



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

# Connections

2821 South Walden • Seattle, WA 98144 • 206-725-2800 • [www.wacenter.com](http://www.wacenter.com)



## 4th Annual Washington Care Center Fair

On Friday, September 11, the Washington Care Center Fair was held under sunny skies, with temperatures in the 80's and a delightful array of activities, food, music and fun!

This year the fair featured three new additions. **Domino's Pizza** joined us, giving out pizza samples to the residents and selling medium pizzas for four dollars a pie! Also on hand for the first time were two individuals who generously volunteered to bring their vintage cars to the fair. **Mitch Blodin** displayed his beautifully restored 1931 Cadillac, and **Ray Akers** drove his 1965 Mercury convertible to our fairgrounds, where residents admired both vehicles, had their photos taken, and reminisced about their own cars from years past. Finally, the cake walk was a big hit with residents vying to win, musical-chairs style, delicious confections!

Each year the fair is held on **United Way's "Day of Caring."** Over 3,000 volunteers from King County businesses volunteer with community non-profits from 9:00 a.m. to 3:00 p.m.! This year



we were fortunate to have 10 volunteers from **Wireless Advocates** and **Car Toys**. These amazing men and women roasted hot dogs, played games, took pictures, served food, sold baked goods and helped transport residents. The fair would not have been possible without them. In addition, we had three dedicated youth volunteers: **CJ Rogers, Reanna Rogers** and **Kayla Bennett**.

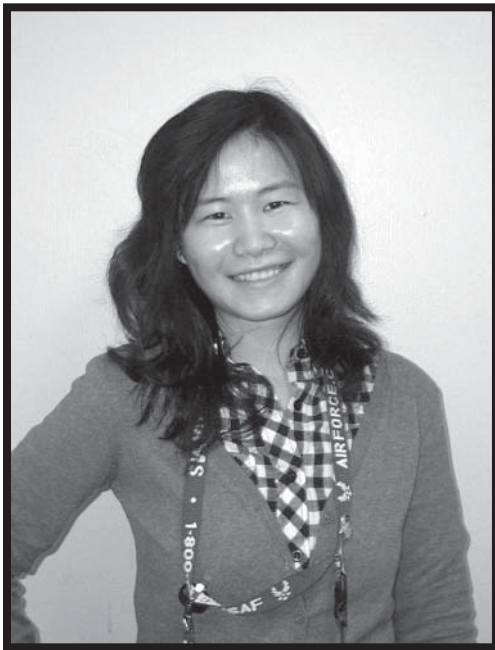
Entertainment included a dunk tank with **Reanna Rogers, Mike Steiner** and **Lewis Rhames** featured as the dunkees! The **Haggis Brothers Band** played in the afternoon, while **Fruitcake the Clown** made spectacular balloon hats for fairgoers. High temperatures made the Near-Beer Garden, manned by **Clyde Wailes**,



SEE **FAIR** ON BACK PAGE

## Social Work Family Expands

Our first newsletter this year featured the Social Work staff, including three MSW interns. One of those students, **Man-ting Lam, MSW** will be assisting on 2-West for the next few months while **Kelly Green, MSW** is on maternity leave. We were all delighted to learn of the birth of Nora on October 5 at 7:18 a.m. Both mom and daughter are healthy, happy and doing well! It was wonderful to be able to call on Man-ting, who knows the WCC community and is familiar with the multiple roles and responsibilities of our Social Workers. They are in high demand by our residents, family members and employees.



*Man-ting Lam, MSW*

We also welcome three new MSW interns! **Erica Hoppe** and **Saerom Han** are here on Fridays this quarter. **Sarah Bennett** is with us on Thursdays.

Most MSW students, including our interns, have had experience in social work prior to going to graduate school. They have a clear appreciation for the values of the profession and understand the NASW Code of Ethics before they are given field assignments. As graduate students, they will build on their knowledge of social justice, social change, multiculturalism, collaboration, critical thinking, and active listening. They are already beginning to appreciate the variety of roles our social workers assume and will become familiar with the medical community before they leave us. Please help them feel welcome to the WCC family!

## Management Team

**Scott Hale**  
Executive Director

**Helen Sikov**  
Administrator

**Gary Engelmann**  
Controller

**Betty Rogers**  
Director of Nursing Services

**Karen Aguilar**  
Director of Social Services

**Mike Steiner**  
Director of Admissions and  
Marketing

**Lori Graham**  
Dietician

**Ruben Santiago**  
Maintenance 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

**Theresa Graham**  
Food Service Manager

## Salute To Environmental Services

September 14-20 was **National Environmental Services Week**. We took the opportunity to show our appreciation to the employees who keep our environment clean, in good repair and make linens available for our residents. Those are just a few of the important roles of the WCC Environmental Services Team led by **Richard Lowery**, Housekeeping and Laundry, and **Ruben Santiago**, Director of Maintenance.



**Maintenance Team from left to right:**  
*Chao Cha, Lewis Rhames, Ruben Santiago*  
*(Supervisor)*

This year we paid tribute with a party and special recognition to several employees in Housekeeping and Laundry. Best Attendance went to **Shirley Coleman**, and **Claudia Martinez** took home the Most Improved Performance award.



**Left to right:** *James Odom, Marcus Brown, Nickie Taylor, Lester Clark, Shirley Coleman, Kiran Kumari*  
**Not pictured:** *Richard Lowery (Supervisor), Juanita Dumaguing, Phuong Quach, Claudia Martinez, Muonglua Saeteum, Medhbin Asgedom, Elodia Villavicencio, Genet Tefera, Stacey Turner, Timgo Webe*

Three of our WCC core values are **Respect, Compassion and Cooperation**. The Environmental Team members selected as those who most consistently demonstrated these values in the performance of their duties were: **Marcus Brown** (Respect), **Stacey Turner** (Compassion), and **Tirngo Webe** (Cooperation).

We have some excellent employees in Environment Services, making it difficult to decide on several of the awards, but each chosen is deserving. Our community is grateful for the work the Environmental Team does each day, and for the many kindnesses and genuine consideration shown by every member.

## Annual Resident Council Luncheon

Washington Care Center is pleased to sponsor the Resident Councils of Washington Annual Luncheon. This important organization is a partnership of residents living in long-term care facilities, family members and friends, health care professionals and educators who recognize that disability and/or chronic illness does not mean inability. RCW is the only independent consumer-based state-wide resident council in the United States. For more information go to [www.residentcouncil.org](http://www.residentcouncil.org).

## Resident Spotlight

# The Evetts Brothers

Stan and John Evetts, and sister Clyed (named for father Clyde and mother Edith), were born and raised in Seattle. Stan, the eldest, attended Ballard High School and shortly after graduation joined the Marines, finally retiring after 30 years of service.

John attended Garfield High School and after graduation had a couple of jobs, served in the Army for three years, and then joined the dietary staff at Seattle's Swedish Hospital. He retired from Swedish after 35 years of service. "It was quite a retirement party," John recalls.

Stan was part of the Marines' forward observation artillery unit. They would move ahead of the infantry to locate the enemy targets. They used Navajo language in order to keep the enemy from understanding their communication. According to Stan, "It worked."

After his retirement from the Marines, Stan settled in Los Angeles, California, married and worked as an extra in several movies, including the classics *The Flying Tigers* starring John Wayne, *The Sands of Iwo Jima* with John Wayne and Forrest Tucker, and *Beach Head*, starring Tony Curtis. He left acting and hired on with Beacon Moving and Storage—a more stable employer than the movie business. He eventually requested a transfer with Beacon "back home

to Seattle."

Meanwhile, John married Ruby Lee (known in the family as the Georgia Peach). They had five boys. Not quite the right number for a baseball team, John's favorite sport. October of

course is his favorite time of year—the baseball playoffs and the World Series.

In 1972, while John and the family were living in the Midway area of Seattle, Ruby called him one day to say their house was on fire! Ruby and the children were at home and it was a frightening experience, but all were safe. Say's John,

"We lost the house, but everyone, including the newborn, were okay, and that's what really mattered."

John came to Washington Care Center in 2008 after a stroke. When Stan suffered a similar event, he asked to go to Washington Care Center to be with his brother. What advice did Stan and John's parents give them to live by? "Our family motto," says Stan, "was Do Unto Others and Live a Christian life." What advice would they give to high school grads today? Stan says, "The same as my parents told us: Do Unto Others and Lead a Christian Life." John chimes in, "Follow in your parents footsteps."



## From the Administrator's Desk

One of our family members recently commented, "What a wonderful find Washington Care Center (WCC) is for my brother. I didn't know such a gem was located in the Valley." Sometimes I have to sit back and think about perceptions, because it's easy to lose sight when you have been part of a community for so many years. Over the past several months, for example, we've made some major environmental and systems changes that I may stop appreciating if I don't take time to enjoy the positive comments from people who haven't visited WCC for a while. Outside our doors the community is undergoing a major transformation also, and continues in that positive direction, no doubt in part due to the new Light Rail. In fact, I don't even recognize some sections of the MLK Jr. Way corridor!

When the new West Wing was built, many but not all of the older areas of the building were remodeled too. We've begun to tackle those still needing attention. Recently we've installed all new handrails, added new carpeting, created some additional common areas and designed a lovely formal dining and meeting room on the 3rd floor. Several families have had special events in this charming space, including a 103-year birthday party and a 60-year anniversary get-together for the nurses of Providence Hospital. In our ongoing attempt to create a more home-like environment, the entire first floor, including the lobby, was repainted. All of the dining rooms sport a new coat of paint and will soon have new tablecloths, seasonal flowers and napkins. Several outdoor patios have new seating and garden areas with new fencing where needed. In all resident rooms new window dressings have been installed, and Ruben and his crew are replacing the flooring in the bathrooms and adding new light fixtures. We're hoping to be able to move forward



*Helen Sikov, Administrator*

with the sink replacement project. The ones that have been completed are such an improvement.

All the nursing stations have been painted, and charting rooms made more user-friendly, with new computers which allow the licensed nurses to continually increase documentation electronically. In our last newsletter, we featured the Rehab Gym, but the Restorative Gym also received a facelift and we're adding more equipment there too. I'm quite certain I've left some things out, but our Maintenance crew deserves most of the credit for their consistent efforts in making WCC a Five-Star building. We're grateful to SEED, our non-profit parent, for authorizing reserve funds for the necessary building improvements.

I attend as many community events as possible to remain current with neighborhood issues and plans to revitalize the Valley. Along with Light Rail, we've seen numerous new housing and commercial properties replace less attractive spaces. Columbia City has become an extremely popular part of town, with trendy restaurants and entertainment spots. The increased family-friendly parks and art projects have also been a draw. Despite the economy, there are ongoing efforts to complete projects that are needed while maintaining our rich diversity. One of our family members is a police officer, and we often talk about changes throughout Seattle. He has commented that no part of the city is without its problems, but he knows that people are always interested to learn that there are more problems elsewhere than around us. So perceptions are something I pay attention to, but I also like to remind people that change is one of those things we can always count on, and I'm grateful that we are experiencing our share of good changes!

## A Special Occasion

On September 28 in the newly redecorated 3rd floor private dining room, seven retired nurses celebrated the anniversary of their 60th nursing school graduation from Providence Hospital, Seattle. The celebration was originally scheduled to be held at Elliott's Oyster House in Seattle. **Phyllis Anderson**, one of the graduates, was a patient at Washington Care Center, and with support from Phyllis' two daughters (Susan Vaughan and Kare-



*Phyllis Anderson*

lynn Thayer along with daughter-in-law, Brydie Anderson) they decided to party at WCC.

"The room is lovely, and with all the decorations and food provided by my daughters and daughter-in-law, it looked better than a restaurant," said Phyllis. "I was at Washington Center for two months. The whole experience was very pleasant. Everyone, every staff member, was always so cheerful and kind. The care was good and Helen Sikov the administrator was just great."

## A Special Word of Thanks

On behalf of the entire WCC family, I'd like to take this opportunity to say a special thanks to **the family of Martha Imabori** for their generous donation that resulted in the purchase of training and entertainment equipment for the 3rd floor.

Sincerely,  
*Helen Sikov, Administrator*

## Safety First!

Washington Care Center has a very active Safety Committee, made up of non-administrative staff from each department. They have been instrumental in making some very positive changes to maximize the safety of employees, residents and visitors. Looking for a Safety Committee member? They're easy to find—just look for their distinct name tags. All employees have been made aware they are to listen to the Safety Team when they express concerns about unsafe practices. Anyone can bring safety concerns to members of the team for consideration. **Liz Jay**, Chair of the Safety Committee, has been attending educational workshops and sharing valuable information with the WCC team. We're pleased to announce that our new security cameras have been installed and our alarm system updated to ensure resident safety at all times. We'll continue to share Safety Committee information in our newsletter. In the meantime, when you see a Safety Committee team member, please feel free to say, "Job well done."



### **Safety Committee from left to right:**

*Bottom row: Liz Jay (Committee Chair), Rachelle King  
Top row: Lewis Rhames, Estine Ervin, Helen Sikov,  
Gloria Anderson, Rosie Lopez, George Asanovich, Terri Scarnecchia*

**Not pictured:** *Sulu Seni and Marvin Madden*

## A Note on 2009 Influenza A and the H1N1 Virus

Dear residents and families,

There has been a great deal of attention in the media about Influenza A and the H1N1 virus (“Swine Flu”). It is important to understand what steps you can take to protect yourselves and your loved ones. Washington Care Center is taking an active, common sense approach to preventing the spread of Influenza A and the H1N1 virus by following prudent infection prevention strategies. Please remember that you cannot contract 2009 Influenza A or the H1N1 virus from eating pork or pork products.

Photo: CDC



We will be placing information at reception and throughout the building with facts regarding Influenza A and H1N1 virus prepared by the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). We would like our visitors to be aware of how they are feeling before visiting in our community, especially those with young children. Our residents, due to their medical conditions and immune systems, are at

a higher risk for Influenza A than H1N1 (unless they have heart and lung disease). Exposure can be fatal for an already compromised individual with any type of flu.

We have no suspected cases of Influenza A or the H1N1 virus at this time. Due to careful practices last year, we did

not have issues with the flu, and want to repeat that good record. All of our employees are offered vaccinations free of charge and are expected to protect themselves from illness by following facility protocol.

Washing hands and covering coughs and sneezes go a long way to ensuring that germs do not spread. We are taking steps to protect those we care for here at Washington Care Center and will respond to any questions or concerns that you may have in regards to our practices. Please contact your family member’s care team or myself at (206) 725-2800, should you have questions at any time about the wisdom of a visit if you have symptoms yourself.

Yours truly,  
*Helen Sikov, Administrator*

> **FAIR** FROM PAGE 1

a popular booth, as was the Hawaiian Shaved Ice tent manned by volunteer, **Karina Ray**.

Washington Care Center staff brought over 80 residents to the fair! This was an all-time record! The staff also donated bake sale goods. **Hannah Engelmann's brownies** received the first prize ribbon! Profits from the sale will go towards holiday gifts for the residents.



*Checking out the beautifully restored 1931 Cadillac*



*Dunk tank!*



*(Left to Right) Youth Volunteers Reanna Rogers, Kayla Bennett and CJ Rogers*



WASHINGTON CARE CENTER

*Understanding your rehabilitation and long term care needs.*

2821 South Walden  
Seattle, WA 98144