



# the SuiteLife

Stafford Suites of Kent • Spring 2017



## April is Stress Awareness Month

### A few tips to help with daily stress:

- Give yourself a few extra minutes when heading out the door in the mornings. Get coffee ready the night before. Set your timer.
- Remain calm and centered on what you need to get done today
- Read a daily meditation quote or scripture
- No TV, no newspapers, no mail (give yourself a day off)!
- Pack your lunch the night before
- Keep "emergency" foods in the car, just in case

## May is Older Americans Month

### History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

## OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

## June is Men's Health Month

[www.menshealthmonth.org](http://www.menshealthmonth.org)

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe.

*Source: 2011 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington DC.*



**Stafford Suites**  
*Where the Living is Easy!*

Call Lisa Crivellone at (253) 850-0333 for apartment availability or a personal visit and lunch.

# SPRING CALENDAR

Space is limited for some of these events. Please be sure to RSVP! 253-850-0333.  
For upcoming events, please view our activity calendar at [www.staffordcare.com/kent](http://www.staffordcare.com/kent)

## Cinco de Mayo Fiesta, May 5, 2:30pm

Joe Mundo will have latin instruments, he will bring his own keyboard built into piano, it will be in the dining room, palitos, tambourine, he will sing in Spanish. Plenty of sombreros, treats and drinks for all!

## Mother's Day Celebration, May 12, 2:00pm

Join us for a Mother's Day Celebration as we enjoy a delicious array of desserts, refreshments, and enjoy classical music performed by Kevin & Lexi. Please RSVP by May 8th, 253-850-0333.

## Father's Day Celebration, June 16, 3:00pm

Marks Stern's guitar skills will give us a great time in order to honor our fathers'. Drinks, food, and music is a great combination for a fun time!

## Picnic in the Great Outdoors, June 28, 10:45am

Please RSVP to (253) 850-0333 if you'd like to join us.

## 10th Annual Music and Art Showcase, June 29, 4:30-8:00pm

Featuring Rock 'N Roll Revue by Wally and the Beaves at the Kent Senior Center. Stafford Suites will be providing the desserts again this year. For more information on this great event, please contact the Kent Senior Center 253-856-5150.

## Independence Day Celebration, July 3rd, 2:30pm

Right before the music show, we will enjoy time to do sparklers outside, and right after we will have a show for all of us to enjoy by Max Renshaw to celebrate July 4th, Independence Day of The United States of America!

## Entertainment with Jim and Beth Wolfe, July 11

Jim, with his musical voice, and Beth gives her all with the piano, the two always gives a great time. Join us to celebrate summer, with lemonade and good music!

## Dessert Deli & Café Fund-Raiser Concert, Aug. 24, 6:15-8:00pm

Mark your calendars and plan to attend the 3rd Annual Summer Dessert and Concert at the Kent Senior Center featuring the 50+ member Choir SilverSounds Northwest performing a Rock 'n Roll collection. For more information please call the Kent Senior Center 253-856-5150.

## FD Cares Wellness Fair & Fundraiser, Sept. 21, 8:30am-Noon

The Annual Kent Fire Department Cares Wellness Fair will continue its annual tradition of offering free flu shots, free health screenings, free blood pressure monitoring, vendor booths and \$1.00 box lunches. The event will be held at the Kent Senior Center.

## "Stafford Cares" Events @ the Kent Senior Center

### Koffee Klatch, Mondays 11am-Noon

Please join Stafford Suites and several other co-sponsors at the Kent Senior Center for free coffee, door prizes and complimentary entertainment every Monday morning (Please note the Senior Center will be closed on May 29 and August 28)

### Mark Stern, April 3, May 1, June 5

Guitar and vocals

### Andy Burnett, April 10, May 8, June 12, July 10, August 14

Guitar and vocals

### Joe Mundo, April 17, May 15, June 19, July 17, August 21

Piano classics

### Norm Bellas, July 3

Jazz pianist

### Beth Wulff, April 24, May 22, June 26, July 24

Piano favorites and standards

### Wendy Cheung, July 31

Classical pianist

### John Ansotigue, August 7

Boogie woogie pianist

## 6 Steps to Healthy Aging

By Diana Rodriguez, Medically Reviewed Pat F. Bass, III, MD, MPH

Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health.

Many different things happen to your body as you age. Your skin, bones, and even brain may start to behave differently. Don't let the changes that come with old age catch you by surprise.

### Here are some of the common ones:

- **Your bones.** Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis. Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.
- **Your heart.** While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.
- **Your brain and nervous system.** Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older. Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could eventually lead to dementia.
- **Your digestive system.** As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often. This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better diet can help.
- **Your senses.** You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste — flavors may not seem as distinct to you. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.
- **Your teeth.** The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.
- **Your skin.** As we age, our skin can lose its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.

Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

For more information: [www.everydayhealth.com](http://www.everydayhealth.com)



*Tillie celebrated her 100th Birthday!*



*Bill celebrating St. Patrick's Day with his giant mug!*



*Shirlee and Alyce with the big bear.*



*Herb built a snow man on Snow Day.*



*Farewell to Kim Salas, Executive Director.*



*Bob and Herb joke around by hitchhiking at the America's Car Museum.*



*Mattie wanted a closer picture with Elvis.*



*Mattie and Lue at the Elvis concert!*



*Shirlee and her daughter listening to entertainment.*

## Oatmeal-Walnut Cookies

**Directions:** Preheat oven to 350°. Place first 5 ingredients in a large bowl. Beat with a mixer at medium speed until well blended. Lightly spoon flour into a dry measuring cup; level with a knife. Add flour, oats, and salt to egg mixture; beat well. Stir in raisins and walnuts. Drop by level tablespoons, 1 1/2 inches apart, onto a baking sheet coated with cooking spray. Bake at 350° for 12 minutes or until lightly browned. Remove from oven; let stand 2 minutes. Remove cookies from baking sheet; serve warm.

### Ingredients:

1/2 cup granulated sugar	2/3 cup golden raisins
1/3 cup packed dark brown sugar	1/4 cup chopped toasted walnuts
1/4 cup butter, softened	Cooking spray
1 teaspoon vanilla extract	1 cup cranberries
1 large egg	1 egg
3/4 cup all-purpose flour	3/4 cup orange juice
1 cup regular oats	1/4 cup vegetable oil
1/4 teaspoon salt	1 teaspoon grated orange rind

## Short Stay Program at Stafford Suites: One Daily Rate

Stafford Suites in Kent offers a temporary short stay program for your convenience. This program is great for individuals recovering from minor surgery or illness and just don't feel comfortable going home, but do not need the services of a skilled nursing facility. It's also great for seniors who live with a family member when their loved one needs to be out of town for business, pleasure or an emergency.

Of course, if you are considering a move to a retirement or assisted living community a trial stay is always a great option. Private, fully furnished apartment with 3 delicious meals a day served restaurant style in our dining room or room service available. 24 hour staff, care included, housekeeping services, fun outings and entertainment.

For more information please call Lisa (253) 315-1909.



## Stafford Suites Staff is Here to Serve You!

### Executive Director

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