

the SuiteLife

Summer 2017

Stafford Suites of Port Orchard

Director's Corner

Denise Hoyt
Executive Director



Summertime is here!

Remember the song, "In the Good Old Summertime"? I have been humming that one lately, longing for some warmer days after one of the wettest Winter and Spring on record! Summer is a time for picnics, vacations, family reunions, and homemade ice cream! The days are warmer and longer and it feels like there is more time in each day for fun experiences and adventures.

Here at Stafford Suites we have several fun Summer events coming up for you to enjoy; make sure to mark the dates on your calendars! First we have our **EMS (Emergency Services) Barbecue on Friday, July 14th!** Every year we invite our very important public servants to enjoy a delicious lunch with us on the back patio. We will be inviting the Port Orchard Police Officers, the personnel from Fire District 7, and the Kitsap County Sheriff Department! This is such a great opportunity to thank these important people for their dedicated service to our community. We need each and every one of these public servants to keep our community as safe as possible. Second, we have our fabulous **Hawaiian Luau on Friday, August 11th!** This is one of our favorite events and is a great time to invite your family and friends to this delightful afternoon of fun! We will have a delicious buffet lunch and talented hula dancers to entertain us! In addition, our Activity Director, Colleen has scheduled picnics, scenic drives and many other fun events for you to enjoy!

At Stafford Suites of Port Orchard we are compassionate healthcare professionals who treat our guests like family! We hope you notice the Stafford Suites difference.

Did You Know?

There are a few things you can do to maintain and even improve your health as you age. Here are a few quick tips to keep in mind:

- 1) **Push yourself to get some form of exercise every day** – walking, stretching, reaching, exercise class,
- 2) **Exercise your brain** – do some form of mental activity, word puzzles, brain teasers,
- 3) **Spend more time with others** – people need people, meaningful socialization is one of the most important things we can maintain to keep our stress level down,
- 4) **Follow your healthcare provider's suggestions** – make regular healthcare appointments and take an active role in all aspects of your health.

Preventative Foot Care

Your feet are superstars! They provide a sturdy surface to walk on, hold your weight when you walk, help maintain your balance and help you travel from place to place.

Why not give your hard-working feet a bit of pampering and sign up for a relaxing pedicure from the Preventative Foot Care ladies? They are here at Stafford Suites the 3rd Thursday of every month and charge \$25.00 for this wonderful service. If you would like to be added to the list, please let us know at the Front Desk and we will put you on the list!



SUMMER

Calendar of Events



Vintage Fashion Show!

Wednesday, June 28th @ 2:00 PM

The Ladies from the Historic Clothing Collection at Seattle Children's Hospital will be here to present a Red, White and Blue themed Fashion Show for us here at Stafford Suites. This event is always a popular one and we would love to have you and your friends join us!

Fourth of July Neighborhood Parade!

Tuesday, July 4th @ 1:00pm

Every year the children in the neighborhood surrounding Stafford Suites put on a 4th of July parade for our residents. They decorate their bikes and ride them through the parking lot

Picnic at Silverdale Waterfront Park!

Wednesday, July 12th @ 11:00am

You will love this trip... hop on the bus with Colleen as we travel to the beautiful Silverdale Waterfront Park in Silverdale and enjoy a lovely picnic lunch!

EMS Barbecue Luncheon!

Friday, July 14th 11:00 – 2:00

We love this opportunity to say a big "THANK YOU" to our faithful public servants who take such good care of us and our community. We will be inviting the personnel from Fire District 7, Port Orchard Police and the Kitsap County Sheriff's to honor them for their dedicated service!

Outdoor Concert – Backwoods Windjammers!

Monday, July 17th @ 6:30 PM

Join us for a fun concert on the back patio as we listen to the great melodies of the Backwoods Windjammers.

Annual Hawaiian Luau!

Friday, August 11th 11:00- 2:00

A-L-O-H-A!!! Every year we celebrate summer with a Hawaiian Luau out on our back patio and lawn! Invite your families and friends to join us for a delicious buffet, great music and hula dancers!

Outdoor Concert – Hometown Band

Tuesday, August 29th @ 6:30 PM

We are looking forward to having the Hometown Band here to provide some great music on our back patio.



Caregiver Support Group

Our Caregiver Support Group meets the fourth Thursday of every month at 3:00 PM right here at Stafford Suites.

Upcoming dates are June 29th, July 27th and August 24th.

This group is facilitated by Konnie Strom-Garrison, our Community Outreach Director. Each month she schedules a knowledgeable speaker to present pertinent information about issue related to caring for loved ones and the aging process. This group is beneficial to all who attend for support, gain knowledge or just sharing this challenging journey.

Please consider joining us for this impactful group.

Here are some of the key benefits:

- feeling less lonely and isolated
- improve coping skills
- reduce distress, depression or anxiety,
- develop a clearer understanding of what to expect with your situation
- improve your caregiving ability
- give a better quality of life for your loved one

Respite Stay at Stafford Suites

At Stafford Suites we have Short Term Stay/Respite Apartments available for those times when the primary caregiver is out of town or unavailable or for recovery after an illness. These apartments are fully furnished and included are three meals a day in the dining room, daily maid service, 24 hour awake staff and all activities. These apartments are available for a minimum of 7 days for a daily rate. If you know of someone who may like to try out our Respite Program, just give Konnie Strom-Garrison, our Community Outreach Director a call at 360-874-1212.



Summer Photo Gallery



Bea Ragsdale checking out the periscope at the Keyport Museum



Residents enjoying the tour of the Keyport Museum



Frances Martin at the controls at the Keyport Museum



Lee Landin doing "The Stroll"



Dorothy Plyler doing "The Stroll" at the Senior Prom



Bea Ragsdale dancing at the Senior Prom

Everyone doing "The Macarena"



Dancing the night away

Veteran's Aid and Attendance Benefit

The Veteran's Administration has a pension benefit available for Veterans or the Surviving Spouse of a Veteran. This Aid and Attendance Benefit is based upon medical need but most individuals who reside in an Assisted Living Community such as Stafford Suites are eligible. The Veteran must have had 90 days of continuous service with at least one day during a "wartime



period", have received a discharge other than dishonorable, and is over 65 years of age.

This is a monthly benefit that is paid directly to you from the VA and can range from \$1,153 to \$2,846 per month. If you would like more information about this benefit, please contact Konnie Strom-Garrison, our Community Outreach Coordinator at 360-874-1212.

Stafford Management Team

Denise Hoyt, Executive Director

Jonikka Mollinet, Office Manager

Curtis Gill, Maintenance Director

Colleen Unruh, Activity Director

Jackie Lizama, Food Services Director

Katie Buttz, LPN, Wellness Director

Konnie Strom-Garrison, MSSG,
Community Outreach Director



Stafford Suites of Port Orchard

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