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New Residents
Please make welcome:
Connie R.
Julia L.
Edna S.

The Chef's Corner

Sunshine, flowers, the garden has been planted, and then there is the smell of freshly mowed grass all wonderful signs of Summer. We look to use what nature gives us each season to enhance our menu, eagerly awaiting the summer fruit’s and vegetables. There is a beautiful orchard of fruit trees here in Clatskanie that we will be able to utilize this summer and beyond! With that in mind, consider the following fruit salad recipe; it is rich in vitamins and minerals that will give your immune system a nutritional boost.

This salad makes a simple and satisfying treat for any summer meal, including breakfast! Picture it: a quiet evening on the patio or in the back yard stargazing with a bowl of nature’s gems! Enjoy!

FRUIT SALAD
1. Cut up grapes, bananas, cantaloupe, strawberries, pineapple, oranges, honeydew, and any other fruit you enjoy.
2. Mix with two cups of plain yogurt and two cups of whipped topping.
3. Chill until serving time.

What a beautiful time of the year: spring has worked her magic, Mother’s Day blessed us with the beauty of flowering trees and shrubs, and Memorial Day gave us the impetus to plant our vegetable gardens. We gallantly proceed into the summer months armed with hoes, shovels, and clippers to keep all the unruly flora in line!

The same goes for The Amber. We have a garden that the residents are welcome to participate in. The biggest threat to our garden is the deer who find as tasty treats the precious plants that the residents plant. One of our resident loves to grow pumpkins. He is determined this year to grow one that is record-breaking in size. He started his seeds a month ago; three of them have survived, and he is anxious to get them in the ground. He is patiently waiting for us to develop a fool-proof defense against the deer. I’ll give you an update in the next issue.

The garden is not the only thing that is nourished at The Amber: our staff is continuously nurtured. Our employees are provided on-line training on a variety of health and safety topics that benefits them personally as well as the residents. Additionally, in-services are provided throughout the week to help them do their tasks more effectively. We have a core staff that provide the residents with delicious meals, a clean environment, and caregivers who work around the clock to meet each and every need in a variety of ways. This core is backed-up with on-call staff and a pool of applicants to maintain a positive, loving home for the residents. I’m happy to explain that everyone who works at The Amber undergoes a criminal background check (that sometimes includes fingerprints) and a drug test before they are hired. This guarantees that the residents have care provided by reputable people who take resident care seriously and provide it professionally.

Consider this metaphor: the bouquet of Amber residents with their varied backgrounds are nourished with talents and skills of the Amber staff in a soil rich in love, professionalism, and pride, making it a verdant place to live and work.

Please know that you are always welcome to visit. A good place to begin is at Friday Tea each week at 4 p.m. We would love to meet you. Enjoy summer!

—Greg Buzzy, Executive Director
Employee Spotlight

This month’s Employee Spotlight is shining brightly on a new Amber employee: Nick Delma. Nick has been with us for two months as our housekeeper. Nick lives in Clatskanie after an approximate seven-year hiatus to travel wherever the spirit moved him to visit, enjoying what life has to offer. “Settling down” is not a phrase in his vocabulary, however, he is looking to pursue a career in one of his passions: graphic design. He described with great joy the recent tour he had of the LCC campus in Longview where he soon hopes to begin classes. Nick is the oldest of three in his family. He enjoys biking, snow-boarding, fishing and hunting with his father, and drinking coffee. You might be surprised to know that Nick helped to construct the Skate Park in Clatskanie. We are happy that Nick has joined our Amber family, and we look forward to a long relationship.

Director of Health Services

Many people take multiple medications, especially the elderly. There are medications that can be time-critical medications meaning that they require administration within a specified period of time before, after, or with meals—for example, rapid, short, or ultra-short-acting insulins. Untimely medications may cause health risks or loses their potency. One common problem associated with medication use among older adults and many people with disabilities is the use of multiple medications at one time, also referred to as “polypharmacy.” Research shows that the more medications a person takes, the greater the risk of experiencing a medication-related problem. Many chronic conditions or diseases such as diabetes, heart disease, high blood pressure, and pulmonary diseases often require the use of multiple medications. It is important to inform your physician about any over-the-counter (OTC) medications that have opposite effects on your body can interact which may reduce the effectiveness of one or both medications. For example, OTC decongestants may raise your blood pressure, so they can cause opposition when taken with certain antihypertensive medications.

Always tell your physician about all supplements, vitamins, and minerals you take even for just a short time.

Birthdays

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<tr>
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Director of Marketing

Common Questions Asked When Looking for Care

Is it time for you or someone you know to make a decision to find a good support for your senior family member? Somewhere that provides a caregiver that will take care of every need, 24 hours a day.

Families always have the same questions. What are the options? How much does it cost? What will life be like? How can you make the transition easy? There is no love like the love family has for one another. Here are some questions below that have been asked by many families I have talked with over the past few years:

1. Is there assistance with personal care available? A: We have a plan to encourage and help our residents receive personal care services.
2. Is there assistance with medications? Both giving and ordering? A: Our RN works with our residents Doctors to ensure the medications are correctly scheduled and re-ordered.
3. I would like my loved one to join in activities. Can you encourage specific activities my loved one would like to do? A: Our program for interaction and activity starts with a meeting with you and your loved one to find out what would be of interest. There are reminders and escorts available to help ensure our residents get to their favorite activities.
4. How often can I visit? A: We have an open door policy. You may visit at any time.
5. My loved one has dementia and does not remember how or when to complete tasks. Can your staff help? A: We offer reminders and cueing to all residents as often as they need it.

There are never too many questions when it comes time to taking care of your loved one. Call me at any time. I am here to help answer any of your questions, and help your loved one get to the proper care they need.

—James Nikolas, Director of Marketing

There is always something fun happening at The Amber