

## Director's Corner

### Brandon Dalke

Executive Director



One of the things that I appreciate the most about working with seniors is that I can glean such wonderful wisdom from their experiences. There is such history in each community! In a conversation with a resident recently, I found out that he had been married to his wife for 60 years. That is incredible, so I had to ask him what his secret was. He told me that the secret is simple... find the right lady to marry and the rest will take care of itself. That really spoke to the concept of committing to something with everything you have in you.

A long and happy marriage exemplifies a committed approach by both parties. It cannot reach 60 years with only half the team on board. That team concept is seen in all aspects of life. When this comes to fruition, amazing things can be accomplished. This was recently seen when the 16 seeded UMBC college basketball team did the impossible in the March Madness Tournament. They came together and beat the number 1 seeded Virginia team. In all the years of this tournament, a feat of this nature has never been accomplished. This team believed in what it could do; united in their vision to achieve the impossible. That unified vision is what made their success a reality.

Luke 1:37 says "For nothing will be impossible with God." This is a wonderful promise that I personally cling to. He makes every team that I am on stronger when He is the center of that team. Look at your team in life. How can you be a positive impact on raising the level of success of that team? If we all looked to commit to achieving the impossible, there is no limit to the possibilities.

## Can You Overcome your Genetic Risk of Heart Disease?

By Dr. T. Jared Bunch, MD, [www.everydayhealth.com](http://www.everydayhealth.com)

Cardiovascular disease is the No.1 killer in the United States, so most of us have a family history of, and some genetic risk for, heart disease. A number of years ago, while I was working as a medical resident, our team finished our rounds in the cardiac intensive care unit and had a meeting in the cafeteria.

Our head physician, whom I'll call Dr. Thompson, was a seasoned veteran of cardiology who had spent his life helping prevent and treat coronary artery disease and heart attacks. We all sat down around a large circular table — Dr. Thompson's tray was filled with sausages, eggs, bacon, and a doughnut. After treating heart problems for four hours before breakfast, the rest of us had chosen some combination of heart-healthy foods: oatmeal, banana, cantaloupe, and yogurt. Dr. Thompson said, "People in my family die one of two ways. They either get cancer or heart disease. I've chosen how I'm going to die."

What about those of us who have a family history of coronary artery disease -- a family member who's had a heart attack, coronary artery bypass surgery, a heart artery stent, or heart failure. *Are we able to overcome our genetic risk of heart disease?*

### Genetic Risk of Heart Disease vs. Lifestyle Risks

The answer came in a study presented in November 2016 at the American Heart Association Scientific Sessions in New Orleans. This study included more than 55,000 people and gave us unique insights into groups of people often underrepresented in medical research: women and racial and ethnic minorities.

Researchers looked for 50 genetic mutations associated with higher risk of coronary artery disease in the people who participated in the study. Based on whether they had these mutations, people were grouped as having low, intermediate, or high risk of developing coronary artery disease. Next, the researchers looked at things each person can choose to do with their lives to potentially lower their inherited risk for heart disease.

**People were grouped in unfavorable, intermediate, and favorable categories based on four healthy lifestyle choices:**

1. Not smoking
2. Maintaining a healthier body mass index (BMI) of less than 30
3. Exercising at least once per week

*Continued on back page...*

# SPRING *Calendar of Events*

## **Trip to Skagit Valley Tulip Festival**

**Wednesday, April 11, 9:30AM**

We are taking a trip to the Tulip Town in Mt. Vernon. Enjoy the fun-filled scenery to the Tulip Festival. We will bring sack lunch. Seating is limited. Please call ahead to see if there is availability - 253-850-0333.

## **Kent Ridge High School Multicultural Dancers**

**Friday, April 20, 3:15PM**

Kent Ridge High School students will be here to perform different types of dances! There will be Yoga, Hula, Pacific Islander, and Irish dancers. Plan to join us for a great show!

## **Mother's Day Tea Party**

**May 11, 2:00PM**

For this year, we will be holding a Mother's Day Tea. Plan to join us and enjoy a nice and elegant tea and desserts with the mothers. Please RSVP to 253-850-0333 by May 7th.

## **Tattered Pages Book Club**

**Wednesdays, May 16 & Sept. 19**

12:00pm lunch at Stafford Suites. 1:00 p.m. for the Speedy Readies discussion group. Please call 253-856-5164 for more information.

## **Ice Cream Party with Fruitcake The Clown**

**May 25, 2:00PM**

Fruitcake The Clown will be here to make balloon animals and entertain us. Enjoy your favorite ice cream! Please RSVP by May 21, 253-850-0333.

## **Magic Show with Brian Ledbetter**

**June 5, 2:30PM**

The famous magician will be here in the building to do his fun yet mesmerizing tricks. Please join us for a spectacular show! RSVP by June 4, 253-850-0333.

## **Entertainment with Jim & Beth Wulff**

**June 12, 6:00PM**

Beginning this Spring we will begin having more evening entertainment. If you would like to come to any of the evening shows please call ahead and let us know how many are going to come. For this evening, we are having Jim and Beth who are a great duo with the piano and vocals!

## **"Music and Art Showcase"**

**Thursday, June 28th, 4:30 – 8:00 p.m.**

Kent 50 Plus Program presents the 11th Annual and final Music & Art Showcase on Thursday evening, June 28 from 4:30 p.m. to 8:00 p.m. Featured are jazz pianist Richard Dean and a two part illusions of Elvis Tribute by local sensation Danny Vernon and the Devilles. The Kent Valley Artists will present an art exhibition and demonstration and by free desserts will be provided by Stafford Suites. Mitzel's American Kitchen will offer three \$5 discounted dinner options including: Burger and coleslaw, Pulled pork sandwich and coleslaw, Cranberry Turkey Salad. Each \$5 meal includes bottled water. For more information, call 253-856-5164.

## **"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.

#### **Andy Burnett**

**April 9, May 14, June 11,**

**July 9, Aug. 13**

Guitar and vocals

#### **Beth Wulff**

**April 23, June 25, July 23, Aug. 6**

Piano favorites and standards

#### **Mark Stern**

**April 2, May 7 and June 4th**

Vocals and guitar

#### **John Ansotigue, July 2**

Boogie Woogie Pianist

#### **Joe Mundo**

**April 16, May 21, June 18,**

**July 16, Aug. 20**

Piano classics

*Note: Closed on May 28 and Aug. 27 for the holiday and maintenance.*

### **Stafford Suites Dessert Deli & Café Fundraiser**

**Thursday, August 23, 6:15 p.m. to 8:00 p.m.**

Featuring the Silversounds NW Rock'n Roll Choir Concert "Silver Sounds NW" is a 50+ plus member Rock'n Roll choir who are all aged 50+ singing songs from the 50's to 70's. This year's theme is "Time of Your Life" and includes songs like Time in a Bottle, Time Won't Let Me, and other 'time' songs. Decadent dessert is provided by Stafford Suites. Doors open at 6:15 p.m. For more information, call 253-856-5164

### **FD Cares Wellness Fair**

**Thursday, September 20, 2018 8:30 a.m. to noon**

The Annual Kent Fire Department Cares Wellness Fair will continue its annual tradition of offering free flu shots, free health screening, free blood pressure monitoring, vendor booths and \$1.00 box lunches. More details to follow in the Fall Bulletin.





# Spring Photo Gallery



*Asta, Erna, Delia, and Horeja perform for the International Fashion show.*



*The Matsiko Orphan Choir joined Stafford Suites and performed for the residents. They were a delight!*



*Linda and Herb enjoy the sunshine outside.*



*Norma, Grace, Bev, Dorothy, and a friend enjoy a game of dominos.*



*Bob made a beautiful pot of flowers!*



*Bev and Norma, best friends, enjoy cake together.*



*Out on a walk, and Dee has found the bike for her!*



## **Kodiak High Protein Muffins** (Baker Mills Kodiak Flapjack & Waffle Mix)

- 2 cups Flapjack & Waffle Mix
- 1 cup Milk
- 1 Egg
- 1/2 cup Brown Sugar
- 1/4 cup Softened Butter (not melted)
- 2 Ripe Bananas, mashed
- 1 teaspoon Cinnamon
- 1/2 to one teaspoon Vanilla
- Optional: 1 cup Dark Chocolate Chips  
or Chopped Walnuts, Raisins*

Combine all ingredients in mixing bowl and blend until smooth. Fill greased muffin cups 3/4 full. Bake at 350 F for 14-18 minutes or until golden brown and inserted toothpick comes out slightly moist. Makes 12 muffins.

## Genetic Risk of Heart Disease, cont. from Page 1

4. Eating a healthy diet that contains more fruits and vegetables, less processed meat, and fewer foods high in sodium

The results showed these levels of increased risk for heart disease:

- 27 to 35 percent for people in the intermediate-risk genetic group
- 75 to 98 percent for those in the high-risk genetic group
- 9 to 32 percent for those in the intermediate lifestyle category
- 71 to 127 percent for those in the unfavorable lifestyle category

Unfavorable lifestyle choices raise risks, and this study showed that each of the poor lifestyle choices raised heart disease risk by themselves.

### You Can Lower Your Genetic Risk of Heart Disease

People in the study who adhered to a favorable lifestyle lowered their risk of heart disease even more, despite their genetics. Those at:

- low genetic risk cut their risk by 45 percent
- intermediate risk, by 47 percent
- highest risk who had a healthy lifestyle, by 46 percent

But you aren't destined to the fate of your parents and grandparents. The choices you make can influence your heart disease risk and possibly slow the progression of heart disease if you do have it. Adopt these favorable lifestyle choices to lower your risk: Stop smoking, keep your weight down, eat a healthy diet, and stay active.

## Stafford Suites Staff is Here to Serve You!

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