

the SuiteLife

Stafford Suites of Kent | Winter 2018

Director's Corner

Brandon Dalke
Executive Director



Jeremiah 29:11

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Following along God's path for my life has been exciting. The verse listed above is my favorite from the Bible, and it has proven true every time. Since coming into this industry nearly 14 years ago, I look back at the relationships and the experiences that have shaped me into who I am today. I am blessed at this time to be the new Executive Director for Stafford Suites in Kent.

I wanted to share a little about myself. I have a wonderful wife of over 10 years. We have 4 kids-from age 20 to age 8, so that keeps our schedule very busy! I coach my youngest son's soccer team each fall season, and at other times am heavily involved as a spectator and a fan with the sports schedules of my other kids. We are involved in our church as my faith is something that drives me and centers me through the craziness of life.

I have learned through God's promises that change and transition, though sometimes a little scary, can be some of the best times in your life. Stepping out in faith through a door that God has opened starts another journey. I look forward to this adventure here with Stafford working with a great staff to make people's lives better every day.

Heart Healthy Habits for a Lifetime

Your heart is one of the most critical organs in your body and it is imperative that you do all you can to take care of your heart to keep it ticking and in proper working order. So your doctor says you need to make some changes in your life: Start a heart-healthy diet, exercise a little, stop smoking and more. Perhaps he/she prescribed some medication to take as well. You may be wondering: Why can't medicine alone do the trick? Does lifestyle really make a difference?

The truth is that drugs alone won't cure heart disease, though they can certainly help control it. That means your lifestyle and habits do matter...and they can help a lot! There are some heart disease risk factors you can't control such as your age or health problems that you have had passed down in your family. However, there are some risk factors related to your lifestyle, such as smoking, being overweight, and eating an unhealthy diet. These lifestyle factors may contribute to your risk of heart disease. And these same risk factors will cause heart disease to get worse if you already have it.

Luckily, the opposite is true as well. Adopting a heart-healthy diet and a healthier lifestyle can improve your health, even if you already have high blood pressure or other forms of heart disease. Here's what a heart-healthy lifestyle can do for you:

- Lower your blood pressure
- Lower your bad cholesterol and triglyceride (blood fat) levels
- Ease the stress on your heart
- Lower the risk of heart attack
- Lower your risk of stroke
- Prolong your life

Choosing a heart-healthy diet and lifestyle can even help your medications work more effectively. In some cases you might even be able to reduce or eliminate some medications with your physician's guidance, of course.

So, here are a few tips to get started or to keep you on track:

- Make sure you are eating at least 5 servings of fruits and vegetables each day
- Reduce the amount of sodium, concentrated sweets and processed food in your diet
- Get at least 20 minutes of exercise each day
- Practice ways to lower your stress
- Maintain a healthy weight
- Take medications as prescribed by your physician

Lifestyle changes can make a huge difference to your heart health!

Winter Calendar of Events

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

Music Hour with Akiko Ketron

February 8 @ 2:00 pm

Music Hour is designed for cognitive and physical stimulation, a program crafted for all to enjoy. Akiko incorporates singing, different instruments, such as an autoharp, guitar, and piano; movement, trivia, and reminiscence for a fully engaging mind and body workout! Please join us and try it out!

Magic Show with Brian Ledbetter

February 20 @ 2:30 pm

Abracadabra! A great magic show. Get ready to be mesmerized! The show starts at 2:00 p.m. in the main dining room. Refreshments will be served.

Matsiko World Orphan Choir

February 23 @ 3:30 pm

This diverse group of children are sponsored by the International Children's Network. ICN provides more than 6—million orphaned and at-risk children sponsorship for a complete education. The

children go back to their villages and empower other orphaned children to break the cycle of utter dependency and replace it with empowerment and hope. Please join us in welcoming the group to our community with their different dance routines and songs to sing!

St. Patrick's Day Celebration with Entertainers Bonnie Birch and Nick Heiting

March 13th @ 2:00 pm

Bonnie Birch is a fantastic accordion player and Nick is a great guitar player and singer – the combo will play their hearts out – Please join us for this fantastic show!

Balefire Irish Dance for St. Patrick's Day

March 16th @ 2:00 pm

Please join us for a fun afternoon refreshments and celebrating St. Patrick's Day – The Balefire Irish Dancers will be back with us again performing a variety of Irish Dances for St. Patrick's Day! Please join us.

"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 (600 E. Smith St.) for free coffee, door prizes and complimentary entertainment every Monday morning.

(Note: the Senior Center will be closed on February 19, 2018 for Presidents' Day)

Andy Burnett, March 12

Guitar and vocals

Joe Mundo, March 19

Piano classics

Beth Wulff, Jan. 22, Feb. 26, Mar. 26

Piano favorites and standards

Mark Stern, Feb. 5, Mar. 5

Vocals and guitar

Fall Prevention & Screening Event, March 20, 2:00 pm

Katie Tutko, DPT, OCS will be presenting at our upcoming Fall Prevention and Screening event here at Stafford Suites in Kent. She is a Doctor of Physical Therapy with an advanced Orthopedic Certification Specialization. She has also gone through the Otago Exercise Training Program which is a specifically designed exercise program for Seniors geared towards fall prevention. She has been working on Easthill for 4 years and has a passion for working with older adults on balance training, fall prevention, and vertigo.

Her clinic, Outpatient Physical Therapy and Rehabilitation, has been serving people in the South King County community since 1983. They have clinics located in Auburn, Covington, Kent's East Hill, Kent Valley, Maple Valley, and Puyallup. Katie says, "We believe that you deserve the highest level of personalized therapy that can be provided. Many of our therapists have attained advanced board certifications to promote this higher level of quality care. We offer Physical Therapy, Occupational Therapy, Aquatic Therapy, Women's Health, Massage Therapy, and Personal Training."

Please join us for this very important presentation!

Eat This Nutritionist's Go-To Breakfast, Lunch, and Dinner to Start 2018 Right

By Anthea Levi Health.com, Jan. 2018

You've committed to eating healthy in 2018, which is awesome. Now the hard part comes: having tasty, good-for-you meal ideas on hand you can easily turn to—especially when cravings for gooey mac and cheese set in or you're too tired to do anything but go on Seamless.

To help you ID the healthiest and easiest meals to keep your goals on track, we asked Megan Roosevelt, RDN, nutritionist and founder of HealthyGroceryGirl.com, to share her go-to breakfast, lunch, and dinner. These versatile options pack plenty of nutrients without skimping on flavor, and they'll help you start your year off on a nutritious note.

Breakfast: sip a superfood smoothie

A green juice might sound like the ultimate health food, but smoothies tend to provide more fiber and nutrients, since they're blended from whole fruits and vegetables as opposed to just their juices. Research also suggests that the thicker the smoothie, the more full it'll leave you, even if the beverage isn't high in calories.

Roosevelt particularly loves smoothies because they provide fruits, veggies, healthy fats, and protein first thing in the morning. "My go-to smoothie consists of a plant-based protein powder, berries, greens such as kale, ground flaxseeds, unsweetened coconut milk and sometimes a nut or seed butter or rolled oats for an additional protein boost and fiber to keep me full longer," she tells Health. Not a fan of these superfoods? Swap in similar ingredients, like baby spinach, hemp seeds, and almond milk, then drink up.

Lunch: wrap it up

Eating clean can be complicated if recipes ask you to bust out the zoodle machine or make your own pesto from scratch. To stress less, you want to keep your midday meal as straightforward as possible, suggests Roosevelt.

I keep lunch simple by eating leftovers or making a veggie wrap using a brown rice tortilla, avocado, veggies, and hemp seeds," she says. "Avocados contain healthy monounsaturated fats that help me feel full and satisfied. In addition to a wrap, I'll typically add a bowl of bean and veggie soup for more protein and fiber."

Dinner: pick high-protein pasta

Thanks to new varieties made from protein-rich foods like edamame, lentils, and chickpeas, pasta doesn't have to be a carb bomb. Take it from Roosevelt: "I love legume-based pastas, which can provide 25 grams of protein per serving!" That's about the same protein amount as six eggs.

Roosevelt gives pasta marinara a nutritious makeover by topping lentil spaghetti with low-sugar tomato sauce, plus a big salad on the side. "This quick, healthy dinner is a staple in our house," she says. Pass the pasta, please.



• WINTER • Photo Gallery



Linda & Dee sitting cozy by the fire



Betty and Girl Scout at Xmas



Bob receiving diploma for WWII service at Vet's Day Celebration.



Asta, Erna, Delia, & Horeja at the Annual Int'l Fashion Show



Bob, Mattie, Dee, Erna and Sally enjoyed the pumpkin patch



Bernice and daughter enjoy the Shokra Dancer Show

Winter Special: Save \$1000

Stafford Suites in Kent is truly the place for
"Full Service Senior Living."

For a limited time, we are offering a
Winter Special – Save \$1000.00

Please call Lisa for details: 253-850-0333

Short Stay Program at Stafford Suites

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 at (253) 850-0333.**



Stafford Suites Staff is Here to Serve You!

Executive Director

Brandon Dalke
bdalke@staffordcare.com

Business Office Manager

Rusmira Ciric
rciric@staffordcare.com

Life Enrichment Director

Erna Hajdarevic
ehajdarevic@staffordcare.com

Wellness Director

Sue Patnode, RN
spatnode@staffordcare.com

Community Relations Director

Lisa Crivellone
lcrivellone@staffordcare.com

Food Service Director

Josh Yanda
jyanda@staffordcare.com

Environmental Services Director

Angel Pangan
apangan@staffordcare.com



Stafford Suites of Kent

112 Kennebeck Ave. N., Kent, WA 98030

(253) 850-0333



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