

Lea Hill

Herald



August 2010

for people who love life™

For People Who Love Life

As I write this article Eby Lodge is bursting with activity. I smell omelets and cinnamon rolls wafting down the staircase to my office from Chef David's monthly Omelet Bar. He is up in the Hoben Dining Room working his magic, creating smiling faces and full tummies. A moment ago I walked by the Fitness Center, looking to my right I saw residents swimming in the pool, to my left I saw others energetically engaged in the Cardio Circuit Class. In the hallway others are getting ready for the Core Strength class. Walking back to my office I walked with some of our Arbor residents as they were heading to the bus for their highly anticipated weekly Mystery Drive. And while all this is happening our Front Desk Receptionist is welcoming leaders from a local church who are using our Assembly Hall for the next two days for a planning retreat.

This is just a snap shot in time. Many more activities will happen today; many more the rest of the week. But this snap shot as the day started today showcases one of the many reasons I love this place. Wesley Homes Lea Hill is a place of energy and life. Many of my friends at Wesley Homes Lea Hill often comment that it's a good thing they are retired because they would not have enough time to get done what they do if they had to work too.

Wesley Homes Lea Hill is definitely a community for people who love life. Jesus said, "I am come that they might have life, and that they might have it more abundantly." Maybe some these activities that bring us together are a part of that abundance.

Grace & Peace,
Scott Hulet
Campus Administrator

Wesley Homes Lea Hill & Tames Alan Present

Soldiers in Petticoats: The Struggles of the Suffragettes

Thursday, August 26 (2:00 -3:00 pm)

Tames Alan is an actress, historian, and instructor who has combined her skills to create an educational program for people of All ages. In this lecture, Tames Alan appears in the authentic clothing of a suffragette and talks about the struggle of American women to gain the right to vote.

Dates to Remember

Parkinson's Support Group

Friday, August 6

(10:00 am) Fitness Center

Towne Meeting w/ Scott

Thursday, August 12

(2:00 pm) Assembly Hall

New Resident Orientation

Tuesday, August 17

(11:00 am) Holman

Conference Room

Macular Degeneration

Support Group is taking the

summer off. Their next

meeting will be Monday,

September 13 at 10:30 am

Holman Conference Room

Columbia Bank

Open Tuesdays

9:30-11:30 am



WESLEY HOMES™

815 South 216th Street

Des Moines, WA 98198

www.wesleyhomes.org

Fitness Center:

Looking for a new way to "step up" your workout? Consider using our newest addition to the fitness center ... AN EXERCISE BALL. It is a great tool to "step up" your workout and challenge your brain.

I know the idea of sitting on a ball can be a bit scary and I agree it does look a bit unstable at first glance, but the reality is, exercise balls are completely safe and offer many benefits for fitness training when properly used. For example, just sitting on the ball, activates the stabilizer muscles of your core which in turn can help with balance.

Exercise balls were first introduced in Switzerland in 1963 and have been a key component for rehabilitation and physical therapy for many years. They became standard equipment in fitness centers around the world in the 1990's. Exercise balls can help increase neuromuscular functioning, improve coordination, and develop muscle synergy.

As with any exercise program, safety is of utmost importance. Please set up a consultation with me before using an exercise ball on your own or attend one of the following exercise classes: Core Strength, Super Senior Strength, Tai Chi for Arthritis, or the Club Affinity Circuit to learn more about the exercise ball and its benefits.

Together, we have traveled over 6,000 miles in South America. Congratulations!!! Join me this month as we explore Brazil, the largest country in South America.

Angelique



Functional Fitness Assessment

Tuesday, August 17 (12:30 - 1:30 pm)

Whether you are just thinking about beginning an exercise program or someone who has been exercising forever ... a functional fitness assessment is a great way to see where you can improve your daily living functional abilities. This fitness assessment is designed specifically for individuals ages 65 and older to assess or reassess your cardiovascular endurance, flexibility, muscular strength and endurance, body composition, agility, balance, and coordination. Interested? Sign up today in the fitness center, space is limited.

Quarterly Education Series:

Thursday, August 19 (10:00-11:00 am)

Held in the Assembly Hall

"How to talk to your doctor" Presented by Multi Care. This is a complimentary presentation open to Lea Hill Residents, Guests and Family Members.

Circuit Training in the Pinnacle Room

Friday, August 6 at 10:15 am



Resident Birthdays for August

Rita Warren	August 1
Delores Meyer	August 3
Ed Knaff	August 3
Roland Page	August 5
Bill Mathers	August 5
Orville Swanson	August 5
Carol Burks	August 6
Verna Timm	August 9
Andre Ameny	August 10
Andrew Harron	August 11
Betty Johnson	August 11
Rollin Stierwalt	August 11
Lauretta Corbin	August 13
Joan Bender	August 15
Jeanne Brookman	August 15
Edward Pawlowski	August 15
Lou Estrada	August 17
Darrel Brookman	August 20
Marcia Bracher	August 21
Luella Sisk	August 21
William Nelson	August 24
Beverly Spezza	August 24
Marjorie Wolfe	August 27
Don Sundberg	August 28
Kathrine Hansen	August 29
Della Anderson	August 30
Bernice Larson	August 31

Monthly Birthday Celebration will be **Thursday, August 19 at 2:00 pm** in the Assembly Hall. Entertainment is by "The Icicle River Band.

August Wedding Anniversaries

Robert & Lou Estrada	Aug. 9, 1946
Gene & Marylou Offenbecher	Aug. 17, 1946
Bill & Solveig Nelson	Aug. 21, 1948
Dick & Margaret Fiedler	Aug. 25, 1950

Foundation News



By Sten Crissey

From time to time residents find heartwarming ways to respond to the loss of a neighbor's loved one. Such was the case recently when remembrances honoring Ken Cox, Pat Cox's husband, were sent to Wesley Homes Foundations' Lea Hill Residents' Assistance Fund. That Pat's Lea Hill friends would remember Ken in this way was very touching to her and greatly appreciated.

Realizing that many friends and acquaintances would like to express their feelings of sorrow through a charitable gift, some Wesley Homes residents who have lost a loved one have welcomed memorial gifts to the Wesley Homes Foundation through obituary notices in the newspaper. Still others sustain the memory of a loved one by creating a charitable gift annuity that will generate additional income for the donor while providing a future gift, or deferred gift, to the Foundation.

The generous spirit of these gifts represents a beautiful legacy with which to honor beloved family members or friends. In addition to the family, the Foundation officers and staff are deeply appreciative of the thoughtfulness that is reflected in these gifts and encourage anyone to contact us if they have questions regarding ways to create remembrances that will honor their loved ones while also benefiting the residents of Wesley Homes through the Foundation. To reach the Wesley Homes Foundation staff, please call Sten Crissey (206) 870-1126 or Kari Rallo (formerly Keller) at (206) 870-1331.



32049 109th Place SE
Auburn, WA 98092

www.wesleyhomes.org

Front Desk

253-876-6000

Fax

253-876-6001

Department Staff	Ext.
Campus Administrator	6013
Scott Hulet	
Activity Director	6058
Lori Britton	
Executive Chef	6064
David Beall	
Dining Room Manager	6064
Jennifer Grantham	
Maintenance Director	6059
Jeff Berrens	
Community Relations Director	6014
Geri Montoya	
Office Manager	6012
Nancy Shaflik	
Lead Receptionist	6000
Mary Warden	
Chaplain	6050
Reverend David Ernst	
Wellness Nurse	6007
Diane Krogsveen	
The Arbor Nurse Manager	6003
Doris Crowe, LPN	

Our Mission

Wesley Homes is a faith-based organization providing retirement communities and a network of services for older adults.

With love and joy, we are called to meet the physical, social and spiritual needs of those we serve.

We affirm the worth of all those we serve and those who provide service.



National Night Out

Tuesday, August 3 (7:00-9:00 pm)

You are invited to join your Lea Hill neighbors for : **LIVE Music by “The VZ Valley Boys” Blue Grass Band. Next to Village Home 22.**

Visit with the Auburn Police and Fire Department and Auburn Mayor Peter Lewis.

Prizes, Refreshments, fun for the entire family.

Cooking with Chef David:

Wednesday, August 3 (11:00 am-1:00 pm).

Prepare and enjoy a Beef and Chicken BBQ luncheon with Chef David.

There will be a \$5.00 charge per person to be paid at the time of class at the Front Desk. This class is limited to 5 participants. Any questions? Call Lori at extension 6058. Please sign up in the book located in the Andrews library under Culinary Services tab.

Arbor Summer Family BBQ #2

Wednesday, August 25 (12:00-1:30 pm)

Join The Arbor Residents for a Summer Barbeque.

We will be cooking outside and enjoying another delicious meal.

Please RSVP in the book located in the Andrews Library under the Culinary Service tab or call the front desk at extension 6000 or 253-876-6000 by Friday August 20. Limit two guests per Arbor Resident.