



HIGHGATE SENIOR LIVING

155 E. Kellogg Road • Bellingham, WA 98226 • (360) 671-1459

March 2010

Help Us Help You!

We are hoping to update our files with accurate e-mail addresses for all of our residents' families and contacts. We also want to know how you prefer to be contacted. Please provide your name and email address below (if you haven't already).

If you return this slip to Highgate, you will be entered to win a prize! Thank you for your help.

Name

E-mail Address

Highgate Resident

Preferred Method of Contact



Celebrating 100 Years!

Nina Dinah celebrated her 100th birthday with friends, family, residents and staff. Nina Bertha Dinah was born in Chelsea, England, on Jan. 28, 1910. She loves animals and knitting. She at one time worked as a government telephone operator. Nina prides herself in her punctuality ... she is never late! She offers the following advice for younger people: (1) Be truthful. (2) Listen to your parents. (3) Be pleasant and you will be loved.

Nina wishes her mother could

see her now, as she knows she would be so proud.

We all feel lucky to have been a part of this special celebration. We wish you many happy years to come, Nina!



Greener in 2010

In an effort to reduce waste and consume fewer trees, we are offering to e-mail our monthly billing statements, newsletters, and activity calendars. Please let us know if you would like to receive yours via email. If not, don't worry; we'll still send it to you in the mail. Thanks.



Happy March Birthdays!

March 7	Pat Hedman
March 9	Emory Hall
March 12	Donald Howell
March 22	Anne Hill
March 25	Anna Thorp
March 28	Lucile Longview

Visit Our Blog

www.highgatebellingham.blogspot.com



Experts in Senior LIVING!



Trivia Whiz

Green should be the official color for March. After all, it's the month when all things dormant begin to come alive. And, of course, green rules on St. Patrick's Day. What else is green?

Safer spending.

American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeiters.

Sacred symbolism.

In Japan, green is regarded as the color of eternal life.

Scientific factors.

Green is noteworthy in the world of science because the chemical chlorophyll causes plants to be green. The color is also important in the development of technology such as night-vision goggles, which depict views using that hue because the human eye is most sensitive to it and is more easily able to discern shades of that color.

Valentine Performers



Volunteer Opportunities

At Highgate, we are always striving to provide quality opportunities for socialization and stimulation. We can only accomplish this with the help of our many volunteers. If you have a special talent or an interest in sharing your time with the residents of Highgate Senior Living, please contact Michael Berg, our Activities Coordinator.

Meet Our Team

Linda Fisher Executive Director
Tresa Mariotto Res. Care Coord.
Ann Anderson Healthcare Director
Britt Potter Comm. Relations
Michael Berg Activities Coord.
John Stump Dining Services
Cheryl Peterson Asst. HD
Cynthia Donovan Admin. Asst.
Scott Logan Maintenance Director

Three-Leaf Clover

The word "shamrock" is derived from the Gaelic word *seamrog*, meaning "little clover." It is used to refer to a variety of three-leaved plants, but the one many experts regard as the official Irish shamrock is a yellow-flowered clover, *Trifolium dubium*.

Manager E-mail Addresses

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highgateblrc@qwestoffice.net
highgateblles@qwestoffice.net
highgateblfs@qwestoffice.net
highgateblrca@qwestoffice.net
highgateblaa@qwestoffice.net
No address yet



Energy Boost

Get a jolt of energy without a run to the coffee pot. Stretch and exercise in the morning or during the lunch break—it will keep energy levels high the rest of the day. Get some natural light—sunlight naturally boosts energy. Eat a hearty breakfast with plenty of protein—a morning meal loaded with carbohydrates will cause a midday slump. Have a snack high in vitamin C—berries are an easy, portable option. Drink plenty of water throughout the day.



Upcoming Events

• Alzheimer's Society Spring Workshop:

Featuring Teepa Snow,
Dementia Care and
Training Specialist

April 16, 8 a.m.-4:30 p.m.
Christ the King Events Center

• Miles for Memories Walk and 5K Run:

May 15, 8 a.m.-11 a.m.
Fairhaven Village Green
Fundraiser for the
Alzheimer's Society

For more information on these events, please contact Britt at Highgate.

Employee Spotlight



Jacqueline Fusman

Jackie was voted as this month's Employee of the Month. She came to us because she was working as a barista and was feeling a desire to do something more meaningful. Over the past few months, working as a caregiver, Jackie has proven her passion for helping others. She loves interacting with the Highgate residents and loves how they all are so unique and have their own personalities. She thinks they are all so funny and great to be around. If she is having a bad day, it just takes five minutes at work to make her feel better. Spending time with the residents has that effect on her.

Jackie is figuring out where she wants to take her career, but what is certain is the joy she feels when she is helping others. Nursing school is a possibility. Jackie and her husband of two years, Landin, live in Ferndale.



Wit & Wisdom

"Luck is what happens when preparation meets opportunity."
—Seneca

"I'm a great believer in luck. And I find the harder I work, the more I have of it."
—Thomas Jefferson

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."
—Ovid

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck."
—Buddha

"Those who have succeeded at anything and don't mention luck are kidding themselves."
—Larry King

"The only thing that overcomes hard luck is hard work."
—Harry Golden

Flower of [March]

Botanical name | Narcissus

Other name | Jonquil

Description | Trumpet-shaped blossom surrounded by petals that may be of a contrasting color

Colors | Primarily yellow and orange, white

Facts | The name of the flower is based on the Greek mythological character Narcissus, known for his vanity. It is the national flower of Wales.

[Daffodil]

Meaning |
Unrequited love, chivalry, respect,
modesty, faithfulness



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