



The WEATHERLY REPORT

Spring 2004

Don't Go It Alone ... Take a Break with The Weatherly Inn's Life Enrichment Program

As a caregiver for your loved one, it's often hard to find time out yourself. But the fact is, even caregivers need to look after themselves—or they will eventually burn out. Often, caregivers don't recognize their own needs, ignore them or simply don't know where to turn for help.

That's why the Life Enrichment Program was created at The Weatherly Inn. Whether you need assistance for a day or several weeks, we can provide nurturing, supportive care for your loved one.

Our day program provides seniors with a refreshing and stimulating place to spend a few hours. Best of all, for your convenience, transportation (five days a week) to and from The Weatherly Inn is included in the hourly rate. Our guests also receive nutritious meals and snacks, a specialized activities program, linens and towels and a fully furnished room. Personal care services include assistance with medications, routine room checks and personal assistance with activities of daily living, such as bathing, grooming and dressing. A personal assessment will



Weatherly residents "sit a spell" and enjoy each other's laughter.

be scheduled for each person with the goal of designing an individualized care plan. All nursing care services are included in our hourly rate.

Our short-term stay, or respite, program offers caregivers an opportunity to take a well-needed, restful vacation while providing their loved ones with a safe, home-like environment. Care can be provided for up to eight weeks per stay. Our short-term stay residents enjoy a fully furnished, semi-private suite based on the level of care needed. In addition, they will enjoy three nutritious, home-cooked meals each day, snacks, personal care services, weekly housekeeping and linen service and a stimulating daily activities program. Other services are available for an

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

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Do You Know Your Options?

Today, seniors and their families are inundated with choices. It can become difficult to distinguish the differences between all the options with which they are presented— especially when it comes to healthcare and senior living options. The Weatherly Inn, like many retirement, assisted living and Alzheimer's facilities, offers top-notch amenities and healthcare. So, what are some things to consider — and ask about— when choosing a senior housing residence?

For retirement or assisted living: Do they offer a continuum of care, including hospice?

At the Weatherly Inn in Tacoma, we offer independent and assisted living, dementia care and hospice. In fact, our services continue to grow and change with our residents' needs. We offer higher levels of nursing care than may be found in some other similar facilities, which results in fewer residents moving to a nursing home. This also means we are equipped to initially accept a higher acuity resident into our facility. Additionally, our Bristol Court Alzheimer's and dementia care unit is located right on site, which alleviates the need for an unsettling move should the need arise.

We are also prepared to help families with end of life

A Professional Caregiver's Positive Weatherly Experience

Choosing an Alzheimer's residence for a loved one is never an easy task, but for Gary German, M.D., choosing the Weatherly Inn at Lake Meridian for his mother was a clear decision.

Dr. German's mother, Anne, has lived at The Weatherly Inn for nearly a year. Prior to her move, she lived in an assisted living facility that could no longer provide the nursing care and assistance she needed as her disease progressed. So, Dr. German began researching and visiting different facilities. "I checked out about 10 other places in addition to The Weatherly Inn," Dr. German explains. "Everything from Alzheimer's facilities with part-time nursing care to full-time nursing homes."

Dr. German says he just had a good feeling when he walked into The Weatherly Inn. "It was comfortable, I like the nostalgic feel (decor) and it was clean," he says. Most

issues. Both our buildings offer on-site hospice services. This is a comfort for both families and residents, knowing that they don't have to move from their home to receive these specialized services.

Is 24-hour licensed nursing available?

At The Weatherly Inn for Assisted Living, residents and families can take comfort knowing that nursing care from licensed practitioners is available 24 hours a day, 7 days a week. These skilled and compassionate nurses administer medications, provide ongoing assessment and monitoring, case management and more. They also provide ongoing communication with families and physicians.

Are weekend admissions accommodated?

In healthcare, we understand that not all situations follow a Monday through Friday schedule. That's why we are equipped to assist with weekend admissions. Give us a call at either residence for more details: Tacoma (253) 752-8550 or Kent (253) 630-7496.

These are just a few of the reasons to choose The Weatherly Inn. We invite you to stop by for a complimentary luncheon tour or call us for additional information. We think you'll find more than "meets the eye."

important, however, was the nursing care. "I liked what I saw in terms of the ratio of nursing staff to patients."

Almost a year later, Dr. German's first impressions have held true. "Nothing has changed compared to when I made my first visit," he says. "The number of caregivers needed always seem to be there and, in my opinion, they have acted appropriately to what's come up with my mother related to behaviors typical of Alzheimer's. When my mother was at her prior residence, I felt the need to check on her every day. Here I don't feel that way, from the standpoint of her care. I feel very relieved to know she is in good hands."

Dr. German concludes, "I'm very impressed with the staff and how personal they are with the residents—calling them by name, taking time with them. It sounds kind of cliché, but they really look at residents like loved ones."

Service Project Benefits Weatherly Residents



The Knights of Columbus, Creative Kindness Sewing Group and parish youth at St. John the Baptist Catholic Church in Covington teamed up with Camille De Blasi, founder and president of Healing the Culture, Inc., to spend a very special Valentine's Day at The Weatherly Inn at Lake Meridian.

This collaborative group created lap quilts decorated with inspiring messages that were given to Weatherly Inn residents as part of Being With, a volunteer-based

project for compassionate outreach to those in Alzheimer's residences, hospitals, nursing homes, hospices and homes. Weatherly Inn staff also showed their creativity and took an active role in designing several of the quilt squares.

"Each quilt is one-of-a-kind," says Dan Lee, Grand Knight. "The artwork and messages on the squares are just outstanding."

Church youth were involved with the project and designed many of the quilt squares, which featured scripture readings, drawings of rainbows and other images of inspiration and love.

The quilts were officially unveiled as part of "A Night of Inspiration," a
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Handmade quilts brought warmth and smiles to Weatherly Inn residents.

Intergenerational Artwork Now on Display

You are invited to stop by The Weatherly Inn for Assisted Living for a bit "culture." This fall, The Weatherly Inn took part in a unique project in conjunction with Tacoma Art Museum and Truman Middle School. The 12-week program, called Life Experiences: An Intergenerational Art Project, paired Weatherly Inn seniors with middle school students and explored a variety of ways to use art to bridge the generations. (for full story see Fall 2003 Weatherly Report at www.weatherlyinn.com)

As part of this project, participants created a variety of distinctive masks—all of which are currently on display at The Weatherly Inn. Please stop by and see the fruits of this amazing program.

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.

MARCH

Tacoma Banjo Club

Thursday, March 25, 3pm
The Weatherly Inn ~ Tacoma

APRIL

Old Time Fiddlers

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

Easter Brunch

Friday, April 9, Noon
The Weatherly Inn at Lake Meridian

Jim Leonhard, accordion

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

Molli Paige, nostalgic sing-a-long

Thursday, April 22, 3pm
The Weatherly Inn ~ Tacoma

Easter Brunch, Reservations: (253) 752-8550

Sunday, April 11, 11:30am & 1pm
The Weatherly Inn ~ Tacoma

MAY

Swingin' Soiree Swing music

Thursday, May 6, 3pm
The Weatherly Inn ~ Tacoma

Mother's Day Tea

Saturday, May 8, 2pm
The Weatherly Inn at Lake Meridian

Ken & Trudy Lee Broadway tunes

Saturday, May 8, 3pm
The Weatherly Inn ~ Tacoma

Jam Making

Friday, May 14, 2pm
The Weatherly Inn at Lake Meridian

David Rhys-Johnson, pianist

Thursday, May 20, 3pm
The Weatherly Inn ~ Tacoma

Tacoma Banjo Club

Thursday, May 27, 3pm
The Weatherly Inn ~ Tacoma

Sandy Noells, Country-Western Music

Friday, May 28, 10am
The Weatherly Inn at Lake Meridian

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special event held at the parish. “It was the first time anybody had seen the completed quilts,” says Lee. “And, it was powerful for the kids to see that they could make a difference right in their own community.”

The capstone came on Valentine’s Day, when De Blasi, Lee and more than 50 adults and youth from the church delivered 25 quilts to residents of The Weatherly Inn. Many of the youth spent one-on-one time with the residents and, when they left, each resident was given a quilt.

“We wanted to spend an inspiring day there,” says Lee enthusiastically. “What a moving experience. Lots of laughs and many tears were shed on this very special day.”

For information on Being With, visit beingwith.net or call 360-668-0333.

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additional minimal charge and may include physical, occupational and speech therapies, personal foot care, therapeutic massage and professional beauty and barber salon services. As with our day program, our respite residents will receive a personal assessment to better understand and serve their needs and there is no additional charge for nursing services.

We invite you to find out more about the Life Enrichment Program at The Weatherly Inn— for your own well being and that of the person for which you are caring. These services are available both at The Weatherly Inn for Assisted Living in Tacoma and The Weatherly Inn at Lake Meridian. For more information, call The Weatherly Inn at (253) 752-8550 (Tacoma) or (253) 630-7496 (Kent).

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



6016 N Highlands Parkway
Tacoma WA 98406
253-752-8550

15101 SE 272nd Street
Kent WA 98042
253-630-7496