

### Technical Support Services

One of the great many things about living at Red oak is that one can let go of heavy maintenance. No more yard work (unless you want to join the Garden Club), no more painting or gutters to clean. Staff will plunge a toilet fix a leaky sink, replace a bulb in a Red Oak fixture and change batteries in your smoke detector. The maintenance person and housekeeper help us keep our home in tip-top condition.

Occasionally, clients have requested assistance with personal items that are not part of a routine maintenance or housekeeping schedule. For additional housekeeping services, we've had a concierge service in place for some time. Have friends coming over and need an extra cleaning? No problem, the fee is based on time spent. Other personal items are more complex and their repair is determined by the skill and time available of the maintenance person. Red Oak has created a way for to help service clients who have personal repair needs that fit our skills through our Technical Support Services program. Need help hanging a shelf? Wobbly chair arm need repair? Where possible the maintenance department can assist you and the fee is based on time spent. The minimum charge is \$16.00.

Please note that the Maintenance Department has new hours. Our new maintenance person will be at Red Oak every Tuesday, Thursday and Saturday afternoon. Doug Hisey joins us with significant local experience. As always, let any staff person know if you have a need so we can put it on the maintenance log. Doug will respond promptly!

### IRS Publication 502

IRS Publication 502, "Medical and Dental Expenses" states: You can include the cost of medical care in a nursing home, home for the aged, or similar institution (that's us!), for yourself, your spouse or your dependents.

This includes the cost of meals and lodging, if the principle reason for being there is to get care. Do not include the cost of meals and lodging if the reason for being in a home is personal.

A reasonable assumption would be that the main purpose for being in assisted living is primarily to get consistent "medical care"- not for discretionary or personal reasons. IRS Publication 502 is available at [www.irs.gov](http://www.irs.gov) and further defines the typical situation as involving a person with chronic illness. You may be able to deduct all or part of your Red Oak expenses. Please talk with your accountant or tax preparer. Don't keep monthly invoices? No worries, our bookkeeper can print out a billing summary or old invoices for \$15.00.



### Don't Forget!

Many people change their insurance plans at the beginning of the year. If you changed your health or medication coverage plan be sure to stop by the front desk with your new cards so we can update your information.

### Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder affects more than 10 million Americans every year. No one is sure what causes the disorder, which is characterized by lethargy and depression that usually occurs during winter months. In addition to medication and psychotherapy, many have found phototherapy to be helpful. This treatment involves exposure to light many times brighter than ordinary. If you think that you or someone you know may suffer from SAD, please see your doctor.

### Fire District 10 Request

The paramedics of District 10 have requested that all independent residents keep a current list of their medications readily available. Residents on medication assistance have this service done by Red Oak staff. It is vital that medics know what medications you are on when responding to and emergency. Although Red Oak updates our list when we do assessments, a lot of things can happen to change that list during 6 months, so, please let us know and/or keep a current medication list handy- it could save your life.



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Tuesday-Saturday**

January 1, 2015



INDEPENDENT AND ASSISTED LIVING

# Red Oak Residence



The Red Oak New Year's Party will be held at noon on New Year's day. Dress up and celebrate a new year full of promise!

### Vision of Red Oak

The beginning of the year is always a good time to re-examine our baselines and our goals. So, I thought I would do it again and review the vision we have for Red Oak.

Red Oak holds that by carefully blending structural details with supportive services, most of us can stay independent throughout our lifetime. We are committed to help our residents stay as independent as possible for as long as possible.

Red Oak encourages a sense of community and companionship. Small alcoves and unique common areas offer space for you to gather and visit. New, stimulating colors present a feeling of warmth and comfort. Staff is ever cleaning to keep your home in top shape, and to keep the construction dust down! Generous common areas are devoted to social activities.

Your neighbors are librarians, housewives, mechanics and career military with a long history of ties to their community. These are fascinating people, which we try to introduce to each other.

er. Are you mingling? We encourage local youth and activity groups like the Valley Ministerial Association and Scouts to keep us connected to other ages in our North Bend Community. Red Oak chose a location outside the flood plain, but at the base of Mt. Si because the mountain holds a special place for all of us. We are close to local stores, the mall, trails, parks and North Bend's downtown, and we include these local assets in our social programs. We liaison with the Senior Center to improve your transportation and access to more social opportunities.

We are a supporter of our local hospital and sponsor one of the clinics right here on campus to improve your access to health care.

Red Oak is the result of finding the right setting, selecting dedicated staff, and providing an environment that you can call home. All vital decisions are based on the core belief that serving our senior community is paramount.

We have the location, bricks, sticks, opportunities and services available for our residents to make this a friendly, active, positive place, full of great options to choose from each day to be active, involved and engaged in our Red Oak community.



## January Activity Corner

### Happy New Year!!

January is Winter Wonderland Month at Red Oak. We'll also be highlighting the Scandinavian Countries this month; Norway, Sweden and Denmark.

Did you know that the countries in Scandinavia have a variety of customs and traditions that are very different from ours? Christmas, like in many other European countries, have their primary celebration on Christmas Eve. Rather than leaving out food for Santa, children will leave out food for the Julenisse who are mischievous creatures who like to play tricks on people. If you are invited to a Scandinavian home for a meal, you will make the right impression by taking along a small gift for your host/hostess. The majority of Scandinavians will speak some English. They really will appreciate it, however, if you make an attempt to pick up a few phrases of their language (especially words like thank you) and use them. The Scandinavians use their words for 'thank you' a lot more than we may do. Thank you here can also be tacked on to a sentence instead of saying please. Although Scandinavians are friendly and open they are not a hugely tactile people until they get to know people well. So, it is wise to respect personal space of individuals. The Scandinavians will make many toasts when having a meal. In general it is considered respectful to wait for your host or hostess to raise a toast at the table before having a drink from your glass. It is also wise to toast back at some point and to make a point of looking at all of the other people at the table in the eye as you do so.

On Thursday, January 1st, we'll be counting down the New Year at 12 noon. There will be hats and noise makers for everyone. At 2 pm we'll have a New Year's Resolution Social in the dining room.

Herman Schlaht will join us on Tuesday, January 6th, for some of his wonderful accordion music with many familiar tunes. His performance will be at 2 pm in the dining room, so come on down!

Also on January 6th at 3:30 pm we'll be starting a Hooks and Needles group. We'll have our first meeting on this day in the Library on 3rd floor. We'll discuss some of the different projects we'd like to do and possibly see if there's a charitable organization we could help with some ongoing needs. This meeting is just to explore the possibilities. Please come and join us and see how you can contribute. Maybe there's something you've always wanted to try, but up until now haven't had the time or opportunity.

We are planning a couple of Armchair Travels to Scandinavia this month, the first one on Tuesday, January 13th, and the second on Tuesday, January 27th at 2 pm in #120. Let's see what these Scandinavian Countries look like, for those of us who haven't been lucky enough to travel there.

On Wednesday, January 21st at 12 noon we'll have a Scandinavian Smorgasbord. Our kitchen will be coming up with an amazing array of Scandinavian food for us to try.

We will be making a Swedish Nöme at 2 pm on January 22nd in the Activity Room on 2nd floor. These little fellows are pretty cute and are supposed to bring you luck, so you don't want to miss this fun activity.

On Thursday, January 29th, at 2pm we'll be making Swedish Spritz Cookies on 2nd floor in the activity room. We'll make enough for us to sample and then serve some at the social on Friday, the 30th.

Along with our regular grocery store trips this month, we have planned an outing to the Snoqualmie Casino for lunch and gaming on Thursday, January 15th, at 10:00 am. We've also planned a trip to Fred Meyer in Issaquah on Wednesday, January 28th, at 1:30 pm. Please sign up for these, and all trips, in the Activity Book near the front door.

