

Director's Corner

Denise Hoyt
Executive Director



Fall is Here!!!

This year it seems that instead of easing into Fall, it has arrived more suddenly with the daylight hours getting shorter, the leaves quickly changing and that brisk chill in the air in the mornings. Don't you love the beautiful fall colors? It seems we are surrounded by shades of yellow, orange and red on the trees here in the Northwest. We are blessed to live in a wonderful part of the country where we can enjoy the variety and richness of the seasons.

Fall is a great time to think about tucking indoors a bit and enjoying the warmth of a cozy fire and a good book. Stafford Suites Living Room and Library are the perfect places for that activity. If you love to read, our Library is full of a wide variety of titles and great authors. We have both regular and large print books, you are free to peruse the books and take them to your apartment to read and return at your leisure, no need to check them out! Also, we have an extension service from the Kitsap Regional Library whereby you can have books delivered right to your door monthly – see Colleen if you would like to participate in this free service.

Our lovely living room welcomes you to just sit down and relax, visit with a friend, and enjoy a lovely cup of coffee, tea or hot chocolate. On the other hand, if you are looking for something to fill a few hours we have many

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Dehydration: Fluid Balance is a Common Health Issue Among Seniors

During the typical day, we take in water through the fluids we drink and the foods we eat. Over the same course of time, we also expel water through physical functions. When the quantity of water we take in is less than the quantity of water we expel, we become dehydrated.

“A drop in the body's water level can be very dangerous.”

A drop in the body's water level can be very dangerous. It reduces a person's ability to function on both a physical and mental level. When not reversed, dehydration progresses from the mild to the moderate and severe stages. This can result in hospitalization or even death. Water loss is often associated with hot weather, overexertion and illness. Many of these factors occur more frequently as we age, making dehydration a common health issue among seniors.

Here are some symptoms that may be apparent with people who are suffering from mild dehydration.

1. Dry, cracked lips and tongue
2. Flushed face
3. Feeling thirsty
4. Headache and body cramps
5. Disorientation, dizziness or acute confusion
6. Fatigue and weakness

These red flags may also be symptoms for other physical or mental problems. So please consult your doctor for a proper diagnosis and guidance.

The remedy for dehydration is to increase fluid intake – water is always the best fluid to drink but juices and non-caffeinated beverages will also help to reverse the effects of dehydration. We should all strive to drink 8 – 8 ounce glasses of water each day to keep our bodies functioning optimally.



Fall Calendar

Sunday Brunch!

Sunday, October 7th 11:00-2:00 PM

Join us for a delicious Sunday Brunch right here in our Dining Room. Jackie and her staff have put together a delicious menu for you to enjoy! We will have 2 seatings available 11:00-12:30 and 12:30-2:00. Make your reservations early!

Out to Lunch Bunch!

Wednesday, October 10th @ 11:00 AM

We will be heading to El Sombrero for some tasty Mexican food! Sign up at the Front Desk!

Bethany Lutheran Kids Here!

Thursdays - October 25th, November 15th, December 13th @ 10:00 AM

This enthusiastic group of 1st and 2nd Graders from Bethany Lutheran will be here to do a craft and sing some songs with us! This is a high-energy hour with these delightful students.

Annual Holiday Bazaar and Gift Show!

Friday, November 9th and Saturday, November 10th

We are pleased once again to have A Company of Friends present their Annual Holiday Bazaar and Gift Show here in the Stafford Suites Living Room. The Living Room will be filled with wonderful handmade crafts and holiday items.

Christ the Rock Christmas Program!

Thursday, December 6th @ 6:00 PM

We have again been invited to attend the Dress Rehearsal of this wonderful Christmas Program. Join us for a delightful holiday evening.

Resident Christmas Party and Dessert Buffet!

Thursday, December 13th @ 6:30 PM

We are excited to have the Puget Soundsters here for our Annual Resident Christmas Party. This dynamic group will present a variety of seasonal music which will be followed by a delectable Dessert Buffet filled with holiday treats.



Cold and Flu Season is here and many of your physicians recommend that you get a Flu Shot each year to minimize the effects of the Flu. We had our Flu Shot Clinic on Tuesday, September 18th here at Stafford Suites. If you missed it and still want a Flu Shot, you should contact your physician to schedule this. Also, it is important to practice good hygiene to prevent the spread of disease .

1. Wash your hands with soap and water or use hand sanitizer frequently
2. Always sneeze or cough into your elbow
3. Drink plenty of fluids and keep yourself well hydrated
4. Get enough rest and eat a healthy diet to maintain good nutrition.

Gift Ideas for Seniors

Choosing a gift for your older loved ones . . . what a great feeling to find the perfect gift! However, there are times that the perfect gift eludes you. If that happens, we would like to give you a few suggestions:

- Gift Certificates for the Hair Salon or Foot Care
- Nightlights, flashlights and battery-operated lanterns
- Greeting cards and stamps
- Magnifying light
- Framed family photos
- Crossword Puzzle and Word Search books

In addition, there is always the precious gift of your time and companionship. Use the time together to record family history, share favorite stories, and reminisce about family recipes!





Autumn Photo Gallery



This little piggy...went to the Puyallup Fair!



Anybody want some scones?



*Crazy Sock
Day at
Stafford
Suites!*

Fall is here...continued from front page

opportunities throughout each week to gather with others, participate in an activity and socialize. If you like to exercise (or even if you don't), Colleen leads a great Sittercise exercise class three mornings a week to get your blood pumping. If you enjoy playing games, there are several opportunities to play various games throughout the month. Whatever you choose, it is up to you to organize your day the way you like it! You are in charge of your agenda for the day!

We are happy to announce that we have scheduled a Sunday Brunch for Sunday, October 7th from 11:00 – 2:00 PM. Make plans now to invite your family and friends to join you! Jackie and her staff do a great job of presenting a wonderful array of delectable delights for you to enjoy. Make your reservations early!

In November, Stafford Suites celebrates our 20th year of providing senior care and services here in the South Kitsap Community. It has been such a privilege to partner with residents, families and the healthcare community. We will continue to strive to bring the highest level of service possible and are proud to be serving here in this community!

Stafford Management Team

Denise Hoyt, Executive Director

Jonikka Mollinet,
Community Relations Director

Angela Miller, Office Manager

Curtis Gill, Maintenance Director

Colleen Unruh, Activity Director

Jackie Lizama, Food Services Director

Katie Buttz, LPN, Wellness Director



Stafford
SUITES

Stafford Suites of Port Orchard

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Autumn 2018

