



WASHINGTON CARE CENTER
Understanding your rehabilitation and long term care needs.

Connections



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Resident Spotlight

Nathan Ross

A resident of Washington Care Center since August, 93-year-old Nathan Ross' story is one of adventure. Nathan was born and raised in Vernon, FL. His parents owned a 1000 acre farm, where they grew corn, peanuts, cotton and various potatoes, including sweet, white and purple. They also had dairy cows, hogs and other farm animals.

Nathan had many chores at home. Beginning at the age of seven, his responsibilities before school included milking and separating the cows from the calves. After school, he collected wood, fed the hogs, put the calves out to graze and the cows in the lot.

Nathan went to school through 10th grade. At the age of 18, he left the farm for southern Florida, where he worked on a vegetable farm, started a sugar cane farm near Lake Okeechobee and drove trucks for several companies.



For the next 15 years, Nathan said that he led the adventurous life of a hobo. He knew all the train lines and routes and traveled in the freight cars. He knew how to avoid getting caught by the authorities. Having a good pair of running legs helped! Nathan said the B&C Railway moved so slowly that he had time to jump off the car, pick and eat berries until his "belly was full," then jump back on the last car!

During that time, Nathan worked odd jobs long enough to save a few dollars. He'd then move on to another destination.

He traveled to New York, North Carolina, Virginia and other states.

Once, during his traveling days, Nathan met an impoverished family of five in Texas. It was during the Depression and the family wanted to get to Sarasota, FL where their brother-in-law had a grapefruit farm. Nathan

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*Ruby's Recipe***Cabbage Patch Soup** *(Makes 10 servings)***Ingredients:**

12 ½ oz. ground beef
 7 ½ oz. diced celery stalk
 3 1/3 oz. chopped onions
 2/3 can of kidney beans
 2/3 can of diced tomatoes
 1 oz. macaroni noodles
 5 ½ oz. raw cabbage
 1/3 tsp. black pepper
 ½ tsp. chili powder

1 tsp. Lea & Perrins
 Worcestershire sauce
 1/3 tsp. garlic powder
 ¾ oz. beef base
 2 ½ cup water



Thaw meat. Prepare broth with soup base and water. If not using ready-to-use chopped cabbage, celery and onions, wash whole peeled onions, cabbage and celery under cool, running water, chop, cover and refrigerate until needed.

1. Brown ground beef and vegetables; drain off the fat.
2. Add all the ingredients and simmer soup for 30 minutes, adjusting thickness with water and beef base if needed. Remove from stove. Transfer to serving vessels. Cover and hold for service (140 degree, 1 hr.).
3. Serve with a 6 oz. ladle per portion. Service: Maintain temperature of finished product above 140 degrees during entire service period. Keep covered whenever possible take and record temperature of unserved product every 30 minutes. Maximum holding time: 4 hours.

Volunteer Help Needed

Washington Care Center has several volunteer opportunities available! These positions include:

1. **Snack Shack Operator:** 1-3 times per week. (M,W,F) 4:30 p.m. to 5:00 p.m. Sales of snack items to residents, staff and visitors.
2. **Library Cart:** 1 time per week, your choice of time. Wheel library and supply cart room to room to provide reading and arts and crafts materials to residents.
3. **Decorator Extraordinaire:** Once a month. Comes in near the end of month or the first day of new month to change out decorations and calendars on all floors.

Management Team

Scott Hale
 Executive Director

Helen Sikov
 Administrator

Gary Engelmann
 Controller

Eden Montalbo
 Director of Nursing Services

Karen Aguilar
 Director of Social Services

Mike Steiner
 Director of Admissions and
 Marketing

Lori Graham
 Dietician

Jerry Smith
 Environmental Director

Richard Lowery
 Director of Housekeeping/
 Laundry

Sharon Nienow
 Health Information Services
 Director

Lora Ray
 Therapeutic Recreation
 Director

Anita Lin
 Rehabilitation Manager

Kathleen Mulron
 Business Office Manager

Message from the Administrator

I recently returned from a 21-day vacation in Germany, Austria and the Czech Republic. It's fun highlighting my journey with those of you interested in my latest adventure. I love to travel, and have since a young age. It is an opportunity to experience other cultures first hand and learn about the history and traditions. I enjoy hearing about world happenings, from others' perspectives. What we see on the Internet, TV, and read in the paper is not everything! It is valuable to listen to people's unique experiences within their own countries and hear their views of America. My family and I talked to people of all ages and backgrounds (and took their pictures!), and found that just as in America, there are generational, ethnic and religious differences that bring about lively conversations.

Having been concerned about elder care for many years, I always observe how other countries address care and the services they provide to their aging populations. For example, manual wheelchairs can be motorized for maneuvering on cobblestone. I noticed much effort was made to carry people in wheelchairs up the many steps to a 16th century cathedral so everyone could attend services. Most "homes for the aged" (as they're called there) are, in Germany at least, in the Alte Stadt, or older part of the city. I visited one in Nurnberg and the building is a beautiful 17th Century historical establishment of the city, donated to care for elders and students at the university. So, everyone lives together in that area, with a



definite difference in décor.

The music scene is vibrant and American music is played everywhere. The street musicians seem to like "Sweet Home Alabama" and John Denver's "West Virginia," but everything from R&B, jazz, and rock can be heard in the restaurants and clubs. The most popular genres are classical and religious.

We hiked and walked to enjoy the spirit of the country, from the Salt Mines of Bavaria to the Alps. Castles, palaces, museums, and parks are abundant and we did our best to see and appreciate as much as possible. We always ate the local cuisine, even though there are some familiar American franchises. Having lived in Bavaria, I had a sense of nostalgia, but so much has changed!

Returning is always an opportunity to reflect on the spiritual aspect of my travel experiences. I also thought a great deal about Washington Care Center, both what we have accomplished together this past year and contemplating the future. Significant events occurred at the facility during my brief absence.

I will end with a tribute to someone I truly treasured as part of our community—Lois Hardy, a Washington Care Center employee for 43 years. I was in no way prepared for her passing. To her, and those who loved her, I wish you loving kindness and peace.

"May I and all beings, be freed from pain and sorrow. May I and all beings, be held in compassion. May I and all beings, be reconciled. May I and all beings, be at peace."—J. Kornfield.

So my journey away ends, and I start another chapter here.

—Helen Sikov, Administrator

Common Cold versus the Flu – What You Should Know



Do you feel like you've been hit by a truck? If so, you might have the flu. Or it could just be a case of the common cold. This is the time of year when colds and flu like to strike. All too often, people get symptoms and assume they have one or the other. Unfortunately, those symptoms can be tough to tell apart.

Here is a breakdown of general symptoms associated with each:

- ❑ **Fever.** For adults and older children who have the common cold, fever is rare. But it can be as high as 102 degrees in infants and small children. With the flu, however, the body temperature is usually 102 degrees and generally lasts 3-4 days. Elderly people may experience a sudden decrease in function.
- ❑ **Headache.** A person with a cold will rarely get headaches, but someone with the flu might get a sudden onset and/or suffer severe headaches.
- ❑ **Muscle Aches.** Mild aching is a common cold symptom, but more frequent and severe muscle

aches tend to accompany the flu.

- ❑ **Tiredness and Weakness.** Being somewhat tired and weak is normal with a cold, but those symptoms can last two or more weeks with the flu.
- ❑ **Extreme exhaustion.** With the cold, there's no extreme exhaustion, whereas the flu can bring a sudden and severe onset.
- ❑ **Runny Nose, Sneezing, Sore Throat.** These symptoms often occur more with a cold than with the flu.
- ❑ **Cough.** A mild hacking cough is typically associated with a cold, while severe and frequent coughing is associated with the flu.

Illness from influenza generally strikes 1-3 days after exposure to the virus. One way to prevent the virus is by getting the flu vaccination. A myth associated with getting the shot is that it can actually give you the flu. The truth—it cannot. According to Terri Scarnecchia, Infection Control Nurse, if someone gets sick after receiving the shot, it's because they already had the virus in their system. She also recommends getting a pneumonia vaccine once every five years. But the best way to prevent both the common cold and the flu from spreading, she says, is simply by washing hands.

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helped them hop six different train lines across six states to get to Sarasota without being caught!

At age 36, Nathan became a foot soldier with the U.S. Army. During WWII he trained other soldiers and helped transport them from the states to Africa, Germany and France.

After his military career, he visited his sister in the Seattle area, and decided to stay in Washington. While in the military, Nathan had met a woman named Rebecca and kept in touch with her for

three years. Once settled in Seattle, he moved her to the Northwest, where they got married. They have a son, daughter, and four grandchildren. With a family, Nathan settled down and opened a parking garage. He also worked as an auto mechanic and for Pacific Typesetting and Zeon Signs. His hobby is cooking. He says he can “make a mean dressing and perfectly cooked veggies!”

If Nathan could give one piece of advice to a young adult graduating from high school, it would be: “know what you want and then go for it!”

New Employees at Washington Care Center

Kelly Green, Social Worker

Kelly started at Washington Care Center in January, as a Master of Social Work intern. Previously, she studied marriage and families in a research lab. In June, she became a full-time employee. Now the Social Worker for our Memory Care unit, Kelly says she enjoys helping the residents achieve their highest quality of life. She likes hearing about their life experiences, and believes they bring a sense of wisdom to the facility. In her free time, Kelly spends time with her family and friends, and enjoys reading, knitting and gardening.



Gregory DeKlever, Social Worker



Gregory came to Washington Care Center in August, joining the team as a social worker on 2W, the transitional unit. He recently finished graduate school and worked in the accounting department at Providence Hospice of Seattle/Providence Infu-

sion for nine years. He also taught English in Istanbul. Gregory says his job is exciting and feels like a roller coaster ride every week. He adds that he likes to work with his heart, as much as his head. In his free time, he enjoys reading, volunteering for hospice, and watching sci-fi and foreign films.

Renee Rodak, Occupational Therapist

Renee joined the Infinity Rehabilitation and

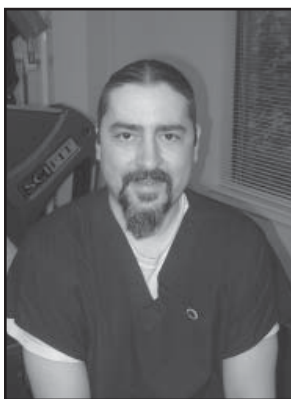
Washington Care Center teams in July, but she's not new to Occupational Therapy. For the past three years she worked as an Occupational Therapist at Reid Hospital in Richmond, IN. Renee says the best parts of her job are building relationships and watching residents make achievements. She enjoys sharing their feats. In her free time, she likes playing and watching sports, spending time with her friends, and cooking.

Abby Sudbery, Speech Therapist

Abby joined the Infinity Rehabilitation and Washington Care Center teams last summer. She recently received her Master of Arts Degree in Speech and Hearing Sciences from Washington State University-Spokane. As a Speech Therapist, Abby says she loves seeing the improvement patients make daily. She adds that it's great to work with a team so dedicated to the patients. In her free time she enjoys cooking, Seahawks and Cougar football, and riding horses.



John McReynolds, Physical Therapist Assistant



John joined the Infinity Rehabilitation and Washington Care Center teams in March as a contracted employee, and became a permanent Physical Therapist Assistant last summer. He says the best part of his job is helping people improve, giving them the motivation, and watching it all happen.

In his spare time, John enjoys listening to music and watching sports.

Washington Care Center “Does the Puyallup”

The “Puyallup Fair” visited Washington Care Center, thanks in part to the United Way Day of Caring. Celebrating on September 21, 11 volunteers from City Club helped our staff and residents kick off a day of festivities with a bake sale, fortune teller, and carnival games. Residents tested their skills at the ring toss and bean bag throw games.

Volunteers sang and danced with the residents, while hot dogs grilled on the barbecue. Various staff members took turns in the dunk tank, while other employees and residents had their chances to hit the target.

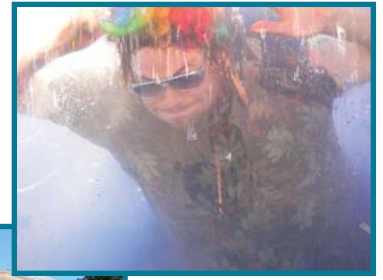
Fruitcake the Clown and Robert Goldstick’s band kept the entertainment going through the afternoon. From rock to jazz and balloon flowers to hats, a fun time was had by all.

“I loved it,” Karen Aguilar, Director of Social Services said.

“I liked the fact that so many staff members helped out,” added Jerry Smith, Facilities Manager. “It was great to see all the one-on-one care.”

Long-time resident Lottie Mason said it was a beautiful day for the fair. “I dunked Patrick three times,” she laughed.

This marked Washington Care Center’s second annual fair, which proved to be another success. Thank you to everyone who helped make the day a wonderful one.



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