



WEATHERLY INN

The WEATHERLY REPORT

Summer 2003

The Weatherly Inn Difference

When Dr. Larry and Nancy Bunn built The Weatherly Inn at Lake Meridian, they had a vision: to create an Alzheimer's/dementia care residence that provided not only exceptional care, but a small, intimate feeling from which their residents could benefit. This is what we believe sets The Weatherly Inn apart. Our family-owned and operated business strives to always look at things a little differently and our building design is no exception.

Our four separate living areas serve small groups of residents in varying stages of Alzheimer's/dementia. From research, we have learned there are many benefits to this arrangement. So, why four levels of care when all residents could be served together and share common areas?

- At The Weatherly Inn, each level of care/living area is limited to 16 to 18 people. It has been found that, when placed in larger groups, the Alzheimer's/dementia resident tends to experience more confusion and/or agitation.

- Residents live with others of similar cognitive function. Mixing earlier and later stage residents can create alarming situations—for instance, it can be unnerving for someone who is still aware of his disease to see the behavior and/or physical changes of later stage residents.
- Activities are designed specifically for varying cognitive and physical abilities, depending on the care level. Activities aren't viewed as "one size fits all."
- The Weatherly Inn has dedicated staff working in each living area. CNAs are scheduled to work five days in a row and there are also CNAs who work exclusively on weekends. This provides residents with needed continuity and familiarity.
- All staff at The Weatherly Inn are trained in dementia care, including housekeeping, dietary and laundry. Why is this important? If a resident views a housekeeper coming into his room as an

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Stressed Out? This Event Is For You!

Many of us are becoming increasingly overwhelmed with stress in our daily lives—but we don't have to let it get the better of us. Learn skills for coping effectively at a special presentation, "Managing Stress," on Tuesday, July 22 at 7pm at The Weatherly Inn at Lake Meridian.

Lynn Allar of Snoqualmie Valley Hospital Community Education will share strategies on coping with stress, including understanding stress, the mind-body connection, learning to relax, letting go of the negative and realistic expectations.

Space is limited. Please RSVP to The Weatherly Inn at Lake Meridian at (253) 630-7496.

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

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When It's Time for Assistance

The decision to move a loved one into an assisted living or Alzheimer's care residence is never easy. Many times, families think they are doing the "right thing" by continuing to care for mom or dad at home. Unfortunately, there often comes a point where it's not the right thing for either the caregiver or the loved one. Families wrestle with feelings of guilt, fear and grief. We are here to help you and your loved one in this journey, whether you opt for assisted living or another type of assistance.

Here are some key issues and questions. We encourage you to discuss them with other family members. If several of these sound familiar, it may be time to seek out help with caring for your loved one.

- **Denial** ~ about the disease and its effect on the person who's been diagnosed. *I know mom's going to get better.*
- **Anger** ~ at the person affected, that no effective treatments or cures exist and that people don't understand what's going on.
- **Social withdrawal** ~ from friends and activities that once brought pleasure.
- **Anxiety** ~ about facing another day and what the future holds. *What happens when he needs more care than I can provide?*
- **Depression** ~ begins to break your spirit and affects your ability to cope. *I don't care anymore.*
- **Exhaustion** ~ makes it nearly impossible to complete necessary daily tasks.
- **Sleeplessness** ~ caused by an endless list of concerns.

Pearl Harbor More Than History for Weatherly Inn Resident

With her bedroom window facing Pearl Harbor, Jennie Rich saw what, for most people, would seem unfathomable. It was December 1941 and Rich found herself with a front row seat to the bombing of Pearl Harbor.

Rich, now a resident of The Weatherly Inn for Assisted Living in Tacoma, was accompanying her husband, a Naval officer, while he was on a tour of duty. It was over 60 years ago, but Rich can still describe it vividly.

"There was a lot of shooting, a lot of blasting," she recalls. "It was panic. Everybody panicked; after all, our men were getting killed."

At the time the bombing started, her husband was out

Help Make a Difference

Gather along with The Weatherly Inn staff and show your support in the fight against Alzheimer's disease as our team participates in the **Alzheimer's Association Memory Walk**. Every dollar raised in our community stays to support local programs and services.

Form a team—or join our team—at one of these events:

Pierce County Sat., August 23 Annie Wright School, Tacoma	Seattle Sun., September 7 Sand Point Magnuson Park
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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!

What if she wanders out of the house or hurts herself?

- **Irritability** ~ leads to moodiness and triggers negative responses and reactions. *Leave me alone!*
- **Lack of concentration** ~ makes it difficult to perform familiar tasks. *I was so busy, I forgot our appointment.*
- **Health problems** ~ both mental and physical, begin to take their toll. *I can't remember the last time I felt good.*

If you think it may be time to discuss other living options for your loved one, give us a call at (253)752-8550 (Tacoma) or (253) 630-7496 (Kent). We can help you navigate through the myriad options available.

* Signs of caregiver stress reprinted with permission from the Alzheimer's Association, Western and Central Washington State Chapter.

on patrol. "I was concerned for his safety," she says. "He was in the middle of protecting the servicemen and the ships." It would be ten agonizing days before husband and wife would find out each was safe.

The fact that her seven-year-old son was watching by her side makes the scenario that much more unsettling. "Boy, those ships were all burning up, the sky was full of smoke," she says. "You could see the ships going down." Rich also remembers seeing a bomb hit a parked car right near the apartment.

Life during that time is like nothing today's generation

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“Weatherly Difference” cont. from front

- intrusion, the housekeeper is equipped to respond. Likewise, if a resident stops a staff member in the hallway and tells her/him they want to go home, our staff is prepared to respond appropriately.
- Our thoughtful design puts residents’ needs first and encourages them to step outside the confines of their own living area.
 - Wide, continuous hallways keep agitation levels down. Hallways don’t end; therefore, residents don’t find themselves overwhelmed with having to make a decision about which way to turn or feel like they’ve become lost. The width of the hallway promotes a feeling of airiness so residents won’t feel closed in.
 - There is a purposeful abundance of natural lighting—no fluorescent lighting has been used as the brightness can cause agitation in the Alzheimer’s resident. Natural lighting has been

found to produce a calming effect.

–Residents have access to three outside courtyards, all within a secured community. Each level of care also features a sunroom that brings the fresh air inside.

–Reminiscent areas on each level provide residents the opportunity to participate in activities from days gone by. Baby changing stations, gardening rooms, office areas, dressing tables and more help stimulate cognitive and physical abilities.

–Residents can participate in daily outings, including Saturday morning trips to the Black Diamond Bakery and summer picnics in the park. The Weatherly Inn employs a full-time activities director and offers events and activities for all levels every day of the week.

We would be happy to share with you our insights into our building design and programs and we invite you to call us anytime at (253) 670-7496.

On-Site Psychiatrist Benefits Everyone

Residents and families of The Weatherly Inn at Lake Meridian are benefitting from the on-site psychiatric services of Dr. Brian Coleman. With an office located at The Weatherly Inn, families do not need to concern themselves with how their loved one will receive psychiatric assessments. Residents can be evaluated without having to undergo the possible uneasiness and confusion of leaving their home environment (to go to an outside provider) and families can easily consult with Dr. Coleman in the privacy of his in-house office.

“By offering these services on-site we can address any behavioral issues or agitation in the early stages, before it gets out of hand,” says Bev Baccus, General Manager. “We’re able to do psychiatric evaluations and determine what medication changes might be warranted, or what medications might be needed. It’s a real convenience for all involved (families, residents and staff).”

For more information about Dr. Coleman and the services he provides, call The Weatherly Inn at Lake Meridian at (253) 630-7496 or email us at infokent@weatherlyinn.com.

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.

JULY

Fourth of July Celebration

BBQ lunch followed by patriotic music at 3pm

Friday, July 4

The Weatherly Inn ~ Tacoma

Fourth of July Barbecue

Friday, July 4, Noon

The Weatherly Inn - Lake Meridian

The Roustabouts ~ Big Band era music!

Thursday, July 24, 3pm

The Weatherly Inn ~ Tacoma

Open House

Friday, July 25, 11am-1:30pm

The Weatherly Inn at Lake Meridian

AUGUST

Old Time Fiddlers

Monday, August 4, 2pm

The Weatherly Inn at Lake Meridian

Tacoma Banjo Club

Thursday, August 7, 3pm

The Weatherly Inn ~ Tacoma

Let’s Pickle! A Weatherly Inn tradition!

Residents gather to help in canning the cucumbers they’ve grown this season.

Wednesday, August 27, 2pm

The Weatherly Inn at Lake Meridian

50’s Rock Around the Clock

Put on your bobby socks and join us for this fun theme lunch!

Friday, August 29, 12:30pm

The Weatherly Inn at Lake Meridian

SEPTEMBER

Labor Day Barbecue

Monday, September 1, 11:45am

The Weatherly Inn ~ Tacoma

Howard & Marie ~ musical memories

September 4, 3pm

The Weatherly Inn ~ Tacoma

Sandra Knoll ~ country gospel

Thursday, September 11, 3pm

The Weatherly Inn ~ Tacoma

Lunch at the “Country Fair”

A fun theme lunch, with country western music at 2pm.

Thursday, September 25, Noon

The Weatherly Inn at Lake Meridian

Mother's Day Tea: An Event to Remember



The Weatherly Inn at Lake Meridian honored all our ladies & their families on Saturday, May 10 with a special afternoon of laughter, love, music, tea & desserts. We were pleased to host over 75 individuals for the festivities & smiles seemed to be the overriding theme of the day!



Top: Donna Abbott & her girls; Bottom: Best friends Virginia Bowerman & Margorie Butler

"Pearl Harbor" cont. from page 2

could imagine. The "blackouts" left an indelible impression on Rich. "We had to paint all of our windows black. We were told to not even make a scratch on them, otherwise the (enemy) planes could see in," she explains. "You can't imagine how awful it was to see the windows all black and at nighttime we couldn't go out or turn our lights on."

Rich says during that time they were well guarded by the United States Marines. "They did such a great job. We felt at ease with them there. That's what they're trained to do and I'm very grateful."

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

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