

Lea Hill

Herald



February 2012

for people who love life™

Winter Storms & New Opportunities

Winter waited and came all in one week. Snow and ice covered our campus. Our power came and went. But thanks to an amazing staff and resilient residents, essential services continued. We had staff spend the night. Others walked to work due to impassable roads. Several worked extra shifts when coworkers couldn't safely make it in. Many others drove in all that stuff to get to work and fulfill their responsibilities. I have heard many residents express their gratitude. Thank you for thanking our staff. Now I'm ready for Spring.

As we move into 2012 we see some new opportunities at Wesley Homes Lea Hill. We have begun a transportation service for Medical Appointments on Tuesdays. Norma's Place Deli is open on Saturdays through March as a trial to see if this is a helpful service. (So far we are seeing lots of activity. Come vote with your appetites.) In our emergency response planning we have about 12 residents registered for CERT (Certified Emergency Response Training) with the city of Auburn. This year we will see some significant movement forward in the Lea Hill Campaign to further fund the Lea Hill Circle of Concern Endowment and to complete our campus by raising money to build a skilled nursing center. As always your feedback is important to us. These opportunities and others have developed because you encouraged, inquired and supported. Keep it up.

Since Wesley Homes Lea Hill opened its doors we have said, "Welcome Home" to many elders and we have said "Farewell" to many elders. Each one is a friend. Each one has added to our story. We look forward to many more new friends and new opportunities in 2012.

Grace & Peace,
Scott Hulet
Campus Administrator

Dates to Remember

Miracle Ear Hearing Aid Service
Wednesday, February 1st
At 3:00 pm
McGilliard Conference Room

Resident Directory Photo Shoot
Monday, February 6th
At 10:30 am
Game Room

Towne Meeting w/ Scott
Thursday, February 9th
At 2:00 pm
The Assembly Hall

Happy Hour
Thursday, February 9th
At 3:00 pm
John's Club

New Resident Orientation
Tuesday, February 14th
At 11:00 am
Holman Conference Room

**Wesley Home Lea Hill Campaign
Information Meeting**
Wednesday, February 22
At 1:00 pm
Assembly Hall



WESLEY HOMES™

815 South 216th Street
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The Fitness Center

Five secrets to achieving winter health and energy all season long.

Do everything in your power to avoid getting sick. There is nothing that will zap your energy more than being ill. Remember during the cold and flu season to wash your hands frequently with warm, soapy water for at least 20 seconds. Get plenty of sleep, stay hydrated by drinking lots of water, and eat nourishing vitamin packed foods.

Maintain and shake up your exercise routine. Exercise helps keep your immune system working efficiently. It has been shown to prevent depression and lift the moods of those feeling down. Winter is a perfect time shake up your exercise routine by trying a different fitness machine or class.

Think light and bright. Research from the National Institute of Mental Health has found that exposure to bright light in the early morning can be a powerful, fast, and effective treatment for those winter blahs. As soon as you wake, turn on bright lights in your home, open the curtains, and lift the shades. Let the light in ... even if it is an overcast day.

Enjoy a variety of winter foods. Although summer offers a bounty of fresh fruit and veggies at affordable prices, many produce items ripen in the winter. From hearty root vegetables to bright, sweet citrus fruits winter produce offers a surprising range of flavors. Winter squashes such as acorn, butternut and spaghetti, are low in calories, high in health-promoting vitamins, and easy to cook. Apples and many citrus fruits such as Clementine's and grapefruits are often at their sweetest when temperatures are cool.

Off Campus Walk

Monday, February 13 1:00-3:00 pm at the Auburn Supermall.

Sign up in the book located in the Andrews Library and meet in the Eby Lodge Lobby.

Find your inner child and invite him/her out to play. As kids, there was nothing that made us happier than a snowstorm. School would be cancelled, giving us an excuse to sleep in, watch TV for hours, go sledding or build a snowman. As adults, a snowstorm can mean a major hassle, but what if we gave ourselves permission to act like a child again? Instead of fretting over all the problems the storm has caused, why not find the opportunities we may overlook at other times in the year? Take advantage of the weather and do something you may not always have time to do like call a friend, finish a project that has been pushed aside, or better yet, try to catch snowflakes with your tongue.

With a shift in your mindset, winter does not have to be a time of lethargy, illness, or unhappiness. Let it be the season to partake in seasonal pleasures that you get to enjoy, rather than a season that you have to endure.

New Year ... New You

Exercise and Thrive begins Thursday, March 1, 2012. This program is designed specifically for those that are interested in starting or returning to an exercise program but have no idea where to begin. This 8 week program will slowly introduce you to the fundamentals of exercise. Together we will explore the importance of cardiovascular exercise, flexibility, and resistance training.

It will be held on **Thursday's 12:30 – 1:30 pm Exercise Room.** Space is limited. For more details and registration, please visit Angelique in the fitness office or call her at extension 6002.

There may be a chill in the air, but the fitness center monthly walks will continue. Join us for a casual 30 – 45 minute walk around the Auburn Supermall. There are plenty of benches along the way to relax and people watch.

Resident Birthdays for February

Peg Sutlief	February 1 st
Shirley Sobol	February 3 rd
Lowell Vaughn	February 3 rd
John McKenna	February 4 th
Ginny Edwards	February 10 th
Ruth Kistler	February 10 th
Jeanne Pearson	February 11 th
Fred Sindlinger	February 12 th
Mal Bailey	February 13 th
Marjorie Anderson	February 14 th
Ruth Reeves	February 15 th
Ruth Slivinski	February 16 th
Margaret Fiedler	February 18 th
Betty Gering	February 20 th
Ruth Corbaley	February 20 th
Maxine Ralph	February 22 nd
Bernie Wiemann	February 23 rd
Bill Freitag	February 24 th
Jo Raabe	February 27 th
Cyril Van Selus	February 27 th

February Wedding Anniversaries

Ray & Joan Petit	February 9 th , 1991
Bob & Joan Whitney	February 26 th , 1966

Mardi Gras Monthly Birthday Celebration:

Thursday, February 16th at 2:00 pm in the Assembly Hall. Entertainment by the Double Barr's Band.



News from Culinary Services:

Valentine's Day: Join us on Tuesday February 14th for a special Valentine's Day entrée. Grab an event flyer in John's Club or the library for details.

Smorgasbord: Saturday February 18th, Culinary Services is hosting the monthly Smorgasbord Buffet from 4:00-6:30 pm. Come hungry! Please make reservations for groups of four or more. Please see flyer for menu details.

Omelet Bar: Made to order omelets with all your favorite ingredients for only \$5.00 (\$4.00 if you are a Club Affinity member, a gift card holder, or if you are on the Dining Dollars program! Wednesday February 22nd from 8:00 to 10:00 am in the Hoben Dining Room.

Deli News: Norma's Place Deli is now open on Saturdays from 11:00 am to 2:30 pm. Stop in for a latte, a hot bowl of soup, an entrée or sandwich special! Don't forget to use your .50 cents off coupon!

Recipe: Chocolate Kiss Peanut Butter Pie

Ingredients:

- 20 unwrapped chocolate candy kisses
- 2 tablespoons heavy whipping cream
- 1/2 cup creamy peanut butter
- 1 (5oz) package instant vanilla pudding mix
- 1 ³/₄ cups milk
- 1 (9 inch) pie shell, baked

Directions:

1. Melt the chocolate with the whipping cream. Stir until smooth, and spread evenly over the bottom of the pie shell. Refrigerate until ready to fill; chocolate should be firm before filling.
2. Put the dry pudding mix and peanut butter in a heavy saucepan. Over low heat, gradually stir in the milk using a wire whisk. Stir constantly until mixture thickens and comes to a boil. Cool for 15 minutes, stirring often. Pour peanut butter filling into crust. Chill several hours.
3. Top with whipped topping and chopped peanuts if desired. **Serves: 8**



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Department Staff	Ext.
Campus Administrator Scott Hulet	6013
Activity Director Lori Britton	6058
Executive Chef David Beall	6064
Dining Room Manager Jennifer Grantham	6064
Maintenance Director Jeff Berrens	6059
Community Relations Director Karen Satterberg	6014
Office Manager Nancy Shaflik	6012
Lead Receptionist Mary Warden	6000
Chaplain Reverend David Ernst	6050
Wellness Nurse Diane Krogsveen	6007
The Arbor Nurse Manager Doris Crowe, LPN	6003

Our Mission

Wesley Homes is a faith-based organization providing retirement communities and a network of services for older adults.

With love and joy, we are called to meet the physical, social and spiritual needs of those we serve.

We affirm the worth of all those we serve and those who provide service.



HAND CHIME CHOIR GROUP:

Meet every Monday at 11:00 am in the 2nd floor Assembly Hall. Please make a note of the time change.

CRAFTERS:

Meet every Wednesday at 10:00 am in the 3rd floor craft room.

- February 1st and 8th they will be making Valentines.
- Wednesday, February 29th at 2:00 pm instead of the usual time, The Crafters will be in The Arbor helping the residents make a St. Patrick's Day craft.

TRANSPORTATION TO THE AUBURN SYMPHONY: Sunday, February 19 at 1:00 pm.

The Wesley Homes Lea Hill bus will be taking you to the symphony, why drive when you can ride. We will leave early enough so that you may attend the pre concert lecture.

RESIDENT SHOW N TELL:

Friday, February 24th from 10:00 am-3:30 pm in the 3rd floor Assembly Hall.

Wesley Homes Lea Hill Residents will be showing off their handiwork, crafts, hobbies, collections, stories, poems, etc.

Contributors may bring their work to the Assembly Hall Saturday, February 23rd between 3:30 and 6:00 pm. For more information call Betty Gering at 6136.