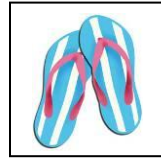


Sea View Senior Living
98059 Gerlach Lane
Brookings, OR 97415



Sea View Gazette

August
2011



seaviewseniorliving.com

541-469-4500

Brain Fitness

Long-standing wisdom tells us that brain function is destined to decline as we age, however, we now know that we can enhance brain function with activities that are both stimulating and challenging. In recent decades, scientists have begun to unfold new secrets about the aging brain and have found that, in response to learning, your brain can continue to reshape itself. This means that you can improve your brain power function as you age. Learning to do new things, eating dark chocolate (dopamine is a chemical that improves memory and overall brain power function), playing catch, making your hobbies harder and using your non-dominant hand all enhance brain fitness, and getting enough shut-eye is critical to both brain function and memory.

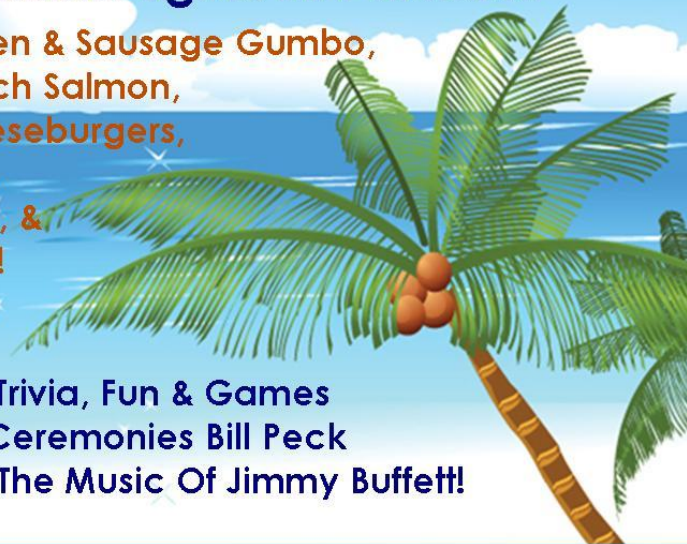
Every Friday here at Sea View Activities Director, Kathy, provides a Weekly Challenge (brain teaser) for our residents to solve for different prizes each week. This is just one way in which we provide "Brain Fitness" for our remarkable residents. We also have jigsaw puzzles laid out on tables throughout the community and the calendar includes activities such as card games, Scrabble and trivia, all of which challenge the brain.



"It's 5 O'Clock Somewhere"At Sea View Senior Living!
So Join Us On Thursday, August 18th, 5:00 pm
For "Cheeseburgers In Paradise"



Enjoy Chicken & Sausage Gumbo,
Parrot Beach Salmon,
Mini Cheeseburgers,
Island Rice,
Key Lime Pie, &
Margaritas!



Raffles, Prizes, Trivia, Fun & Games
By Master-Of-Ceremonies Bill Peck
Plus Dance To The Music Of Jimmy Buffett!

Reservations Required
Seating is Limited
541-469-4500

www.seaviewseniorliving.com
98059 Gerlach Lane, Brookings, OR 97415
We are looking forward to seeing you!

Remarkable Place! Remarkable People! Remarkable Food! Remarkable Fun! Remarkable Living! That's Sea View Senior Living!

What's Happening in August!

August 6 & 7
Boardwalk Arts Fest

August 8
Lunch at Salmon Run

August 14 & 28
Music in Azalea Park

August 18
"Cheeseburger in Paradise"



Beach Party
(Parrotheads
encouraged
to attend)

August 22
Picnic at Azalea Park

August 26
Annual Hospice Rummage
Market



Some of our regular
Weekly Challenge
players and frequent
winners; Carl &
Peggy, Al, Gordon,
and Dave & Sharon.

Mothers & Daughters

Meet Julie Lind and her daughter, Sue. Julie moved into Sea View in July of 2010, making her one of our first Brightcreek residents.



Julie was born April 27th 1920 in Bellows Falls, VT, The 9th of 12 children. Most of her childhood was spent as a city-dweller in Holyoke, MA.



After graduation from High School Julie entered nursing school and then upon graduation she joined the US Army in November, 1943. She served in the continental US for 2 1/4 years, until WWII ended. While on her last stint of duty in Washington State, Julie met Ted Lind on a blind date arranged by her best girlfriend. The two were married on April 21, 1946. Ted & Julie moved to Klamath Falls, OR in



Letter to Bill



Dear Bill:

We wish to commend your incredible performance as Chair of the Sea View Senior Living Community "Relay for Life" Committee. We so much appreciate your willingness and ability to include the residents in all phases of this national fundraiser. We watched every day as that red line not only hit goal, but went one thousand dollars over. What a spectacular performance! It is, of course, worthy to note that the three members of our committee, Maggie Graham, Helen Smith and Carol McCorkle, are all active members of the Resident's Council.

With many thanks and congratulations!

The Sea View Senior Living Community Resident Council



1947 where Julie continued her nursing career part-time while raising three children. In 2001 the couple moved to an assisted living facility in Gold Beach where Ted passed away at the age of 90. The two were married for 60 years. Julie's daughter, Sue, is very active in her mother's life and is a familiar face around Sea View. We all love Julie and you will often hear someone say, "She is so cute!" She has a sweet spirit and a beautiful smile, and Sue has inherited both of these traits.

Karaoke



A fun way to spend a Sunday afternoon is singing Karaoke in the Activity Loft. It took some coaxing to get residents to get up and sing but when the brave ones finally did, everyone enjoyed it!



Humor for the soul!

Don't let aging get you down. It's too hard to get back up!



Jan's Corner



Our Memory Care Program "Brightcreek"

In the past year we have built a program and team that is dedicated to giving the best care available.

Our "Brightcreek Staff" includes a full time Registered Nurse, a full time administrator, Medication Management Team, a full time Activities Director, and the best caregivers anywhere!

Sea View offers private and companion suites; a safe environment with "coded entrance/exit", 24-hour staff, 3 meals, snacks & hydration; all levels of assistance; an enriched activity program; a wellness program; outings on our bus; transportation to appointments; housekeeping; laundry; and so much more!

Not only do we offer care for full time residents, we also offer "respite" stays!

Ask about our "Financial Assistance"!

If you would like more information about our Memory Care Program, Retirement or Assisted Living please call or stop by anytime!

Warmly, Jan Ramelli
Community Relations Director

WAY TO GO STRIDERS!



Sea View residents and staff raised a total of **\$4,106.02** for RELAY FOR LIFE.



Great American Jukebox



Residents and guests from the Brookings Harbor community enjoyed an evening of comfort food and great entertainment.



Stephanie sang the songs of legendary ladies and wowed the audience with her powerful vocals.



Stephanie works the crowd, singing to Steve, Carl and Stan. The music inspires Becky and Irene to get up and dance!



Rol enjoys a delicious meal.



Winners!



Congratulations to Coastal Physical Therapy, the winners of July's puzzle!

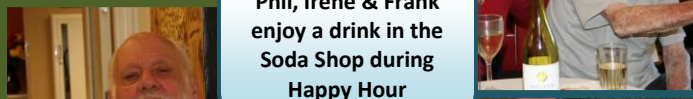


Around Sea View

Residents Enjoy a picnic and sunshine at Harris Beach



Minnetta & Helen bake cookies for our Relay for Life booth



Phil, Irene & Frank enjoy a drink in the Soda Shop during Happy Hour



Matt takes Lillian's lunch order



Brightcreek residents enjoy a picnic at Harris Beach, where the fresh air and ocean scenery elevated everyone's spirits. A few residents even made some new friends!



Ice Cream



Brightcreek residents look forward To their weekly trip to our Soda Shop where they enjoy good old-Fashioned milkshakes, root beer

Floats and ice cream cones. The jukebox pumps out old tunes that inspire many of them to rise to their feet and dance!



Music



Brightcreek enjoys an afternoon of Karaoke alongside our other Sea View residents. We incorporate music into their everyday lives because we recognize the power that music has to spark compelling outcomes and bring people joy. Music is therapeutic, reduces stress, and stimulates positive interactions. And the best thing of all – it brings big smiles to the faces of our residents and that warms our hearts!