

Director's Corner

Denise Hoyt
Executive Director



Fall is here!

We can tell that Fall has officially arrived; the leaves are changing and falling, the spiders are busily spinning their webs and the school busses are on the road! Fall is a great time to snuggle up with a great book by the fireplace or have coffee with a friend in the living room.

We had our Annual DSHS Inspection on Aug. 12th and 13th – our inspectors looked at all aspects of our facility, services and care during this unannounced inspection. They routinely do a facility tour and inspect all areas of the physical plant, they look at policies and procedures for all departments, examine our kitchen and entire food service department, go through our employee files to ensure all documentation is current and up to date, thoroughly inspect our wellness department and all aspects of resident care including documentation and practices. We are pleased to report that we received a Deficiency-Free Survey for the 3rd year in a row! We are very proud of our dedicated team and thankful that our efforts to provide a safe, secure, warm environment for seniors to live and thrive is recognized.

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Six Easy Steps for Healthy Aging

- 1. Even a Little Exercise Helps a Lot!** – No doubt your doctor has told you there are few things better for you than exercise, even if you have a health condition. Some might say especially if you have a health condition! If you are not exercising regularly, a good first step is to figure out why and then develop a strategy to overcome that barrier. If you don't like to exercise alone - find a group or a buddy to exercise with. If you don't have time to set aside, incorporate it into your day – walk a little further, do stretches every time you get up, practice tightening your stomach muscles as you are sitting.
- 2. Talk to Your Health Care Team** – Your doctor and nurse are there to diagnose and advise but also to listen. Go into your appointment with a list of items you would like to discuss.
- 3. Make YOU a Priority** – Eat a diet with a wide variety of fruits, vegetables and grains. Limit unhealthy fats and sugars and try to maintain a healthy weight. Stop smoking, limit alcohol intake to two to three drinks per week, sleep six to eight hours a night to make sure you are rested and can concentrate on important tasks.
- 4. Improve Your Mental Outlook** – A positive outlook is important in keeping good health – socialize with friends and family, lower your stress level by doing something you love; read, knit, watch a favorite movie, whatever makes you feel less stressed, substitute negative thoughts for more optimistic ones, speak to your doctor if you are experiencing anxiety or depression.
- 5. Take Control of Your Health** – Do all you can to learn about your specific diagnosis or issues you are dealing with, knowledge is power and you can effect a positive change through behavior and lifestyle changes.
- 6. Stand on Your Own Two Feet** – Changes in muscle tone that can come from lack of use mean that you can't take good balance for granted. Poor balance and muscle tone can lead to falls, broken bones and other injuries. Improve your balance with exercises, make sure there are no trip hazards, ensure adequate lighting, install handrails and make sure you are wearing sturdy shoes.



These tips can help you maintain your health and extend your years of independence as you experience and active lifestyle.



Fall Photo Gallery



We had a great time at the Puyallup Fair!



Harold and Katie H. enjoying the Fair!



Lee with prize pumpkin at the Fair!



Julia & Rhianna doing the "Hand Jive" at the Senior Prom!



Jerry and MaryEllen at the EMS BBQ!



Konnie chatting with EMS Chaplains at the BBQ!



Colleen and Al dancing at the Senior Prom!



Alice & her kids, Sally & Bill, at Bingo, Brats & Root Beer!



Colleen calling Bingo!



Marge and CJ dancing at the Senior Prom!



Frances Eileen and family at Bingo, Brats and Root Beer!



Konnie with the big Bingo winners!



AUTUMN Calendar of Events



The Backwoods Windjammers Concert!



Residents enjoying the concert!



The Hometown Band Concert!

Cold and Flu Season is Just Around the Corner!

Many of your physicians recommend that you get a Flu Shot each year and we can help you accomplish that here at Stafford Suites.

On Tuesday, September 27th at 10:00 AM, the Costless Pharmacy will hold a Flu Shot Clinic. If you want to be on the list to have a Flu Shot, let the Wellness Department know.



Sunday Brunch is Back!



After taking a few months off from Sunday Brunch during the summer months, we are kicking off fall with our delicious Sunday Brunches. We will have a large selection of our delectable delights to tickle your tastebuds. Plan now to join us at either the first or second seating. Make your reservations NOW!

Sunday Brunch

Oct. 2, Nov. 6, Dec. 4th

11:00 am – 12:30 pm or 12:30 pm – 2:00 pm

RSVP Stafford Suites at 360-874-1212

Collectable Doll Show!

Wednesday, October 26th at 2:00 PM

Join us as our friend "Harriet the Doll Lady" brings her friends and a delightful assortment of dolls to display in our Living Room.

Trick or Treats at Stafford Suites!

Monday, October 31st at 6:00 PM

Our Living Room will be available for Trick or Treaters to come and show off their costumes and get some candy treats. Come and see the cute kids that stop by for the fun!

Holiday Bazaar and Gift Show!

Friday, November 18th and Saturday, November 19th

10:00 – 4:00 PM

The Stafford Suites Living Room will be filled with beautiful holiday and gift items for you to enjoy! You may have fun "window shopping" or purchase a few things to get a jump on your holiday shopping!

Resident Christmas Party and Dessert Buffet

Thursday, December 8th at 6:30 PM

The Puget Soundsters will be here to present a fun and lively musical presentation highlighting the sounds of the season followed by a delicious array of holiday treats for all to enjoy. Plan now to join us for this festive event!

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Here at Stafford Suites we have several upcoming events and opportunities planned and would be very pleased to have you join us!

Here are just a few highlights:

- **Sunday Brunches** – October 2nd, November 6th, December 4th - 11:00 – 2:00
- **Collectible Doll Show** – Wednesday, October 26th at 2:00 PM
- **Caregiver Support Group** – Thursday, October 27th and Thursday, November 17th
- **Holiday Bazaar and Gift Show** – Friday and Saturday, November 18th and 19th
- **Resident and Family Christmas Party** – Thursday, December 8th at 6:30 PM

At Stafford Suites we strive to continually meet and exceed your expectations for Senior Living, we would like to thank you for choosing Stafford Suites. If you know of someone who may be looking for a Senior Living Community, we would be happy to have them come for lunch and a tour and show them why "The Living is Easy" at Stafford Suites.

We are compassionate healthcare professionals who treat you like family!

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

Stafford Suites of Port Orchard

1761 Pottery Ave., Port Orchard, WA 98366

360-874-1212

Autumn
2016