

Director's Corner

Tina Pries
Executive Director



Ah, summer time...

What a wonderful time of year. Sunshine, iced tea, picnics... all make me think of time spent with family. Of course, Stafford Suites is family to me. In the seventeen years I have had the pleasure of being part of the Stafford family we have shared in many wonderful summer time highlights. High school graduations (my youngest daughter this year as well as numerous staff members and family of staff); watching our wonderful young ladies and gentleman go off to college; enjoying seeing them return to work over the summers and then move on to careers of their own after college graduation. What a blessing to be able to share in all of this with our residents, their families and our staff.

With the sun shining bright in the great Pacific Northwest lately it is understandable that we want to be out in it as much as possible. Remember to use sunscreen when working and playing outdoors. These first few sunny summer days tend to catch us off guard and sunburns are common. Another important thing to remember is hydration. With warmer days on the horizon, drinking plenty of fluids, especially water will go a long way to avoid the risk of dehydration.

Have a safe and fun summer!

Welcome to Paradise!

Stafford Suites Annual Hawaiian Days Celebration

Our rustic mountain lodge was splendidly transformed into an island paradise the second week of June. Residents and staff alike spent the week showing off their Hawaiian resort wear; so much so that visitors needed sunglasses due to the glare from all the colors! The week included a visit from Debbie Goodrich aka The Parrot Lady and her beautiful parrots. The residents were delighted to be able to see the birds up close and personal, petting, holding, kissing them as well as learning about these exotic creatures. Other special highlights included tropical coolers, armchair travel to Hawaii, and an island sampler where attendees tried a variety of tropical treats.



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Stafford Suites: Where the Living is Easy!

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



NEW RESIDENTS!

Bob Olson was born in Missoula Montana. He grew up in small towns in Montana as well as Eatonville and Seattle. Bob moved to Stafford from his home because of our good reputation. Bob holds a Master's Degree and was a secondary school teacher, coach and school counselor. He served in the Navy. Bob enjoys both watching and playing sports. He also enjoys military history.



John Clemo came to Stafford from his home on Lake Tapps which he lived in for almost 50 years. He also spent ten years as a "snowbird" in Apache Junction, AZ. John was born in Spokane and raised in Tacoma. He chose to move to Stafford after enjoying our good food and to make new friends and enjoy the activities. Prior to retirement John was a small business accountant. He has always enjoyed his family and friends. Other things he has enjoyed include Western music, collecting and working on old cars, and woodworking.



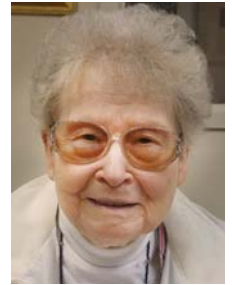
Richard Kaiser had been living at Brookdale Courtyard Puyallup prior to moving to Stafford Suites. He chose to move to Stafford because of the convenient location, cost savings and to be closer to family. Richard, or Dick as his friends call him, was a professional musician and vocalist. He taught music education and holds a Master's Degree of Music. He most enjoys singing, conducting singers and musicians, writing music, reading, watching TV, listening to radio, using his computer and photography. He was born and raised in McMinnville, OR.



Sharron Hartman came to Stafford from Brookdale Puyallup. She moved to Stafford because her family had heard wonderful things about us from other people. Sharron was born and raised in Puyallup. She was a credit supervisor at JC Penney. Sharron particularly enjoys her family, traveling and chocolate.



Bea Willhoite had been living at Patriots Landing prior to moving to Stafford. She had lived here years before with her mother and was very happy to come back and see so many of the same staff faces. She was born in Sunburst, Montana and was raised in Spokane, Greenbluff, Yelm and Spanaway. Bea was a machine operator. She enjoys reading.



Art and Lila Jewett (*photo not available*) moved to Stafford from Covington, WA. They chose Stafford because Art owned a butcher shop in Sumner and they like the town. Art was born in Cicero, WA and grew up in Auburn, WA. He served in the U.S. Army and was in the meat business before her retired. Lila was born and raised in Ferndale, WA. She worked for the city of Redwood City, CA water department.

SUMMER Calendar of Events

July 14th

Resident and Family BBQ and car show.

July 18th

Tacoma Banjo Band performs

August 2nd

Summer Celebration Slide Show

Sept 10th

National Grandparents Day

National Assisted Living Week Begins

We celebrate with Western Week. Daily featured fair food, western music, cow pie tossing and a shootout at the OK Corral will all be part of the fun!

Sept 19th

Tacoma Banjo Band performs

Tips for a Safe Summer

As warmer weather appears in the Puget Sound area we find ourselves wanting to be outside more often. In order to be able to enjoy the out of doors safely and avoid heat-related illness such as heat exhaustion and sunburn please follow these simple tips:

- Avoid prolonged exposure to the sun by taking frequent breaks in a cool area.
- Drink plenty of water. This is the easiest way to stay cool and is most often overlooked.
- Protect your skin. Use sunscreen if you plan to be outside during the day. Wear a hat.
- Limit strenuous activity. If you enjoy taking your exercise out doors then do it in the early morning or late evening.
- Check with your pharmacist or doctor about medications that include loss of fluid and electrolytes from the body as side effects. It has been found that some diuretics, antibiotics and other medications can slow down the body's natural capacity to control body temperature. Be sure to take extra fluids including sport drinks that rehydrate.

Beware of exhaustion symptoms which include mild nausea, lightheadedness, faint headedness, vomiting, clammy or cold hands and excessive sweating. The symptoms of heat stroke include strong pulse, body temperature above 104 °F, hot, dry skin and mental confusion.

• SUMMER • Photo Gallery



Enjoying tea and treats



Spring Ducklings



Mother and Daughter fashion show



Ginny showing off her prizes from the Easter Egg Hunt

Contact your local medical emergency team or 911 immediately when heat stroke symptoms are detected as the patient needs immediate medical attention. In the meanwhile keep giving rehydrating fluids. These summer safety tips for senior citizens can help prevent most heat related health problems faced by them.



Hawaiian Days, Continued from page 1

The week culminated in the much anticipated dinner show. Residents and their guests enjoyed lomi lomi salmon, island chicken cabobs, Hawaiian coleslaw, spring rolls plus many wonderful side dishes. Of course, then there was dessert... a mango mousse cake! The food was marvelous thanks to our very talented dietary staff headed up by Chef Director, Barbara Opara. The entertainment included island dancers, and musicians. It was hard to stay seated and not join in on the wiggling.



Stafford Suites Staff is Here to Serve You

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