

June 1, 2015



INDEPENDENT AND ASSISTED LIVING

Red Oak Residence



Father's Day

The American tradition of celebrating Father's Day was the idea of an enterprising daughter, Sonora Smart Dodd. The notion struck her one Sunday in 1909 while listening to a Mother's Day sermon in Spokane, WA. She wanted a special day to honor her father, William Smart. Smart, a Civil War veteran, was widowed when his wife died in childbirth with their sixth child.

Mrs. Dodd proposed to Spokane city officials that the first Father's Day be observed on June 5, which happened to be her father's birthday. The local ministers needed extra time to prepare a sermon for the occasion, so the date was moved to June 19, 1910.

Father's Day has been widely celebrated ever since. In 1924, President Calvin Coolidge supported the idea of a national Father's Day. In 1966, President Lyndon Johnson signed a Presidential Proclamation declaring the third Sunday in June as Father's Day. But it wasn't until 1972 that it was officially proclaimed a national holiday when President Richard Nixon signed a Congressional Resolution declaring the third Sunday in June as Father's Day.

New Beginnings!

April 25, 2014 did more than just shake up our day! It led to lots of changes; some challenging and some opportunities. It pulled the rug out from under our scheduled remodeling projects resulting in some unanticipated updates. One such event centered around our Country Kitchen. It was originally named for its soft country décor and cooking activities. Over the years our focus changed to include multimedia, games and emphasizing access to the garden in addition to culinary classes and family gatherings. The blast shattered all the windows, glass was embedded in the walls, furniture was torn, blinds and valances shredded. Heavily damaged, the contractor used this space for nearly a year to coordinate repairs to the rest of our community. We re-opened the room for our Cinco de Mayo cocktail party last month. Its new colors, tables, furniture and artwork were no longer suggestive of a Country Kitchen. So, what shall we call it? Go on down and take a look. This is your home. You tell us what we should name this refreshing place. Drop some ideas off at the front desk and we will announce the winning name at the end of the month!

Moving Magic!

"Exercise is as close to a magic bullet as brain fitness gets" says John Medina, PhD, director of the Brain Center for Applied learning at Seattle Pacific University. In one study on exercise and memory, when active adults jogged for 30 minutes 2 to 3 times a week for 12 weeks, their memory and ability to



ICE CREAM SOCIAL
SATURDAY, JUNE 20TH
2:30-3:30

FAMILIES AND RESIDENTS INVITED
TO JOIN US FOR ICE CREAM WITH
ALL THE TRIMMINGS!

multi-task improved by 30%. Of equal importance, inactivity stops this process. While we are not advocating that you start jogging, you certainly could take advantage of this weather and walk to QFC, walk the park behind Red Oak,, attend sittersize or even Wii bowl to get your activity level up.



Our Caregivers

Choosing a caregiver is one of the most difficult tasks. We look for someone who is a “natural nurturer”, someone with a gift and desire to work with seniors. Usually the person is referred to us by either family or friends, or from one of our trusted employees. From there, we have interviews followed by a training program unique to Red Oak, a mentor program, DSHS Certified courses, continuing education, and each will have passed a Washington State Criminal Background Check and a Federal Fingerprint Check. Caregivers must also complete accreditation to meet Washington State’s Home care Aide requirements for Assisted Living Facilities.

Laure Anne coordinates a minimum of 12 annual hours of continuing education on topics as varied as individual health issues (such as high blood pressure and macular degeneration), lifting safely, fire prevention and food service. They are honest, trustworthy individuals that pass Criminal Background and Reference checks. If you know someone who would make a good addition to our team, please encourage them to come in and talk with us. Meanwhile, smile at a caregiver– it means so very much!

Hoping for a Heatwave

Should the amazing occur and summer actually arrive, here are some things to remember.

Individual apartments on the second and third floors have fans that are scheduled to be installed once the threat of rain is passed-(it ruins the windowsills).

- Your blinds will block out extra heat from the sun, so it’s a good idea to close them at lunchtime.
- Windows will let both cool and hot air into your apartment, so it’s best to close them in the afternoon so cool air is kept inside.
- Never have the outside windows open and have your door propped open at the same time. it will only overload and shut down the central air conditioner-(It’s a \$4000.00 repair that just doesn’t need to happen!)
- It’s warmest in the late afternoon and early evening so join an activity in an air conditioned common room. Mocktails in the dining room? Popsicles on the patio? A Mariner’s game on the big screen TV?
- Private air conditioners are allowed. There is a small electrical surcharge.



Flag Day Sunday, June 14th

Did you know that on June 14, John Adams introduced the following resolution before the Continental Congress: “Resolved, that the flag of the 13 United States shall be 13 stripes, alternate red and white; that the Union be 13 stars, white on a blue field, representing a new constellation.”

Flag Trivia

The first flag of the United States had a star and a stripe for each of the 13 colonies. Historians believe that George Washington interpreted the symbolism of the flag by saying” We take the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing liberty.

The colors of the flag have the following meanings: Red– hardiness and valor; White: purity and innocence; and the Blue: vigilance, perseverance and justice.

Since 1777, the flag has been changed 26 times. The last change to the flag was after Hawaii was admitted to the Union in 1959.

Robert heft, an 18 year old high school student, designed the modern flag for a class project. He received a B– for the project. He appealed the grade to his teacher, asking that if his design was accepted by Congress, his grade would be changed to an A. Heft got his A in 1958.

Interested in a Tour?

We are proud to have been voted Best Senior Care in the Valley since 2004 by the Valley Record. Red Oak enjoys a family atmosphere in a warm and welcoming environment that offers a wide range of activities and social opportunities to stay active and build friendships. We’d love to show you around the Red Oak community. To schedule a tour or to answer any questions you may have, just give us a call @ 425-888-7108.

