



the SuiteLife

Stafford Suites of Sumner | Winter 2018

Director's Corner

Tina Pries
Executive Director



Counting our Blessings

As the new year rolls in, we pause to count our blessings and look forward to what the new year may hold. I'm grateful for the wonderful friends I've made here, not only over the last year, but the last eighteen years here at Stafford Suites – many of whom I consider more like family than friends! God has truly watched over us and blessed us here!

Also as we begin the new year, I look forward to the new friends that will be brought into our lives. I always say that the best thing about being at Stafford Suites is that no two days are alike... and I love that! It's always an adventure here and I look forward to sharing this year's adventures with all our current friends and the new ones God will bring our way!

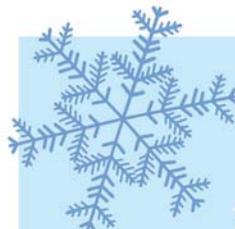
"Sing to the Lord a new song, for He has done marvelous things." - Psalms 98:1

Thanks for all the Support We can't do it without you!

Thank you to our residents, family members, staff, volunteers and community partners for making 2017 a wonderful year. Stafford Suites of Sumner was blessed in so many ways this past year. Here are a few examples:

- Tina - Executive Director, Sue – Wellness Director, Patti – Program Director and Laura – Community Relations Director all celebrated 18 years of service.
- Caregiver, Stephanie celebrated 12 years of service
- Caregiver, LeTycia and Caregiving Office Assistant, Marquita celebrated 10 years of service
- Four other staff members celebrated 5+ years of service
- Resident Sharon celebrated her 13 year anniversaries of living at Stafford. Alice celebrated her 12th year anniversary with us.
- Our partnership with the City of Sumner in managing the Sumner Senior Center celebrated our 5th year anniversary.
- We welcomed 25 new residents in 2018.
- Two of our residents celebrated centenarian birthdays: Wilma – 106 and Gertrude "Ella" – 109 (see photos)
- Our Relay for Life team raised over \$14,000.00 for the American Cancer Society

We look forward to 2018's new friendships and adventures.



Stafford Suites: Where the Living is Easy!

Contact Laura Piacitelli at (253) 862-1818 for apartment availability or for a personal lunch and tour.



Winter Precautions - Be Careful!

Winter can be a beautiful time of year; however, a winter wonderland can be hazardous for seniors. Knowing the precautions to take and the symptoms of trouble can help you enjoy the coming season.

When is Winter Dangerous?

The National Weather Service categorizes winter storms in many ways. Each area of the country has different lingo to describe winter weather. Keep tuned to your local weather station to evaluate whether or not temperatures and weather pose a danger to you. Get familiar with these general terms from the National Weather Service:

1. A winter advisory means weather is expected to cause significant inconveniences and may be hazardous. Plan ahead and fill your gas tank to help prevent an ice-clogged line.
2. A frost/freeze warning means to expect below freezing temperatures that may damage unprotected plants. If you must go out to cover the plants or pipes, wear a hat and cover your mouth in addition to your normal winter gear.
3. A winter storm watch means heavy ice and snow are expected in one to two days. See tips below to avoid injury while walking on ice or shoveling snow.
4. A winter storm warning means severe weather is about to begin and you should stay indoors.
5. A blizzard warning means that outdoor conditions could be life threatening. Hunker down and enjoy a good book! Winds above 40 mph are dangerous.

Walking on Snow and Ice

If you must walk on snow or ice, take special precautions to avoid falling. The U.S. Department of Defense gives many detailed tips, including:

1. Try to stay on the sidewalk, if you must step off the curb, stay as close to the edge of the street as possible. Hazardous driving conditions may keep motorists from stopping on time or braking effectively.
2. Remember that heavy snow muffles the normal sounds you expect to hear that alert you to oncoming vehicles.
3. Try to avoid carrying heavy packages while walking on ice or snow.
4. Take it slow, wear non-slip shoes, and wear brightly colored gear or reflective gear if possible.

Hypothermia. 50% of hypothermia deaths occur in persons over age 75. Even mild cold can cause hypothermia because of compromised circulation or respiratory conditions. The warning signs of hypothermia include shivering, cold skin that is pale or ashy, feeling tired and weak, problems walking and slowed breathing or heart rate. If the body temperature falls below 95 degrees F, a person is hypothermic; medical help should be sought immediately. Wrap persons who are hypothermic with a warm blanket, covering the body and the head. Warm fluids are OK, but alcohol and caffeinated beverages are not helpful.

Space Heaters. In general, both old and new heaters should be inspected annually. Be sure your smoke detector is equipped with fresh batteries. Guard the flame, keep doors open in other areas of the house to prevent build-up of carbon monoxide fumes (a carbon monoxide detector is a good idea if you are using a fuel-burning heater). Turn off a space heater if you leave the room.

Margaret Wilkinson came to Stafford from her home in Winston-Salem, North Carolina where she was born and raised. She moved to Sumner to be closer to her family. Prior to having children she worked in the home office of RJR Tobacco, CO. Margaret has most enjoyed traveling, friends, church and of course, her family.



John Sears moved to Stafford from Bozeman, Montana in order to be closer to his son. He was born in Lacrosse, Wisconsin and grew up there as well as Montana and Minnesota. John was a chemical Engineer and holds a PhD. He enjoys cards, golf and his family.



Richard "Dick" Morey was living on Puyallup's South Hill prior to moving to Stafford. He was born in Tacoma and raised in Milton, WA. Prior to retirement Dick was in construction as well as being an equipment operator and truck driver. Dick served for 26 years in the Navy Seabees. He enjoyed the travel both during and after his service time. Dick also was a scuba diver, a flight instructor, raced motorcycles and was married for 60 years.



Bev McEldowney moved to Stafford from Renton, WA. She was born and raised in Caro, Michigan. Bev was the first female ever to work in park maintenance in the city of Renton. Bev served in the Air Force and enjoys her family. She raised 4 sons by herself and she let them all live!

WINTER Photo Gallery



Santa, Jan and Bruno



Santa and Laura



Santa and his Elf, Patti



Santa and Grace



Santa and Blanche



Resident and Family Open House



Eva and Lila at the pumpkin patch



Staff petting Santa's reindeer at the open house

WINTER

Calendar of Events

January

19th Crazy Hat Day with hat show at 2PM
26th Clashing Clothes Day with fashion show at 2PM
26th Bunco fundraiser for "Come Walk With Me" 7PM

February

2nd Slide Show
2nd Sweetheart Dance with music from The Cowchips.
Sponsored by the Sumner High School FFA at 6:30PM
12-16th Intergenerational Olympics
13th National Pancake Day pancake breakfast at 7:15AM

March

9-10th Annual Rummage Sale Fundraiser for "Come Walk With Me".
21st Tacoma Banjo Band performs
27th Magic show with Brian Ledbetter
30th Spring Fling Bunco fundraiser at 7PM

Stafford Suites Staff is Here to Serve You

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