



Warm Beach

SENIOR COMMUNITY
Christ Centered - People Focused

August 2017

Dear Warm Beach Friend,

Summer always seems to fly by, but there are new things still to appreciate in August. Gardens are yielding the last of their summer crops, children are shopping for back to school supplies, and the thought of Autumn is bringing its own special joy. Wherever the month takes you, we hope that you are staying cool and safe.

In This Month's Newsletter:

1. Introducing our new Health Care Administrator
2. Have You Had Your Eyes Checked Lately?
3. Get to Know Lori Fekkes, Warm Beach Nurse
4. Learn to Use Exercise Equipment at August Health & Wellness Series
5. What Can You Do This Women's Equality Day?

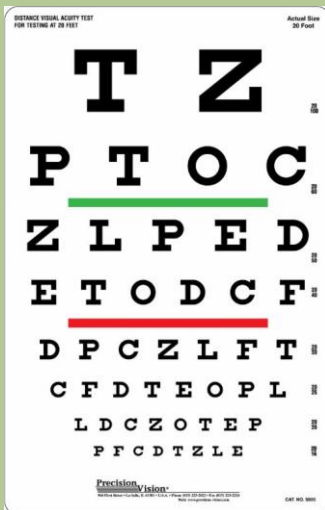
Meet John Hovey, Health Care Administrator



Warm Beach is pleased to welcome our new Health Care Administrator, John Hovey. A native of Bellevue, John is a UW graduate and has been a resident of Snohomish County for ten years. His career began in admissions and marketing for a skilled nursing facility, but he later earned his Nursing Home Administrator's License. John and his family are moving to Granite Falls, and he says he loves "getting to know the residents and hearing their stories." When not working,

John spends time with his family, golfs, and enjoys camping. Please make sure to say hello when you see him in the hallway.

Taking Care of Your Eyes



This month is National Eye Exam Month. The loss of sight is a difficult thing for many seniors to grapple with, as it can affect the ability to drive and do other basic tasks that used to come much easier. Though it might seem like there is little we can do to protect the health of our eyes, in fact there are important things everyone should keep in mind to take good care of their eyes, including regular exams.

The end of a matter is better than its beginning; Patience of spirit is better than haughtiness of spirit.- Ecclesiastes 7:8

Staff Profile: Lori Fekkes



This month we highlight longtime Warm Beach nurse Lori Fekkes. Lori, now the admitting nurse, served for twenty years as Evening Charge Nurse and two years as the Cedar Court Nurse. A mother of five boys, Lori appreciated how flexible Warm Beach was as she raised her children, allowing her to homeschool and work at the same time. Now with her children grown and moved on, Lori still loves her job at Warm Beach. Her parents were both residents here, and Lori says that for her "serving Warm Beach and its residents equates with serving the Lord." Lori enjoys kayaking, travelling, and spending time with her grandchildren. She just celebrated her 23rd anniversary at Warm Beach!

Improve Your Exercise Routine

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Want to shake up your workout routine, but feeling confused about how to safely make the most of the exercise equipment? You're not alone! Join us for our August Health & Wellness Series presentation on the proper, safe, and effective use of the exercise equipment available to residents in Beachwood. Join the physical therapy team on Wednesday, August 16th at 10:00AM in the Beachwood Exercise Room.



The Fight for Women's Equality Continues



The world has come a long way in creating equal opportunities for women, but they remain underrepresented in politics, law, and other important fields. There are many ways you can support women, and being an advocate and ally is one of the most important. Look into ways you can support global initiatives for women's equality through such efforts as the Half the Sky movement.



**HAPPY
SUMMER!!!**

Enjoy your August!

"The summer night is like a perfection of thought."
-Wallace Stevens

Upcoming Activities and Events

We would like to extend an invitation to you to be our guest at one or all of the upcoming events. All are located in Beachwood Lounge, unless otherwise stated.

August 1, 2017

Christian Advocates Breakfast, 8:00 AM, program at 8:40 AM

August 3, 2017

From Clutter to Clarity Class in the Craft Room, 1:00 PM

August 4, 2017

Thrift Store Shopping Trip, bus departs from front lobby. Sign up in the Volunteer Office

August 11, 2017

Ice Cream Social, 2:00 PM

August 15, 2017

Christian Advocates Breakfast, 8:00 AM, Program at 8:40

August 15, 2017

Resident Council Meeting, 2:00 PM

August 16, 2017

Health and Wellness Presentation, Proper Use of Exercise Equipment, 10:00 AM;
Exercise Room in Beachwood

August 21, 2017

Solar Eclipse

To find out more about an upcoming event, please call 360-652-2645. We also welcome you to visit and explore the Warm Beach Senior Community website located at www.warmbeach.org.

Warmest Regards,

Sheila Bartlett

Contact Information



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