sky has never looked so blue,  
Never a breeze so sweet,  
Flowers burst forth in brilliant array,  
As April comes to greet. The trees stand tall in  
their glory,  
Tender leaves cover limbs once bare,  
Yards filled with laughing children,  
Can you match the splendor there? There is  
nothing quite as pleasant,  
As a walk in springtime hours,  
The bees even harmonize with life,  
As they drift among the flowers. A golden  
rainbow after a storm,  
Beauty beyond compare,  
A taste of heaven here on earth,  
With green grass everywhere. God softly  
whispers to us,  
As gentle rains caress,  
The countryside with drops of life,  
In such pure tenderness. And if you listen  
close enough,  
I'm sure that he'll impart,  
The freshness of spring upon your soul,  
And flower in your heart!

*Written by Marilyn Ferguson Shelly  
and the Kitchen Crew*

## KATHLEEN'S COLUMN

“April showers bring May flowers” is a saying that most of us have heard in our lives. For those of us in the Pacific Northwest, who have endured months and months of rain, we are especially anxious to skip ahead to sunnier days and the spectacular displays of flowers. We wait in anticipation to see which bulbs have survived the critters and the cold winter weather. Oops — did we forget to plant our bulbs? The challenge is to (try to) be patient and endure through the rain, knowing that before long the sun will be shining. When it turns from gloomy to bloomy (in this Washingtonian's personal opinion), there is no place more beautiful than the Northwest.

## MAINTENANCE REPORT

The month of April is upon us, and it seems like not that long ago we started a new year. The past couple of months have been really busy for the maintenance department, and I appreciate your patience with all that has been going on. This is the time of year to get caught up on some of those projects that I just didn't have time for during the summer. We've had elevator issues, laundry rooms being worked on and several other projects that I have been able to slowly get to. April provides many blessings: Easter, green grass, flowers starting to bloom and birds singing. This will be a busy month as we start to prepare for the summer to come. There is patio furniture to get out and look over, and the patio will need some cleaning. We have some gardening issues to work on and plenty more I am sure. I expect a busy month for the maintenance department; however, I am looking forward to the beauty of spring, sunshine and warmer weather. Have a happy Easter!

— Geoff Simmons

## PATTY'S PULSE

As usual, there is a lot going on in the nursing department. At the end of February we said sad goodbye to our PCA, Terra D., who left to focus on her baby and her second pregnancy. Terra has been with us for three years and will be sorely missed. We wish her the best as she enjoys her little ones! We also welcomed Kendra, our new PCA, and Susie, our new part-time LN. Both of these ladies are a bright and welcome addition to our team, and I know you will enjoy getting to know them! You may have noticed a few other faces in our department this month. We have had the privilege and pleasure of hosting four interns from the Oak Harbor High School Health Careers program. Amanda, Lia, JoEm and Elizabeth are learning and practicing their skills here at Summer Hill for a few hours a week. When the program is finished they will be well on their way to entering the work force as CNAs. We are delighted to be a part of this process, and we thank you for the cooperation and friendly reception you have given them! I would like to extend a quick reminder concerning medical appointments. When you make or cancel an appointment, please be sure to let us know. We want to make sure to help facilitate transportation and any pre-appointment instructions, as well as document any findings and coordinate any new orders for medications or treatments. Many of you use the Para Transit bus. As you know, they need ample notice to set up rides. They also need to be called to cancel rides. They are on a tight schedule, and it is not efficient for them to come and find there is no one to pick up. The good people at Para Transit are so attentive and accommodating, and we like to keep a good rapport with them. We would also like to remind you to take your red folder with you to each appointment. This red folder is kept in your nursing chart and has information which the doctor will find valuable in assessing your concerns. When you let us know of your appointment, we prepare your folder and have it ready for you to pick up on your way out. Please present the folder to the nurse at your appointment and then remember to bring it home with you when you return. It is our way of communicating important information to and from your doctor. Thank you for your cooperation. As always, if you have questions, please feel free to ask. Have a wonderful April!

— *Patty and the Nursing Team*

## BIRTHDAYS

Leslie B., 1st (Employee)

Anne B., 2nd

Tom O., 4th

Jennifer Y., 9th (Employee)

Alice P., 15th

Loretta R., 17th

Carolyn H., 21st

Jeff W., 24th

Gabby P., 24th (Employee)

Ted F., 29th

## NEW RESIDENTS

Let us give a warm welcome to our new Summer Hill residents,

Cynthia C.

Chet S.

Frank and Sally M.

Welcome, everyone!

## RESIDENT SPOTLIGHT

Please help us to congratulate our resident of the month for April, Maxine G. Maxine has been at Summer Hill for some time now and has held the position of President for our Resident Council. Maxine is very easy to talk to and encourages residents to come to her with any concerns as part of her responsibilities as the President of the Resident Council. She especially likes to welcome new residents to Summer Hill. Maxine is well-liked by residents and staff alike.

Congratulations, Maxine!

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165 Southwest 6th Avenue  
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A COMMUNITY  
PROFESSIONALLY MANAGED  
BY THE GOODMAN GROUP



## STAFF

### **Executive Director**

Leslie Burns, RN

### **Administrative Assistant**

Patty Young, RNA

### **Registered Nurse**

Peggy Whitford, RN

### **Housekeeping Supervisor**

Terri Dozier

### **Activity Director**

Carolyn O'Dell

### **Dietary Director**

Shelly Harris

### **Maintenance Director**

Geoff Simmons

### **Business Office Manager**

Kathleen Houlihan

## SUMMER HILL COMMUNITY NEWS

Good Life Choices April is the perfect time to start making informed, healthy choices. Focus on one healthy change at a time, like reducing salt intake. Nine out of 10 Americans eat more than the recommended daily allowance for sodium, which increases the risk of stroke and heart disease. Slash the salt shaker! Instead, add lemon juice to recipes or add other seasonings like chili powder, cumin or cayenne, which satisfy cravings. Add potassium-rich foods like beans, bananas, salmon, raisins, avocado, almonds and winter squash into your diet. Eating these foods actually offsets the negative effects of sodium.