

Lea Hill

# Herald



September 2010

for people who love life™

## Family Fun

This has been a “hosting family” summer for my wife and me. It started early with relatives from my Father’s side. In June my Aunt visited from California. I took her to the top of the Space Needle; something I hadn’t done for over 30 years. The sky line has definitely changed. In July a cousin and his 12 year old son came from Texas. I took them hiking up on Mt. Rainier so the 12 year old could see and touch snow for the first time in his life. That was really fun. In August we shifted to my Mom’s side of the family. We had 90 relatives (not all at our house) gather from Ohio, Texas, Mexico, California, Oregon and Washington for a family reunion. This was the first time we had all come together since our parents’ generation had all passed away. During the week around the reunion we hosted my two sisters and their husbands. All summer there were a lot of stories told. Most I had heard before; a couple I had never heard. There was lots of food and drink, laughter and a few tender tears as memories were shared. Most of all, I end the summer (a little exhausted and happy to have a little quieter house) but with a sense of gratitude for the people with who I share life. We aren’t perfect. But we are connected. We are family.

I hope your summer also has been filled with family, stories, laughter and maybe even some tender tears. I hope you have done something you hadn’t done for decades and also felt exhilarated like a child seeing snow for the first time. I hope you too sense a gratitude for the people with whom you share life. Thanks for sharing yours.

**Grace & Peace,**  
Scott Hulet  
Campus Administrator

## Dates to Remember

**Parkinson’s Support Group**  
Friday, September 3  
(10:00 am) Fitness Center

**Resident Council Meeting**  
Tuesday, September 7  
(1:30 pm) Assembly Hall

**Macular Degeneration  
Support Group**  
Monday, September 13  
(10:30 am) Holman  
Conference Room

**Towne Meeting w/ Scott**  
Thursday, September 9  
(2:00 pm) Assembly Hall

**New Resident Orientation**  
Tuesday, September 21  
(11:00 am) Holman  
Conference Room

## Columbia Bank

Open Tuesdays  
9:30-11:30 am



**WESLEY HOMES™**

815 South 216th Street  
Des Moines, WA 98198  
[www.wesleyhomes.org](http://www.wesleyhomes.org)

## Fitness Center:

### Osteoporosis and Exercise

Osteoporosis is a disease that causes the bones to weaken. This can lead to rounded shoulders, loss of height, and even increase risk of fractures. Osteoporosis itself is painless, which is one reason it has been referred to as the silent disease, but the fractures that can occur because of it are painful. The word osteoporosis means bone (osteo) that is porous or filled with holes (porosis).

By the age of 40, bone mass begins to slowly decline in all of us. During and after menopause, women lose bone mass at a faster rate because of a drop in estrogen levels. Exercises or physical activity that place weight on your bones or increase resistive force against them can help you maintain bone mass. These activities include muscle strengthening activities, dancing, walking, and stair climbing; all components of the exercise programs offered at the Fitness Center.

Help keep your bones strong .... Stop by the fitness center today for a consultation!  
Angelique

### Fitness Changes to the September Calendar:

- The 8:15 classes will no longer be held on Tuesday and Thursdays. This change will be effective as of Thursday, September 2.
- No fitness classes will be offered on Monday September 6.
- Tai Chi class will be held on Tuesday, September 7 with no other classes that day.
- The Tuesday and Thursday water aerobics class will begin at 9:15 am beginning September 9<sup>th</sup>.

### Did you know?

Did you know that a 12 oz sugared beverage averages about 140 calories?

Try replacing one 12 oz. sugared beverage a day with water. You can trim 50,000+ calories a year from your diet. Wow!!

### Fitness Walk

Join Angelique for an afternoon walk at **Les Gove Park on Tuesday, September 14, 12:30 – 2:00 pm.**

Sign up in the book located in the Andrews library, space is limited.

### Computer Education w/ Dwayne (It's Fall – Time to Clean up Your Computer!)

**Tuesday, September 21 from 1:30 to 2:30 pm in The Assembly Hall**

For Computer Problems please call the Wesley Home Help Desk at (206) 870-1218

### It's Fall—Time to Clean Up your Computer!

Dwayne Buford, our computer guru and Information Technology consultant, will show us how to do general maintenance, defrag, disk clean, and how to use Ccleaner.

## Resident Birthdays for Sept.

Gaye Turner	Sept. 2
Charles Zimmerman	Sept. 3
Jeanette Thompson	Sept. 5
Liz Homfelt	Sept. 6
Nixie Van Selus	Sept. 8
Bob Whitney	Sept. 10
Art Bracher	Sept. 11
Henry Vanderpol	Sept. 11
Louise Wooden	Sept. 11
Genevieve Frerichs	Sept. 14
Beth Koehne	Sept. 16
Edward Miller	Sept. 25
Sylvia Taft	Sept. 25
Marjorie Nanstad	Sept. 30

## Sept. Wedding Anniversaries

Ken & Nancy Hoben	Sept. 15, 1956
Lee and Joan Thomason	Sept. 15, 1941

Monthly Birthday Celebration will be  
**Thursday, September 23 at 2:00 pm**  
in the Assembly Hall.  
Entertainment is by "Bill Graham"



## South King County Genealogical Society Workshops

Have you ever wondered about your ancestry, and how to find your family roots? We'd like to help you get started, and give you some ideas on how to continue your search.

Two workshops will be presented for those wanting to learn how to research their family history. The first session, titled "The Search Begins," will explain how to get started and how to record your findings. The second session, titled "Where to from Here?" will discuss different types of records, where to find them, and the importance of documenting sources. Each session will have an activity for hands-on participation, and there will be a time for questions and answers.

These workshops are presented as a community service by the Education committee of the South King County Genealogical Society (SKCGS).

<http://www.rootsweb.ancestry.com/~waskcgs/>

Complimentary Workshops offered at Wesley Homes  
Lea Hill in the Assembly Hall:

**#1 Thursday, September 16 at 2:00 pm**

"The Search Begins"

**#2 Thursday, October 21 at 2:00 pm**

"Where to From Here"



32049 109th Place SE  
Auburn, WA 98092

[www.wesleyhomes.org](http://www.wesleyhomes.org)

Front Desk

**253-876-6000**

Fax

**253-876-6001**

### Our Mission

Wesley Homes is a faith-based organization providing retirement communities and a network of services for older adults.

With love and joy, we are called to meet the physical, social and spiritual needs of those we serve.

We affirm the worth of all those we serve and those who provide service.



Department Staff	Ext.
Campus Administrator Scott Hulet	6013
Activity Director Lori Britton	6058
Executive Chef David Beall	6064
Dining Room Manager Jennifer Grantham	6064
Maintenance Director Jeff Berrens	6059
Community Relations Director Geri Montoya	6014
Office Manager Nancy Shaflik	6012
Lead Receptionist Mary Warden	6000
Chaplain Reverend David Ernst	6050
Wellness Nurse Diane Krogsveen	6007
The Arbor Nurse Manager Doris Crowe, LPN	6003

### Arbor Summer Family BBQ #3

**Wednesday, September 15 (12:00-1:30 pm)**

Join The Arbor Residents for a last Summer Barbeque.

We will be cooking outside and enjoying another delicious meal.

Please RSVP in the book located in the Andrews Library under the Culinary Service tab or call the Front Desk at extension 6000 or 253-876-6000 by Friday, September 10.

Limit one guest per Arbor Resident.

### Cooking with Chef David:

**Wednesday, September 29 (11:00 am-1:00 pm) in The Sharrard Room.**

Prepare and enjoy a new exciting Heart Healthy meal with Chef David.

There will be a \$5.00 charge per person to be paid at the time of class at the Front Desk. This class is limited to 5 participants. Any questions? Call Lori at extension 6058. Please sign up in the book located in the Andrews library under Culinary Services tab.