



The WEATHERLY REPORT

Spring 2003

The Weatherly Inn Difference



Gail Bolster, LPN

Caring for older adults, especially those living with Alzheimer's disease, takes a special kind of person. It takes more than just nursing skills. Patience, empathy and understanding are critical. We believe our residents are cared for by some of the best in the business. The nurses that practice here come from varied backgrounds, but many echo the same sentiments about working at The Weatherly: it's a family and the residents are a huge part of their lives. In their own words, three nurses talk about what they feel is important for families and other professionals to know about the nursing staff at The Weatherly Inn.



Kim Martindale, LPN

"What I like best is the satisfaction," says Gail Bolster, LPN, who has been with The Weatherly Inn at Lake Meridian since before they opened over three years ago. "The other day, a little lady looked up at my face and said 'I love you.' It makes you feel like you've accomplished something and made a difference."

Bolster says her greatest reward is being able to interact with the residents and families. "I want to be there to help them understand, to be able to lean on me for comfort and advice," she says. "I also want to make their transition as easy as possible."



Brenda Mostrom, LPN

It's more than just a job for Bolster. "I've grown attached to the residents. They become a part of your family," she explains. She continues that while caring for Alzheimer's patients has its challenges, a sense of humor helps get her through the day. She adds, "I wouldn't trade it for anything."

Kim Martindale, LPN, says practicing nursing at The Weatherly Inn ~ Tacoma is unlike any experience she's had before. She says her greatest reward is "when I come in the door, the residents know me, come up to me and are happy to see me. Having their trust means so much."

She observes the dedication of both staff and management.

"Nurses" continued on page 3

The Weatherly Inn
Difference
page 1

Memory Walk 2003
page 2

Caregiver Recognized
page 2

Upcoming Events
page 2-3

Special Event
page 3

Weatherly Pairs with
Nursing Program
Page 4

The assistance you need, the independence you want & the dignity you deserve.

Upcoming Events

Please call The Weatherly Inn ~ Tacoma (253-752-8550) or The Weatherly Inn at Lake Meridian (253-630-7496) for details & to reserve your space.

APRIL

Easter Brunch

Friday, April 18, Noon
The Weatherly Inn at Lake Meridian

Annual Easter Brunch

Be sure to call for reservations
Sunday, April 20, 11am & 1pm
The Weatherly Inn ~ Tacoma

Sandy Noells ~ country western music

Thursday, April 24, 2pm
The Weatherly Inn at Lake Meridian

Music with Joe Mundo

Thursday, April 24, 3pm
The Weatherly Inn ~ Tacoma

Volunteer Appreciation Tea

Saturday, April 26, 2pm
The Weatherly Inn at Lake Meridian

MAY

"How the West was Sung"

Valley Chorale musical presentation
Saturday, May 3, 3pm
The Weatherly Inn ~ Tacoma

Old Time Fiddlers

Monday, May 5, 2pm
The Weatherly Inn at Lake Meridian

Bobby Jorge

A must-see musical program!
Tuesday, May 6, 10:30am
The Weatherly Inn at Lake Meridian

Mother's Day Tea

Saturday, May 10, 2pm
A special afternoon of music, tea and a variety of desserts for all our ladies
The Weatherly Inn at Lake Meridian

Jim Kopelke ~ musical entertainment

Monday, May 12, 10pm
The Weatherly Inn at Lake Meridian

Chris Goldwind, Pianist

Thursday, May 15, 3pm
The Weatherly Inn ~ Tacoma

"Events" continued on facing page

Walking for a Cause



Staff and friends of The Weatherly Inn are gearing up for a long walk—one that will hopefully take them a few steps closer to finding a cure for Alzheimer's disease. While the Memory Walk, the national signature event of the Alzheimer's Association to help those battling Alzheimer's disease, isn't until later

this summer, The Weatherly Inn is in serious "training" for it.

On April 4, The Weatherly Inn for Assisted Living hosted Dorothy Wilhelm, this year's Goodwill Ambassador for the Pierce County Memory Walk. Wilhelm, a familiar Northwest media personality and internationally-known speaker, rallied the staff with a 20-minute workshop on "Humor in the Workplace and Getting Through Life with Humor." She also garnered excitement for the upcoming Memory Walk. Wilhelm graciously donated her time to give the workshops at several Pierce County locations, all in the name of the Alzheimer's Association.

While at The Weatherly, Wilhelm also taped a public service announcement for the Pierce County Memory Walk, to air on local cable stations. Members of the walk's steering team were shuttled to The Weatherly Inn to take part in the taping.

Nationally, since 1989, Memory Walk participants have raised more than \$100 million for Alzheimer programs and services. Every dollar raised in our community stays to support local programs and services.

The Weatherly Inn has assembled teams to participate in both the Pierce County and Seattle Memory Walks, with lots of fundraising activities beforehand. Form a team—or join ours—at one of the following events:

Pierce County

Saturday, August 23

Annie Wright School, Tacoma

Seattle

Sunday, September 7

Sand Point Magnuson Park, Seattle

For more info, call The Weatherly Inn ~ Tacoma (253-752-8550), The Weatherly Inn at Lake Meridian (253-630-7496) or the Memory Walk Info-Line (800-231-1705). We look forward to seeing you there!

Caregiver Recognized

Genuine appreciation is one of the greatest compliments a caregiver can receive. We are pleased to announce that Rick Mulholland, Bristol Court P.M. Team Lead at the Weatherly Inn for Assisted Living, was recently nominated by a resident's family member for the 2003 Excellence in Caregiving Award. The award, presented by the Alzheimer's Association, Western & Central Washington State Chapter, recognizes people who give compassionate, dedicated and outstanding care for people with Alzheimer's disease or related dementia. Congratulations, Rick—you are much appreciated!

Weatherly Inn Hosts Special Event

As part of our ongoing mission to provide families and residents with up-to-date information on various health-related issues, The Weatherly Inn is pleased to present the following special event. We welcome you to join us and invite you to call for more information.

When Is Geropsych Necessary and What Are Its Benefits?

Tuesday, May 20 - 7 p.m.

The Weatherly Inn at Lake Meridian

Dr. Douglas P. Wornell, medical director of the Auburn Regional Geriatric Psychiatry unit and renowned statewide speaker, will share a presentation of special interest to families affected by Alzheimer's and related dementia.

Dr. Wornell will discuss management strategies of psychiatric illness in the elderly,

including identifying physical and social functioning, dilemmas in making psychiatric diagnoses, differentiating between psychiatric illnesses and alternative options in the treatment of psychiatric illness.

A great advocate of communication between families and providers, Dr. Wornell is a board certified psychiatrist specializing in dementia. In addition to his medical director role, he also is a consulting psychiatrist in multiple nursing homes in the Puget Sound area. His interests include involvement in dementia-related studies and authoring and publishing articles.

For more information or to RSVP for this special event, please call The Weatherly Inn at Lake Meridian (253) 630-7496 or email us at info@weatherlyinn.com.

"Nurses" continued from front page

"It's wonderful. They will bend over backwards for these people. They really strive to make everyone feel like they are welcome and at home."

Martindale recalls a recent morning when staff members were helping a woman get dressed. They outfitted her with jewelry and scarves, much as she had dressed in her earlier years. "You could tell she was so proud," she says. "The staff really care for the residents. They are amazing."

Brenda Mostrom, LPN, enjoys working in The Weatherly Inn's Bristol Court. A 25-year nursing veteran, she has worked in a variety of settings, but finds she really enjoys working with Alzheimer's residents. "They need someone to reach out to them," she says.

What does Mostrom like best about practicing nursing at The Weatherly Inn? "I like the idea that I can work with the residents one-on-one. I have the time to do my job and also talk with the patients," she says. "I can build a rapport with them. With other jobs, I haven't always had the time to get to know them."

Mostrom wants families to know that their loved ones aren't just known by their names and room numbers. "They will be treated as individuals and with dignity," she emphasizes.

How does she feel at the end of the day? She says, "I don't think I've left a day without laughing or smiling."

"Events" continued from facing page

Miss Becky & Me ~ piano & vocals
Thursday, May 22, 3pm
The Weatherly Inn ~ Tacoma

Broadway Show
by Steilacoom Dance Company
Thursday, May 29, 3pm
The Weatherly Inn ~ Tacoma

JUNE

Barbara Stone ~ musical entertainment
Monday, June 2, 10:30am
The Weatherly Inn at Lake Meridian

Tacoma Banjo Club
Thursday, June 5, 3pm
The Weatherly Inn ~ Tacoma

Lei Lani Dancers
Wednesday, June 11, 7pm
Celebrate King Kamehamehai Day,
complete with tropical fruit & beverages
The Weatherly Inn ~ Tacoma

Howard & Marie
Thursday, June 12, 10am
Take a musical trip down memory lane
The Weatherly Inn at Lake Meridian

Father's Day Barbecue
Friday, June 13, Noon
Honoring all of our gentlemen at the first
barbecue of the season!
The Weatherly Inn at Lake Meridian

Flag Day Celebration
Saturday, June 14, 2pm
The Weatherly Inn at Lake Meridian

Stardusters ~ musical entertainment
Thursday, June 19, 3pm
The Weatherly Inn ~ Tacoma

Read Us... Online!

For those with Internet access, you can now find the latest issue of The Weatherly Report online at www.weatherlyinn.com. It's an easy way to share articles, tips and upcoming events with friends, family and business associates. Want a copy of a story? Just click and print! We will also be maintaining an archive of past issues beginning with this spring edition. For those that like the feel of old fashioned paper, never fear— we will still be printing our hard copy version!

Weatherly Partners with GRCC Nursing Program

Alzheimer's disease is a distant thought for many young adults. But for 10 Green River Community College students, they had the opportunity to experience it up close and personal. As nursing students, they spent the winter quarter refining their skills at The Weatherly Inn at Lake Meridian.

According to Julia Short, director of the nursing program at Green River, The Weatherly Inn was chosen as a site for the students for several reasons.

"Not only are they in the community college district, but they provide residential care for people with Alzheimer's, which is an increasing issue in our society," she says. "In addition, when we were exploring this, we found Sharon Richardson (Weatherly Inn program director) was a graduate of our

program. She knows the expectations of the students and (the program) is not a foreign product."

"I think the students gained a real and positive experience on how to care and communicate with individuals living with Alzheimer's," she continues. "It could not have been a better experience."

The success of the partnership is evident, as another class of students is due to arrive in mid-April.

Short adds, "I feel the baseline for the experience is the kindness and generosity the students found. While some places are just eager for the assistance, The Weatherly took the time to have a potato bar for the students. It was a nice thank you and end to their time spent there."

The Weatherly Report is published by the Weatherly Inn for our residents, their families, and our friends in the industry. Contact us in Tacoma at 253-752-8550, in Kent at 253-630-7496, or on our website at www.weatherlyinn.com



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