

THE LANDING NEWS

**FEBRUARY
2010**

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Happy Valentine's Day!

It seems like spring.....but it is only February! February is a great month because we have Valentine's Day, Mardi Gras, and even the Super Bowl Game.

On February 2 each year we get the chance to break out of the winter blues and celebrate our little furry friend, the **GROUND HOG**. Whether we take it seriously or not (and many do!) it can be a fun day. Whether Punxsutawney Phil sees or doesn't see his shadow makes the difference between a long or short winter according to the folklore.

From Punxsutawney Phil himself:

"As I cast my weather eye towards the eastern sky I saw some Rays go by! When I looked at the ground, my shadow I found. When my shadow I see, Six more weeks of winter there will be."

HISTORY:

Valentine's Day dates back to ancient Rome and a priest named Valentine who performed marriages in violation of Emperor Claudius II's orders. Claudius had forbidden marriages for fear men would not leave their wives to fight in the army. Valentine thought this was unfair and secretly married couples. When Claudius found out, he threw Valentine in prison where he died. There are various theories about how the 14th became Valentine's Day but this one is the one that sounds best.

Mardi Gras (Fat Tuesday) or Shrove Tuesday is the day before Ash Wednesday which is the first day of Lent. Feasting and celebration take place because then the Lent season is 40 days of withholding. This year Mardi Gras is on February 16.

The New England Confectionary Company, better known as Necco, first manufactured the sweet-talking, pastel-colored sugar candies in 1902. Over the years, the recipe has remained the same and to this day people still look forward to reading the saying on the sweet little hearts.

**Happy Birthday
To All the February
Birthdays!
Join Us on B1 on
February 24 at 2:30 pm**

Jean Ethelston
2/5

Pat Hansen
2/13

Jean Irvine
2/14

Carol Peterson
2/15

Betty Gustafson
2/20

Edythe Whittlesey
2/21

Eidell Dennis
2/21

Howard Scheinholz
2/26

Brandon's Corner

I wanted to take this time to update you on a few items that are in process here at our community.

The wait is over! This week we received the permits for the covered walkway between buildings C and A! You will notice that work has begun on the walkway already. What they are doing first is clearing a path that will be a permanent entry to the walkway from the parking lot. What this will do is to allow them to work on the front piece of the walkway without closing it down completely for the duration of the project. It will be a pathway that will remain after the walkway is in as well, and will also have a ramp leading into the parking lot in front of building A. This should lessen the impact to you while this is being built. I will get more communication out to you as soon as we have a plan in place as to the timeline of construction as well as the impact to all of you travelling between A and C.

We have also given the architects the direction to create drawings for us of our workshop area. Those drawings, when completed, will be submitted for permits, putting us closer to our goal of having this area available to residents to use. It will be put on hold now that we have the permits for the walkway, but it is high on our list of priorities.

Lastly, I wanted to invite residents to utilize our newly designed lobby and lounge area. We have set up tables for games and puzzles, and the lounge area has a very peaceful ambiance to it. We are excited about the change and love to see it being used! Thank you for your patience as we expand your options here at Chateau at Bothell Landing!

MEN'S LUNCH OUT WITH BRANDON

It is time for the men's lunch for February! This month we will be going to the Purple Café in Woodinville. The date for this lunch is Wednesday, February 17th. Meet in the lobby at 11:30am if you plan to attend. Please make sure and sign up if you are interested at the front desk. I look forward to seeing all the men attend!

Brandon



YOUR RESIDENT COUNCIL
EXECUTIVE COUNCIL

Meets the 1st Tuesday of every month at 3:15 pm in Library

President Howard Scheinholz
Vice President Ann Vincent
Secretary Jeanne Whiting
Treasurer Frances Boddy

HOSPITALITY/WELCOMING
COMMITTEE

Meets the 3rd Thursday at 4 pm in the Library
Chairperson Mary Lee Dunbar, Sue Gould,
Members Aria Cook , Jim Horsley,
 Belle Marie Rightmire,
 Eleanor Stabbert

BUILDING & GROUNDS
COMMITTEE

Meets the 2nd Monday at 1:30 pm B1
Co-Chairperson Jan Routley and Ray Gould
Members George Zellensky, Bud Thees,
 Marilyn Horner, Nancy Fuller,
 Nancy Borsini, Esther Maddox,
 Howard Scheinholz
 Jim Horsley

ACTIVITY COMMITTEE

Meets the 1st Thursday at 1 pm Library
Chairperson Pat Hansen
Members Jeanne Whiting, Frances
 Boddy, Edythe Whittlesey,
 Marie Castiglia

DINING ROOM COMMITTEE

Meet the 2nd Thursday at 3 pm 3rd Floor
Chairperson Marie Castiglia
Members Mary Ann Trahan, Pat Reiman
 Lois Witmer, Eleanor Stabbert
 Mary Beaulaurier, Belle Marie
 Rightmire, Lorraine Bowerman
 Ann Vincent

LIBRARY BOARD

Meet the 3rd Tuesday at 3:30 pm in the Library
Chairperson Marie Castiglia, Ann Edwards,
Members Mary Lee Dunbar
 Velma Shattuck, Jim Horsley,
 Pat Reiman., Jean Irvine,
 Edythe Whittlesey,

AESTHETICS COMMITTEE

Chairperson Virginia Cook

LIST OF YOUR ADMINISTRATIVE STAFF

Executive Director—Brandon Dalke
Community Relations Director—Margo Milandin Leatham
Activities Director—Judy Hamilton
Assisted Living Director—Whitney Phelps
Culinary Services Director—Denise Lamb
Lead Maintenance—Brandon Carroll
Human Resources Manager—Aprill Uskoski
Fitness Director—Chris Ann Scott
Bistro Director—Jason Johnson
Accounts Payable—Olga Babadzhanova
Front Desk-Jane, Brooke, Lily, Maleny
Community Relations Director—Chris Serold

**Mardi Gras Party
In the Auditorium**

**Tuesday Feb. 16
3 pm**

Music by “DeLively”

**CONFECTION CONNECTION
AT THE BISTRO**

**COME ENJOY AN OLD TIME
SILENT MOVIE**

**HANDMADE CANDIES
AND OTHER GOODIES
SATURDAY FEB. 13
2-4 PM**

**SPECIAL
“HOT BUTTERED RUM”
AND MUSIC BY GENIE
FEB. 19 3 PM AUDITORIUM**



Fitness Fun and Facts!

Chris Ann Scott, Fitness Director

Walking is one of the most enjoyable forms of physical activity. It probably has more benefits than you realize!

- It can lower your cholesterol, blood sugar, blood pressure and weight.
- It can increase your muscle strength, circulation and endurance.
- It produces endorphins, a “feel good” substance that is free, safe and legal!
- It can improve your mood, your sleep and your brain function.
- It is a great way to socialize with friends or to meditate in solitude.
- It’s free and requires no special equipment or training.
- Almost everyone can do it.

Here are some tips to get started;

Set a goal. For example, “I want to walk 3 times each week for at least 20 minutes for the next 6 weeks”.

Get a buddy to walk with you, someone who can walk as far and as fast as you can. She’ll motivate you to go when you aren’t in the mood, and you’ll do the same for her. She’ll keep you company and entertain you during your walk. The buddy system is a good safety net, too.

Stay safe. Walk during daylight hours and dress for the weather. Sign out at the front desk. Know where you are going and how to get back. Start with short distances and increase gradually. Carry a cell phone if you have one. Wear a reflective vest.

If you’ve been sedentary for a few years, **talk to your doctor before you start** a walking program. Then join us for the weekly **“Walk in the Park”**. Sign up in the activity book. You’ll be glad you did!

Resident Rumbblings

Our manager, Brandon has told me that my last column brought complaints from some residents: They thought I was biased against conservatives and failed to include opposing opinions in the column. I had already heard via the grapevine that certain named residents said I “had gone too far.” I assume they wish to remain anonymous so the complaint comes to me disadvantaged by being second hand.

Brandon and I discussed how this could be handled. A disclaimer by management is a good idea. Basically he handed me the problem with the expectation that I would deal with it. I appreciate that and will do my best by being more concise.

First: I am not biased against conservatives. Multiple viewpoints are essential to understanding our world. Conservatism and liberalism arise from the human need to balance self interest and altruism, tradition and progress. The best of political life is found in the space between the poles. With that concept, how can I be against one or the other - although favoring each at different times?

Should opposing views be presented in the column? The newsletter is not a forum for naive debate about political philosophies. We would be all over the place.

How can I respond to “going too far?”

Now to a point I try to make repeatedly: I promised in an early column that I would be alert to any event or process that was harmful to our morale. That’s my heartfelt reason for writing the column. When I was elected the first president of the Resident Council in 2002, the job, I thought, was to help maintain good morale by creating an effective liaison between residents and management. We wanted to have a family feeling in this place.

You don’t *make* that happen in a retirement center; you *let* it happen. Old people, experienced in striving for successful lives, not obstructed in their effort, will normally make a friendly home. When management provided us with an excellent staff of people who like their jobs, the residents worked with them and the Chateau now has a reputation for being a friendly place.

But early on, a resident tried to force a bad rule on all of us and some tried to take unfair advantage of a loophole in the rules. That couldn’t be tolerated. So we reacted. Residents supported management’s decisive rulings and the problems were solved. We did something correctly and fairly. Result: good morale.

Problems originating within the organization can be handled by the members. But what can be done if a malicious element in government harms us? Answer: We can object and vote. Whatever happens in the Bothell Council, in Olympia, in Washington, DC affects our lives and how we feel about ourselves.

There’s something rotten in Washington, DC.

A president is elected and expected to do the best job he can for everyone. Needing to get right to work on our immense problems, we should support him and advise him and oppose his decisions if we think they’re wrong. But don’t let him be destroyed (along with the rest of us) by a misshapen drive for dominance. The Radical Right, when it’s hateful and mean-spirited (that’s hardly Conservative) is doing that when it blocks *everything* the President proposes. That’s not a political philosophy. It’s a tactic that’s harmful to successful government and thus to us. Self-righteously, they call for public prayer to defeat the President. Note this: I’m not saying prayer is a problem. **It’s the misuse of religion to gain abusive power that’s wrong.** It’s bigotry’s favorite weapon. We are at fault if we tolerate it. That leads to sad contempt for all politicians.

So back to my goal: Expose and oppose what’s harmful to good morale. A M Whiting 2/01/10

*(Dr. Whiting’s opinions do not necessarily reflect the opinions held by Chateau at Bothell Landing
And its management.)*

HOT OFF THE GRIDDLE

Happy February. The culinary team is excited for some fun things we have planned during Valentine's weekend. On Saturday the 13th, come join us for the Confection Connection in the Bistro from 2-4, we will be showing an old silent film and serving home made confections, popcorn, beer and wine. Residents who would like to come must sign up at the front desk.

Valentine's Day is Sunday the 14th. The dining room will be serving an extra special brunch, a few items we are featuring are Pomegranate Champagne Cocktails, Hand Formed Crab Cakes and Prime Rib. Guests are warmly welcomed so feel free to invite all your sweeties, just make reservations with the front desk. The full menu will be posted in the lobby.

Have a great month and I will see you in the dining room.

-Denise Lamb

Culinary Service Director

NURSING NOTE

During our life and time's, there are many uncertainties. One thing we can all be sure of though is death and taxes. Being prepared is vital for you and your loved ones to provide peace of mind. Taxes are one thing and can be handled in many different manners but your personal wishes and beliefs, your religious and spiritual ideas are things that can only be articulated by the individual.

Planning ahead for one's end of life medical care is generally not a topic people look forward to. Many avoid it all together. That can be extremely problematic and even tragic for all those involved. To ensure feelings regarding life-saving and sustaining treatments, such as CPR, IV fluids, tube feeding, antibiotics, wound care and the use of oxygen, pre-need and decision making and documentation are crucial.

A form called a "Physician Orders for Life-Sustaining Treatment," or "POLST," streamlines this instructive process. The bright green, double sided sheet lists succinct instructions about a patient's medical conditions and what they want (or don't want) in the last stages of life. The POLST helps apprise emergency personnel, nurses and doctors of the patient's wishes. You may obtain these forms through the Chateau and make sure they are signed by your physician. Have them in plain sight like your refrigerator for all to be aware. Include a current list of medications as well. Remember, something so easy and accessible will give you the ease of knowing you end of life decisions will be honored and carried out.

Community Relations Update: Mark February 13th from 2:00 to 4:00 on your calendar. *Confection Connection* is coming your way to celebrate Valentines Day 2010. We will enjoy hand made confections while visiting and viewing an old time silent movie on our big screen in the Bistro. This is a great opportunity for you to connect with other residents that live on the campus as well as potential residents. There is space for 60 people so we are asking that if you would like to attend you RSVP at the front desk.

Senior Center Update From Jerry Rutherford: If you were a little late in taking advantage of the Chateau gift to us---your 2010 membership for the Northshore Senior Center you may not have received the winter newsletter with all the events and classes listed for the first quarter of the year. Some of us have bringing extra copies to put on the shelf by the mailbox--or you can pick up one at the front desk of the Senior Center.

Here are a few listed for you: The annual Craft and Jewelry sale on Friday, February 5 from 9 am to 4 pm and Saturday, February 6 from 8:30 am to noon. There is always a delicious pancake breakfast served on the first and third Saturday of the month from 8 am to 11 am. And in March you can enjoy the St. Patrick's Day lunch on Sunday March 14--meal served at 2 pm--and it is hosted by our own Chateau Retirement Community. (Sign up by March 10--\$6 for members).

EMPLOYEE OF THE MONTH

It gives me great pleasure and a strong sense of pride to announce Sukhprit Kaur as the March Employee of the Month. Those of you who frequent The Bistro often are undoubtedly familiar with her courteous smile, quick and helpful service, and overall cheerfulness. Sukhprit sometimes works in the Dining Room as well; she enjoys seeing all of the residents and being able to serve them in both the Dining Room and The Bistro. I very much enjoy having Sukhprit as a member of our Culinary Staff and I am grateful to her for all her hard work. She is an exceptional person and I hope you all have a chance to see her this month over here at The Bistro and congratulate her on being the Employee of the Month!

**SUPERBOWL GAME
FUN AT THE BISTRO**
Sunday Feb.7 noon



The Newsletter of
Chateau at Bothell
Landing

**WE ARE
ON THE
WEB!**

[www.chateau
retirement.com](http://www.chateau
retirement.com)

You can view our
Newsletter and
Calendar on the
Web site

HIGHLIGHTS OF EVENTS

FEB.5...Mexican Food anyone? We will have lunch at the “La Palmera” in Mill Creek. Leaving at 11 am. Sign up at front desk.

FEB. 7...It is Superbowl Time! Come to the Bistro for a great afternoon with tasty treats and drinks and watch the game on the large screen starting at noon.

FEB. 9...Quarter Bingo will be offered on Tuesdays at 3 pm except for Tuesdays when something else takes priority.

FEB. 11...Valentine Tea at 2 pm on B1. Bring your teacup and enjoy an afternoon with friends.

FEB. 13... A special fun time! Confection Connection with homemade candies and other goodies and an old time silent film. 2 pm in Bistro please sign up at the front desk if you plan to attend.

FEB. 14...Happy Valentine’s Day!. A special meal is planned by the kitchen staff for your enjoyment.

FEB. 16...Fat Tuesday——Mardi Gras Time at the Bistro. Join us for some fun with music by “DeLively”. 3 pm

FEB. 17...The Foot Care Nurse will be on B1 from 9:30 am sign up at front desk.

FEB. 17...Join Brandon for the Men’s Lunch Out—please sign up at the front desk.

FEB. 19...Don’t forget the Traveling Library will be in the lobby at 10:30 am.

FEB. 19...Enjoy a Hot Buttered Rum and good music by Genie on the guitar. 3 pm

FEB. 21...Do you like to bowl? Join us in the Bistro at 2 pm for some fun with the Wii Game.

FEB. 22...Meet with Chris Serold in the library at 4 pm for the “Book Club”.

FEB. 24... The Monthly Birthday Party will be on B1 at 2:30 pm.

FEB. 25... Everything you need to know about Diabetes. Join Gary Abbott in the Bistro for the informative workshop. 2 pm

**CHATEAU AT BOTHELL LANDING
RETIREMENT & ASSISTED LIVING
17543 102ND AVE NE
BOTHELL, WA. 98011**

Help us conserve our natural resources.

If you do not wish to continue to receive the

Landing News, please call the receptionist

(425) 485-1155

The Newsletter of
Chateau at Bothell Landing

WE ARE ON THE WEB!

[www.chateau
retirement.com](http://www.chateau
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Web site.



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A Big Thank You.....

1. Beautiful individual candy gifts were made by Bev Clayton for all the attendees at the wonderful “Winter Tea with Author Eileen Cant”. Thank you Bev they were beautiful.
2. Thanks to Mary Lee Dunbar for helping serve at the “Winter Tea” that was very thoughtful and made things run smoothly.
3. Always a big thank you to all the folks that help clean up after programs it is very kind and appreciated greatly.
4. Donations of goodies for various activities by Mary Ann Trahan, Pat Hansen, Ann Edwards, Mary Beaulaurier, Maxine Millard, and Eleanor Stabbert.
5. A big thank you to all the people that help clean up after activities programs.
6. Wonderful program from the Chateau Singers so be sure to thank them all for a job well done.