



WEATHERLY INN

The WEATHERLY REPORT

Spring/Summer 2009

Home versus Assisted Living

A Lifestyle Decision When it comes to making a decision about moving from one's home into an assisted living residence, many factors come into consideration. While it may not be the answer for everyone, studies show that living in an assisted living residence offers many benefits— especially on quality of life.

Medical Care Making doctor's appointments and getting to them on time—or at all— can be especially difficult for seniors. Transportation becomes an ongoing issue as seniors stop driving their cars.

“At The Weatherly Inns, we have licensed nursing staff available on-site 24 hours a day, which offers a great deal of comfort for our residents and their families,” explains Alex Bunn, regional administrator. “We can also arrange for outside providers, like physical or occupational therapists, to come and provide services in-house.”

The Weatherly Inn at Lake Meridian offers onsite psychiatric visits. “This enables residents to be evaluated without having to undergo the possible uneasiness and confusion of leaving their home environment (to go to an outside provider),” says Kristi Knox, general manager.

Social Interaction As seniors age, many find themselves more isolated. Spouses and friends may have passed away and, with driving an issue for some, it becomes more difficult to get out of the house. While health issues often precipitate a move to assisted living, the decision to move is also driven by a strong desire for the social connectedness associated with living with others.

“We have activities here to match almost every interest,” Alex explains. “We offer music programs, art and exercise classes, tours of museums and other local attractions, shopping excursions, happy hour, movies and

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Join Us and Learn... How to Sell Your Home Quickly

Real estate specialist Win Van Pelt will share tips and strategies for seniors (and their families) trying to sell their homes during the current housing market downturn. Join us Tuesday, March 24 from 6:30 to 8 p.m. at The Weatherly Inn at Lake Meridian for this informative presentation on how to sell your home, and to whom, in as short of period of time as possible.

Van Pelt, of John L. Scott Real Estate, has been successfully selling seniors' homes in as short as five days. He has been in real estate for 17 years and has been in the top one to two percent of all John L. Scott agents in our state for the past 15 years. To RSVP and for more information, please call 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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Stay Active to Prevent Injury

At The Weatherly Inn, we believe that fitness – both physical and mental – is a large component to living a healthier, more satisfying life. In particular, physical activity is an important key to helping prevent injuries as the body ages. That's why we offer daily exercise programs at both our Tacoma and Kent residences.

Exercise and physical activity is good for everyone, no matter what their age. In fact, according to the National Institute on Aging, staying active can help individuals:

- Keep and improve their strength to stay independent.
- Have more energy to do the things they want to do.
- Prevent or delay some diseases like heart disease, diabetes and cancer.
- Perk up their mood and help reduce depression.

In addition, by spending a little time each day in some type of physical activity, orthopedic surgeons believe there are significant benefits to gain, including a longer, healthier life; stronger bones; reduced joint and muscle pain; improved mobility and balance; slower loss of muscle mass and a lower risk of falls and serious injuries, like hip fractures.

Even if one has some health problems, exercise is still beneficial; although it's important to always speak with a health care provider about what kinds of exercise are best and about specific exercise instructions.

Residents at The Weatherly Inn for Assisted Living have the opportunity on a daily basis to “keep moving” through a chair exercise program designed specifically for their needs. Participants exercise their arms and legs, as well as use free weights and exercise balls for their hands.

“Mostly, we focus on movements that keep the muscles active, helping prevent injuries as the body ages,” says Terri Slagle, activity director. “Once a week, we also have a yoga class that focuses on stretching and breathing. By incorporating a laughter portion into the program, we enable our residents to express and release inner tension.”

As with anyone trying to stick to an exercise program, maintaining one's interest is essential. That's why in the

spring and summer months, Weatherly residents have many opportunities to take walks along the waterfront, the community and local neighborhood.

Not only can staying active help prevent physical injury, but physical exercise may help people maintain cognitive abilities well into older age. Some studies have shown a significant relationship between physical activity and later cognitive function and decreased occurrence of dementia— and the benefits may last several decades.

Mayo Clinic has reported that, even for those who already exhibit symptoms of Alzheimer's, moderate exercise helps many feel better — both physically and emotionally. As little as 20 minutes of walking three times a week can boost mood, decrease risk of falls and reduce wandering. Research reported by Mayo Clinic also shows that exercise lessens the tendency toward depression and improves sleep disturbances, which are common among those with Alzheimer's.

Residents at The Weatherly Inn at Lake Meridian also take part in a daily chair exercise program, designed to increase range of motion and tailored to individual levels of mobility and stamina.

“This program not only helps with the physical well-being of the resident but also with their emotional well-being through uplifting music and social interaction,” says Liz Kopp, activity director at Lake Meridian.

Our activity programs also focus on mental stimulus. We offer reminiscence therapy, pet therapy and various activities for the mind such as art and music, history and games. The Weatherly Inn for Assisted Living helps residents keep their memories active through the use of the [m]Power memory fitness machine. The system can be used by virtually all seniors, from those with the sharpest minds to those who have mild cognitive impairment, those at risk for Alzheimer's disease and even those with moderate dementia. Created to help maintain mental acuity, the [m]Power allows residents to keep their memories active as they answer questions on math, science, geography, history and entertainment. The system

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Happy birthday to Estelle Scott, who recently celebrated her 99th birthday surrounded by family and friends at The Weatherly Inn.

Weekend Admissions Welcome

Staff at The Weatherly Inn are available for your weekend admissions. An evaluation is required prior to move in. This can be completed in-home, at another facility or at The Weatherly Inn by our qualified staff. We will need admission paperwork filled out by the family and any pertinent medical information, along with medication and/or orders for medication. Signed physician orders will also be requested. Please call for more information.

The Weatherly Inn ~ Tacoma

Contact: Nicky Day
253.752.8550
After hours/weekends
253.318.0722

The Weatherly Inn at Lake Meridian

Contact: Kristi Knox
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After hours/weekends
206.612.7250

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is updated daily through The Weatherly Inn wireless network and adjusts individual skill levels based on recent play to keep users challenged.

Overall, it's clear that to those looking for the best antidote to many of the effects of aging, regular physical and mental exercise cannot be overstated. We are here to help and invite you to learn more about the activity programs offered at The Weatherly Inn by visiting www.weatherlyinn.com.

The Weatherly Report is published by The Weatherly Inn for our residents, their families, and our friends in the industry.

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www.weatherlyinn.com

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much more. We make events and activities easily accessible and available for all our residents.”

Assisted living costs include all basic living expenses such as rent, utilities and food, in addition to security services, housekeeping, health monitoring services, lawn care, property taxes and insurance, trash removal, repairs and maintenance, and the most frequent things people forget to include—social activities and entertainment.

Letting Go of the Daily “Drudgery”! As one ages, taking care of all the routine tasks that go along with maintaining a home becomes more difficult and time-consuming. A definite benefit of moving to an assisted living environment is that cooking, cleaning, laundry and other daily tasks are removed from the to-do list.

A study conducted for the American Seniors Housing Association* compared similar seniors (same age, health, income, etc.) and how their housing affected them. One group had moved into buildings for independent seniors;

the others stayed at home. The study found that residents of independent-living buildings were more satisfied with their lives (90 percent) than those who remained in their own homes (77 percent). Residents were more likely to spend more time with other people and less time watching television than those at home. Residents were also more likely to say their health had improved in the last two years (10.3 percent) than those at home (4.1 percent).

Respite or adult day care may be viable options as a test-run to permanent residency. These short-term services offer an idea of the lifestyle, amenities and supportive environment that assisted living provides. Change may be difficult, so these programs might help a loved one make a smooth transition to an assisted living residence that opens a whole new set of doors.

For information about The Weatherly Inn, visit weatherlyinn.com; or call 253.752.8550 (Tacoma) or 253.630.7496 (Kent).

* *The Benefits of Independent Living: A Comparative Analysis of Residents and Non-Residents,* ProMatura Group LLC, 2003.



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