Many years ago when I would build a care team, I looked for kindness, integrity and someone with a passion for seniors. If I was lucky, I found someone with one or two of those characteristics who possessed some applicable experience and punctuality. By the time I had five years of experience I had built a tool chest of checklists, schedules, policies and procedures. In more recent years the State of Washington has assisted the Assisted Living communities by creating a required curriculum to develop staff and offer them an opportunity to learn skills that will aid in providing care and services to our senior population.

Below I have inserted a table which outlines some of the training requirements prior to employment as well as within the first few months.

At Woodway I am approved by the State to train my team in regard to Safety, Orientation, Mental Health and Dementia. Many Assisted Living communities have someone on their own team who is approved to train.

I am proud to say that Woodway obtained a deficiency free survey in 2014 from the State of Washington. Part of this evaluation is the training and the skill set of our team. Although, we strive everyday to keep learning and adding to our tool chest, this was an achievement that reflects on the care and dedication of the team.

— Tresa Mariotto, Executive Director

### New Residents

Please make everyone welcome:

Orville and Marcie P.

### The Chef’s Corner

**Key Lime Pie**

Preparation Time: 5 minutes  
Cook Time: 8 minutes

**Ingredients:**

- One 9-inch prepared graham cracker crust  
- Two 14-oz cans of sweetened condensed milk  
- ½ cup of sour cream  
- ¾ cup key lime juice  
- 1 tbs. grated lime zest

**Instructions:**

1. Preheat oven to 350 degrees.
2. Place milk, sour cream, lime juice, and grated lime zest in a medium bowl. Whisk until thoroughly combined and pour into the prepared graham cracker crust.
3. Bake 5-8 minutes, until pinhole bubbles burst on the surface of pie.
4. Chill at least two hours before serving. Top with whipped cream.

— Miranda Buck, Dietary Manager
There is always something fun happening at Woodway.

**Marketing Director’s Notes**

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.

6. Is there ongoing training and meetings for families to learn more about Dementia?
   - A: We have monthly meetings that help with day-to-day interaction with loved ones with Dementia. Look for invites to monthly meetings on our Facebook page as well as on the calendar at the Senior Center.

There are never too many questions when it comes 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.

—Lindsay Hilton, Director of Marketing

Health Services Notes:

Medications—we take them because our doctor tells us to, right? A recent survey of 17,000 Medicare beneficiaries found that two out of five patients reported taking five or more prescription medications (this does not include vitamins or other over the counter supplements). As we age, chronic conditions such as diabetes, high blood pressure, and arthritis become more common and the number of pills taken in a day can increase dramatically.

So how do you know which medications you should take at which time? For many of us, the doctor’s prescription will have instructions for example, “take one tablet by mouth once a day,” leaving you to decipher what time of the day you should take it. It is important to consult with your pharmacist to determine a daily regimen for each pill you take. For example, should your diabetes medication be taken with food? Without food? At bedtime? Taking this pill at a “convenient” time for you might not be the best way for the medication to work. It is also important to keep in mind if one medication will interact with another. Many prescription bottle labels say, “take on an empty stomach,” but if you have two prescriptions that say that, is it ok to take them both at the same time? Your doctor and/or pharmacist will be able to help you manage your medications so each one is working most effectively. Taking your prescribed medications, along with diet and exercise, can help your body function at its best to help you live a happier and healthier life.

Please visit me with any questions. I am usually in the Medication Chart Room. I look forward to meeting you.

—Rita Van Horn, RN

**Life Enrichment Coordinator’s Notes**

Thirty "not-so-average" days...

Have you ever wondered how in the world an activity calendar is created? The final product is always a mystery, and it should be. In a recent conversation with a resident, she posed a question to me as she threw up her hands and exclaimed, “How in the world do you do it?" Creating the activity calendar reminds me of our "Easy Bake Oven" class where I gather all the ingredients, measure some, and toss in some extras like sugar and spice, and it turns out so nice! All the ingredients that are required must be included and then the rest is measured by talent, desire, taste, and interest. When all is said and done, we add the frosting, the sprinkles, and stick in some sparklers to make it shine. You take fantastic pictures, eat great food, drink, and be merry as we celebrate its goodness! Enjoying the final product is the best part of every day. As an activity professional, I am always striving for something new and different. This quest is based off the residents who live at Woodway. It’s about our residents and meeting their physical, spiritual, intellectual, and emotional needs. It’s about socialization, trying new activities, and sticking with the oldies but goodies that everyone loves. We have our standbys such as exercise and games and parties, but it’s about much more than that. Every month in our Resident Council Meeting, we talk about upcoming events and suggestions, and that starts the ball rolling. Then I rely on a team of 16 current volunteers that assists or lead programming. Input comes from our team members. Every month, we are given approximately thirty, not-so-average days.

Long ago in my career, I interviewed 50 residents and asked them this question, “In your mind, do you feel your age?” The reply overall was, “no, in my mind, I am younger”, and so I figured out that programming must be geared to a younger heart. Could we still go fishing, walk the mall, and go shopping? Would our ladies enjoy a Purple Hat Society exclusively for women? Would they come to an exercise class called “Move to the Music” and actually do exercise to music from the Backstreet Boys and Diana Ross or Sawyer Brown? YES! With the spirit of fun, with the spirit of growth, with the spirit of respect and honor, the activity calendar is created, one day at a time with each resident in mind, and you have thirty not-so-average fun-filled days.

—Jacqueline Jaggers
Life Enrichment Coordinator

**Happy Birthdays**

**JULY**

Helen K. ....................... 4
Eleanor C. ..................... 8
Anthony J. ..................... 9
Mary H. ......................... 18

**AUGUST**

Shirley A. ..................... 5
Shirley L. ....................... 5
Judell H. ....................... 16

**SEPTEMBER**

Faye M. ........................ 1
Joan B. .......................... 3
Aurthur P. ...................... 6
Wilma E. ....................... 22

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—Jacqueline Jaggers
Life Enrichment Coordinator

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