

GOOD Life News

at Summer Hill

APRIL 2018

www.summerhill-assistedliving.com

Executive Director

Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

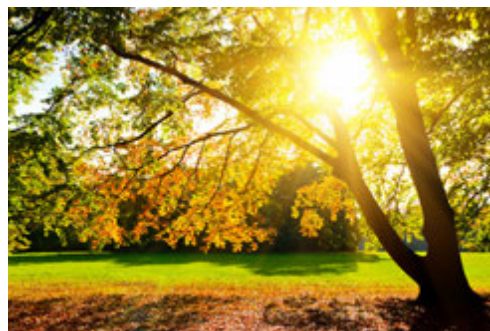
Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.



Patty's Post

It's April on Whidbey Island, which traditionally brings an unpredictable mix of sunshine and rain, as well as high winds. I'm definitely part of a minority of people who loves rain! I don't know why, but it makes me feel happy and energized! As we see many of you taking to the outdoors for your walks, we would like to encourage you to layer clothing appropriately and remember to cover your head and ears to protect against the wind. Nice weather can turn cool or wet very suddenly, and it's always good to be prepared. Also remember, strong winds can affect mobility, so remember to take your walker along for stability.

Happy spring everyone!



— Patty



Our Talk. Our Walk. Every Day!

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

Our Platinum Service[®] Pledge

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Food and Beverage/ Dining Services

Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:

Hot dogs — Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts — In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack — In the late 1800s, two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the 1908 song “Take Me Out to the Ball Game.”

Pretzels — Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.

Popcorn — Buttery, salty popcorn is a classic snack for kids and adults alike, making it one of the most popular ballpark offerings.



Heidi's Outreach

Spring

I love a bright sunny day. I love to feel the warmth of the sun on my face only to have the cool breath of spring blow over me from head to toe. I love to hear the birds singing in the beautifully blossoming trees.

I love to see the colorful tulips carpeting Earth's floor. A quote from W. Earl Hall states, “Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.”

Spring is also a time for fresh starts, a time for new beginnings. It might be a good time to start walking outdoors and notice the beauty that surrounds us. Maybe we could start exercising on a more consistent schedule in order to keep ourselves healthy and well. Today isn't just another day; it's an opportunity to change. Stay away from what might have been and think of what can be! No one can go back and start over, but all of us are given the chance to begin something now in order to create a new ending. We can make a difference. Every day, we get a new start!



Kathleen's Column

Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival

— Tulip farms scattered throughout Washington state's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival — The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival — Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival — During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.



Life Enrichment

Books on Wheels

For many, the ability to visit a local library is routine; but for some, it is a luxury. Fortunately, the creation of bookmobiles made library books more accessible and helped spread the joy of reading.

At the turn of the 20th century, a Maryland librarian named Mary Titcomb wanted to provide reading materials to communities without a nearby library. Inspired by England's small mobile libraries, which had been around since the 1850s, Titcomb created America's first bookmobile, a horse-drawn wagon that delivered boxes of books to general stores and post offices in rural areas.

Motorized bookmobiles broadened the reach to schools, senior centers and American Indian reservations. The idea caught on, and by the late 1930s, there were 60 traveling libraries across the country. The Library Services Act of 1956 provided federal funds for 288 new bookmobiles, which served more than 30 million people and paved the way for a bookmobile boom that lasted into the '60s.

Today, an estimated 900 mobile libraries are operating in the U.S., and many of them offer computer and internet workstations along with books, CDs, DVDs and other services.

National Bookmobile Day is celebrated every April during National Library Week.



Maintenance Updates

Hello everyone, and welcome to April. Spring is here! We have already seen some nice changes in the weather around here, and spring is definitely in the air. Of course as we all know, this is Washington, and the chances of it staying nice every day are hit and miss, but one can always hope for the best. Of course with spring here, it means I will be busy again with the grounds trying to keep up with everything we have growing around here. It will be much easier now with all the new landscaping we have. I do look forward to some sunny summer weather in the near future. Here's hoping for a good summer and some well-deserved warmer weather. I wish you all a great April.

Note: Just a reminder, when we have a fire alarm, I need everyone to stay in their room or where they are at the moment and listen to the announcements. Also, please stay off of the call system so we can make the proper announcements. Thank you.

— Dan

Nursing/Health Care

Handwashing is one of the best ways to protect yourself from getting sick. When should you wash your hands?

1. Before, during and after preparing food
2. Before eating food
3. After using the toilet
4. After blowing your nose, coughing or sneezing
5. After touching an animal, animal feed or animal waste
6. After handling pet food or pet treats
7. After touching garbage

How should you wash your hands?

1. Wet your hands with clean, running water and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for 15-20 seconds or hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel, turn off faucet with towel and preferably open the door knob with the towel.

Doing this will protect you from acquiring a multitude of illnesses! Be proactive about your health!



Resident Birthdays

Rita P., 9th

Millie E., 16th

Donald B., 25th

Employee Birthdays

Leslie B., 1st

Chainus A., 20th

Julia L., 5th

John C., 28th

Anniversaries

Heidi K., 4/9/2013 (Service)



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HILL

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New Residents

We would like to give a warm welcome to all of the new Residents!



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