

## **CLATSOP CARE**

MEMORY COMMUNITY

2219 SE Dolphin Avenue • Warrenton, OR 97146 • (503) 994-2060



All three Clatsop Care Center Health District busses were part of the Astoria Regatta Parade. The memory community had a great time. We can't wait till next year!



### September 2024

#### **Staff Directory**

Merlita Alcobendas	Dietary Aide
Jacki Anderson	
Karen Benjamin	Caregiver
Nicole Bernal	Activities Assistant
	Dietary Aide
	Caregiver
	Caregiver
Ashley Gramson	Administrator Assistant
Summer Guinn	Housekeeper
Izzy Hernandez	Caregiver
Nick Houck	Team leader/Caregiver
Andrew King	Caregiver
Beth Laforteza	Dietary Aide
Heather Lunsford	Caregiver
	Team Leader
	Registered Nurse
	Chef
Amanda Mendoza	Caregiver
John Nelson	Dietary Aide
	Caregiver
Larry O'Donnell	Maintenance Director
	Caregiver
	Dietary Manager/Chef
	Caregiver
Hannah Ross	Administrator
Jennie Ruiz	Caregiver
	Caregiver
	Caregiver
Jasmine Sleutel	Resident Care Coordinator
O	Caregiver
Nadine Subia	Activities Director
Jessica Vargus	
	Dietary Aide



# September 2024

LOBBY

ACTIVITY ROOM

SING-ALONG

BUS RIDE

MEMORY COMMUN	IIY					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Snack & Hydration 10:30 Chicken Soup for the Soul Stories 1:00 Men's Facial Care 2:00 Snack & Hydration 2:45 Bus Ride	Labor Day 2 10:00 Snack & Hydration 10:45 Sensory Activity 1:00 BINGO! 2:00 Happy Hour! -Labor Day celebration 2:45 Bus Ride	10:00 Snack & Hydration 10:30 1 on 1 visits 1:00 Manicure & Pedicures 2:00 Snack & Hydration 2:45 Bus Ride / Drop Biscuits at Shelter	10:00 Snack & Hydration 10:45 What's in the news? 1:00 BINGO! 2:00 Piano with Marilyn  2:00 Snack & Hydration 3:30 Karaoke!	4 National Cheese Pizza Day! 5 10:00 Snack & Hydration 10:30 1 on 1 visit 1:00 Manicure & Pedicures 2:00 Snack & Hydration - Cheese Pizza 3:00 Make dog Biscuits for the shelter	10:00 Snack & Hydration 10:45 Morning Exercises! Move & groove 1:00 Trip to ride the Astoria Trolly 2:00 Snack & Hydration 2:45 Bus Ride  3:00 Piano with Georgia ♪	9:30 What's in the news? 10:00 Snack & Hydration 10:30 Online Church Service 1:00 Arts & Crafts! 2:00 Snack & Hydration 2:45 Bus Ride
8 10:00 Snack & Hydration 10:30 Chicken Soup for the Soul Stories 11:30 Picnic at Coffenbury Lake 1:00 Men's Facial Care 2:00 Snack & Hydration 2:45 Bus Ride	10:00 Snack & Hydration 10:45 Sensory Activity 1:00 BINGO! 2:00 Snack & Hydration 2:45 Bus Ride	10:00 Snack & Hydration 10:30 1 on 1 visits 1:00 Resident Council 1:30 Manicure & Pedicures 2:00 Snack & Hydration 2:45 Bus Ride / Drop Biscuits at Shelter	10:00 Snack & Hydration 10:45 What's in the news? 1:00 BINGO! 2:00 Piano with Marilyn  2:00 Snack & Hydration 3:30 Courtyard games & Music	10:00 Snack & Hydration 10:30 1 on 1 visit 1:30 Live music! Seaside Strummers  2:00 Snack & Hydration 3:00 Make dog Biscuits for the shelter	13 10:00 Snack & Hydration 10:45	9:30 What's in the news? 10:00 Snack & Hydration 10:30 Online Church Service 1:30 Seaside Wheels & Waves Car Show 2:00 Snack & Hydration 2:45 Bus Ride
15 10:00 Snack & Hydration 10:30 Chicken Soup for the Soul Stories 1:00 Men's Facial Care 2:00 Sing along with Pastor Stephen 3:00 Bus Ride	National Play-Doh Day! 16 10:00 Snack & Hydration 10:45 Sensory activity- Play-Doh 1:00 BINGO! 2:00 Snack & Hydration 2:45 Bus Ride	10:00 Snack & Hydration	10:00 Snack & Hydration  11:00 Maritime Museum Presentation  1:00 BINGO!  2:00 Piano with Marilyn  2:00 Snack & Hydration  3:30 Karaoke!	18 10:00 Snack & Hydration 10:30 1 on 1 visit 1:00 Manicure & Pedicures 2:00 Snack & Hydration 3:00 Make dog Biscuits for the shelter	10:00 Snack & Hydration 10:45	9:30 What's in the news? 10:00 Snack & Hydration 10:30 Online Church Service 1:00 Arts & Crafts! 2:00 Snack & Hydration 2:45 Bus Ride
Last Day of Summer 22  10:00 Snack & Hydration  10:30 Chicken Soup for the Soul Stories  10:30 Men's Facial Care  1:00 End of Summer Luau!  2:45 Bus Ride	10:00 Snack & Hydration	Autumnal Equinox 24 10:00 Snack & Hydration 10:30 1 on 1 visits 1:00 Manicure & Pedicures 2:00 Snack & Hydration 2:45 Bus Ride / Drop Biscuits at Shelter	10:00 Snack & Hydration 10:45 What's in the news? 1:00 BINGO! 2:00 Piano with Marilyn  2:00 Snack & Hydration 3:30 Courtyard games & Music	25 10:00 Snack & Hydration 10:30 1 on 1 visit 1:00 Manicure & Pedicures 2:00 Snack & Hydration 3:00 Make dog Biscuits for the shelter	10:00 Snack & Hydration 10:45 Morning Exercises! Move & groove 1:00 BINGO! 2:00 Snack & Hydration 2:45 Bus Ride ☐ 3:00 Piano with Georgia ♪	9:30 What's in the news? 10:00 Snack & Hydration 10:30 Online Church Service 1:00 Arts & Crafts! 2:00 Snack & Hydration 2:45 Bus Ride
10:00 Snack & Hydration 10:30 Chicken Soup for the Soul Stories 1:00 Men's Facial Care 2:00 Snack & Hydration 2:45 Bus Ride €	10:00 Snack & Hydration 10:45 Sensory Activity 1:00 BINGO! 2:00 Monthly Birthday Celebration 2:45 Bus Ride					All Events Are Subject to Change

### September Birthdays!



Art T 9/4, Vicki O 9/12, Dianne W 9/30, Brittnie 9/6, Ken 9/10. Happy Birthday to you, Happy Birthday to you, Happy Birthday to Art, Vicki, Dianne, Brittnie & Ken. Happy Birthday to you!

"September, thanks for the reminder that change can be beautiful".

"It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs".

"To kindness and love, the things we need most".

"Be yourself. Everyone else is taken".

"The elevator is out of order. You'll have to take the stairs. . .one step at a time".

"There is no way to be a perfect person...but a million ways to be a good one".

"Start your day with happiness and gratitude".

"If you see someone without a smile, give them one of yours".

### Meet a Couple of Our Caregivers!



Heather & Carly

Heather was born and raised in Oregon. She was a store manager at Safeway before becoming a caregiver. Heather states she loves working with the residents and helping with their day to day needs. She has two beautiful children and in her free time enjoys going on walks at the beach and exploring new places.

-"This too shall pass".

Carly was born and raised in Clatsop County. She worked at Main St Market before becoming a caregiver. Carly states she loves getting to know the residents and being able to assist them with their daily needs. She has 4 adorable dogs and 1 cat. In her free time, she enjoys fishing, hanging out at the lake and being with her friends.