



# CLATSOP CARE

## MEMORY COMMUNITY

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

### September 2024

#### Staff Directory

Merlita Alcobendas	Dietary Aide
Jacki Anderson	Chef
Karen Benjamin	Caregiver
Nicole Bernal	Activities Assistant
Sarah Drella	Dietary Aide
Alicia Duffey	Caregiver
Mildred Fernando	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
Roberta Martin	Team Leader
Shantell Mason	Registered Nurse
Angie McGillis	Chef
Amanda Mendoza	Caregiver
John Nelson	Dietary Aide
Eveline Norgren	Caregiver
Larry O'Donnell	Maintenance Director
Bri Palmer	Caregiver
Kenneth Raymond	Dietary Manager/Chef
Martin Rodriguez	Caregiver
Hannah Ross	Administrator
Jennie Ruiz	Caregiver
Carly Scherman	Caregiver
Shaleah Sinnett	Caregiver
Jasmine Sleutel	Resident Care Coordinator
Paige Stowers	Caregiver
Nadine Subia	Activities Director
Jessica Vargus	Team Leader
	Dietary Aide



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 Birthdays!



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