

# Resident Spotlight



Karon

Karon has lived at the Sequoia for about 4 months. She lived most of her life in Cosmopolis, Washington. You may have seen her before in our social media or newsletter, as she is very active in the community. Karon says she really enjoys activities, such as BINGO!, Arts and Crafts, and going on outings and picnics that the community offers. She says she especially enjoys inviting friends and family to events, activities and outings at The Sequoia!

# Team Member Spotlight



Eva, Wellness Coordinator

Eva has worked at The Sequoia since 2004. She is a vital team member of our Wellness Department. Eva schedules care staff, ensures services are provided according to each resident’s service plan, orders medications for residents, and so much more! She started out 20 years ago as a caregiver and worked her way up to the important role she plays today. She enjoys being able to use her skills to care for our residents and help manage our care team. Eva has near perfect attendance to show her dedication to our staff and residents!



**Yum!** Chef Rich and Miah are seen here at our Welcome Friends Happy Hour presenting the delicious refreshments. Stop by on the last Friday of the month at 3:15 PM to join us!



**Cheers!** Sally and Bob showing off the margaritas they enjoyed at last month’s Welcome Friends Happy Hour. Beverages with and without alcohol are offered at these gatherings.

Share Your Thoughts This October!

**Resident & Responsible Party Satisfaction Survey**

Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 27th. The survey window is open through October 31st.

★★★★★

**Your participation is greatly appreciated!**

October 2024

# The Sequoia Standard

Assisted Living | 825 Lilly Road NE | Olympia, WA 98506 | 360-491-0491

www.thesequoia-olympia.com



# A Note from the Executive Director



Carolyn Driscoll, Executive Director

**Welcome to Fall!** It’s a time to savor those last glimpses of summer and embrace change.

In October, your feedback is requested. Our management wants to hear from you! They have put together a short, easy online survey for all residents, families, and staff. The survey is **anonymous** and our goal is 100% participation.

To entice you to participate, Brianna will be hosting Survey parties on Thursdays at 11 AM. She can assist those who need help. **Let your voice be heard!**

Invite your favorite people to join you at our **Harvest Halloween Family & Friends Night** upstairs in the activity room on October 30th, from 6-7:30 PM. Costumes optional, fun required!

*“There is something so special in the early leaves falling from the trees—as if we are all allowed a chance to peel, to refresh, to start again.” Ruth Ahmed*

## HAPPY Birthday

Residents

- Margie, October 1st
- Lois, October 3rd
- Brick, October 5th
- Leah, October 6th
- Laddie, October 8th
- Ellabeth, October 16th
- Terry, October 16th
- Jane, October 25th

Staff

- Natasha, October 26th
- Rich, October 29th



<div> <div>OCTOBER 2024</div> <div> <div>The Sequoia</div> <div> <div>•</div> <div>825 Lilly Road NE, Olympia, WA 98506</div> <div>•</div> <div>360-491-0491</div> </div> </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
		<div>1</div> <div><u>Happy Birthday Margie</u></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>10:45</div> <div>Movie Matinee: The Call of the Wild</div> </div> <div> <div>11:00</div> <div>Tuesday Lunch Bunch</div> </div> <div> <div>2:00</div> <div>Decorating for Fall</div> </div> <div> <div>3:00</div> <div>Live Performance by Joe Lawn</div> </div> <div> <div>6:00</div> <div>Resident-Led Small Talk Support Group</div> </div>	<div>2</div> <div></div> <div> <div>10:00</div> <div>Catholic Services (Library)</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:00</div> <div>BINGO!</div> </div> <div> <div>2:00</div> <div>Bible Church with Danny</div> </div> <div> <div>3:45</div> <div>Resident-Led Spades</div> </div>	<div>3</div> <div><u>Happy Birthday Lois</u></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Resident Survey Party!</div> </div> <div> <div>1:00</div> <div>Decorating for Fall</div> </div> <div> <div>2:00</div> <div>Making Blankets for a Cause</div> </div> <div> <div>3:15</div> <div>Pet Visits with Sitka</div> </div>	<div>4</div> <div></div> <div> <div>10:00</div> <div>Chair Yoga with Deniece Bleha</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>1:00</div> <div>Bible Study with Stephen</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Happy Hour / Refreshments</div> </div>	<div>5</div> <div><u>Happy Birthday Brick</u></div> <div> <div>10:00</div> <div>Coffee &amp; News</div> </div> <div> <div>1:30</div> <div>Resident-Led BINGO!</div> </div> <div> <div>3:00</div> <div>Pokeno</div> </div> <div> <div>All Day / Resident-Led</div> <div>Open Games (Activity Room)</div> <div>Brain Buster (Front Desk)</div> </div>
<div>6</div> <div><u>Happy Birthday Leah</u></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:25</div> <div>NFL Game: Giants Vs Seahawks</div> </div> <div> <div>1:30</div> <div>Let's Stretch</div> </div> <div> <div>2:00</div> <div>Fall Leaf Centerpieces</div> </div> <div> <div>3:00</div> <div>Grace Church</div> </div> <div> <div>3:30</div> <div>Left, Right, Center Dice</div> </div>	<div>7</div> <div></div> <div> <div>8:45</div> <div>Shopping Trip</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:45</div> <div>Monday Manicures</div> </div> <div> <div>1:00</div> <div>Pet Visits with Dillon &amp; Shirley</div> </div> <div> <div>1:30</div> <div>Scenic Drive</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Yarn Pumpkin Craft</div> </div> <div> <div>5:15</div> <div>NFL Game: Saints Vs Chiefs</div> </div>	<div>8</div> <div><u>Happy Birthday Laddie</u></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>10:45</div> <div>Movie Matinee: Blue Steel</div> </div> <div> <div>11:00</div> <div>Lattin Cider Mill</div> </div> <div> <div>2:30</div> <div>Decorating for Fall</div> </div>	<div>9</div> <div></div> <div> <div>10:00</div> <div>Catholic Services (Library)</div> </div> <div> <div>10:00</div> <div>Buddies and Bagels Men's Group</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:00</div> <div>BINGO!</div> </div> <div> <div>3:45</div> <div>Resident-Led Hand &amp; Foot Card Game</div> </div>	<div>10</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Resident Survey Party!</div> </div> <div> <div>1:00</div> <div>Decorating for Fall</div> </div> <div> <div>2:00</div> <div>Making Blankets for a Cause</div> </div> <div> <div>3:15</div> <div>Pet Visits with Sitka</div> </div>	<div>11</div> <div></div> <div> <div>10:00</div> <div>Chair Yoga with Deniece Bleha</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>1:00</div> <div>Bible Study with Stephen</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Happy Hour / Refreshments</div> </div>	<div>12</div> <div></div> <div> <div>10:00</div> <div>Coffee &amp; News</div> </div> <div> <div>1:30</div> <div>Resident-Led BINGO!</div> </div> <div> <div>3:00</div> <div>Pokeno</div> </div> <div> <div>All Day / Resident-Led</div> <div>Open Games (Activity Room)</div> <div>Brain Buster (Front Desk)</div> </div>
<div>13</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:25</div> <div>NFL Game: Falcons Vs Panthers</div> </div> <div> <div>1:30</div> <div>Let's Stretch</div> </div> <div> <div>2:00</div> <div>Baking with Shirley</div> </div> <div> <div>3:00</div> <div>Grace Church</div> </div> <div> <div>3:30</div> <div>Pumpkin Painting</div> </div> <div> <div>5:20</div> <div>NFL Game: Bengals Vs Giants</div> </div>	<div>14</div> <div></div> <div> <div>8:45</div> <div>Shopping Trip</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:45</div> <div>Monday Manicures</div> </div> <div> <div>1:00</div> <div>Pet Visits with Dillon &amp; Shirley</div> </div> <div> <div>1:30</div> <div>Scenic Drive</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Marble Fall Leaf Painting</div> </div> <div> <div>5:15</div> <div>NFL Game: Bills Vs Jets</div> </div>	<div>15</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>10:45</div> <div>Movie: Dawn Rider</div> </div> <div> <div>11:00</div> <div>Tuesday Lunch Bunch</div> </div> <div> <div>2:00</div> <div>Guest Speaker: Elizabeth Thunstedt of Insurance Answers Washington presents: Medicare 101</div> </div> <div> <div>3:30</div> <div>Resident-Led Yahtzee</div> </div> <div> <div>6:00</div> <div>Resident-Led Small Talk Support Group</div> </div>	<div>16</div> <div><u>Happy Birthday Ellabeth &amp; Terry</u></div> <div> <div>10:00</div> <div>Catholic Services (Library)</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:00</div> <div>BINGO!</div> </div> <div> <div>2:00</div> <div>Bible Church with Danny</div> </div> <div> <div>3:45</div> <div>Resident-Led Connect Four</div> </div>	<div>17</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Resident Survey Party!</div> </div> <div> <div>1:00</div> <div>Schilter's Family Farm Pumpkin Patch, End at 3</div> </div> <div> <div>3:15</div> <div>Pet Visits with Sitka</div> </div>	<div>18</div> <div></div> <div> <div>10:00</div> <div>Chair Yoga with Deniece Bleha</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>1:00</div> <div>Bible Study with Stephen</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Birthday Party / Happy Hour</div> </div>	<div>19</div> <div></div> <div> <div>10:00</div> <div>Coffee &amp; News</div> </div> <div> <div>1:30</div> <div>Resident-Led BINGO!</div> </div> <div> <div>3:00</div> <div>Pokeno</div> </div> <div> <div>All Day / Resident-Led</div> <div>Open Games (Activity Room)</div> <div>Brain Buster (Front Desk)</div> </div>
<div>20</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:00</div> <div>NFL Game: Seahawks Vs Falcons</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:30</div> <div>Let's Stretch</div> </div> <div> <div>2:00</div> <div>Trivia</div> </div> <div> <div>3:00</div> <div>Grace Church</div> </div> <div> <div>3:30</div> <div>Pumpkin Carving</div> </div> <div> <div>5:20</div> <div>NFL Game: Jets Vs Steelers</div> </div>	<div>21</div> <div></div> <div> <div>8:45</div> <div>Shopping Trip</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:45</div> <div>Monday Manicures</div> </div> <div> <div>1:00</div> <div>Chef Chat with Rich</div> </div> <div> <div>1:30</div> <div>Scenic Drive</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Pet Visits w/ Dillon &amp; Shirley</div> </div> <div> <div>5:15</div> <div>NFL Game: Ravens Vs Buccaneers</div> </div>	<div>22</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>10:45</div> <div>Movie: The Red Fury</div> </div> <div> <div>11:00</div> <div>Tuesday Lunch Bunch</div> </div> <div> <div>2:00</div> <div>Resident-Led Kings in the Corner Game</div> </div>	<div>23</div> <div></div> <div> <div>10:00</div> <div>Catholic Services (Library)</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:00</div> <div>BINGO!</div> </div> <div> <div>3:45</div> <div>Resident-Led Scrabble</div> </div>	<div>24</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Resident Survey Party!</div> </div> <div> <div>1:00</div> <div>Short Stories with Bri</div> </div> <div> <div>1:30</div> <div>Coloring Contest Finals</div> </div> <div> <div>2:00</div> <div>Making Blankets for a Cause</div> </div> <div> <div>3:15</div> <div>Pet Visits with Sitka</div> </div>	<div>25</div> <div><u>Happy Birthday Jane</u></div> <div> <div>10:00</div> <div>Chair Yoga with Deniece Bleha</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>1:00</div> <div>Bible Study with Stephen</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Welcome Friends Happy Hour!</div> </div>	<div>26</div> <div></div> <div> <div>10:00</div> <div>Coffee &amp; News</div> </div> <div> <div>1:30</div> <div>Resident-Led BINGO!</div> </div> <div> <div>3:00</div> <div>Pokeno</div> </div> <div> <div>All Day / Resident-Led</div> <div>Open Games (Activity Room)</div> <div>Brain Buster (Front Desk)</div> </div>
<div>27</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:05</div> <div>NFL Game: Bills Vs Seahawks</div> </div> <div> <div>1:30</div> <div>Let's Stretch</div> </div> <div> <div>2:00</div> <div>Yarn Monster Craft</div> </div> <div> <div>3:00</div> <div>Grace Church</div> </div> <div> <div>3:30</div> <div>Halloween Riddles</div> </div> <div> <div>5:20</div> <div>NFL Game: Cowboys Vs 49ers</div> </div>	<div>28</div> <div></div> <div> <div>8:45</div> <div>Shopping Trip</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:45</div> <div>Monday Manicures</div> </div> <div> <div>1:00</div> <div>Pet Visits w/ Dillon &amp; Shirley</div> </div> <div> <div>1:30</div> <div>Scenic Drive</div> </div> <div> <div>2:00</div> <div>BINGO!</div> </div> <div> <div>3:15</div> <div>Paper Spiderweb Craft</div> </div> <div> <div>5:15</div> <div>NFL Football: Giants Vs Steelers</div> </div>	<div>29</div> <div></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>10:45</div> <div>Movie Matinee: Against a Crooked Sky</div> </div> <div> <div>11:00</div> <div>Tuesday Lunch Bunch</div> </div> <div> <div>3:00</div> <div>Live Performance by Ron Rosenbloom</div> </div> <div> <div>6:00</div> <div>Resident-Led Small Talk Support Group</div> </div>	<div>30</div> <div></div> <div> <div>10:00</div> <div>Catholic Services (Library)</div> </div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee and News</div> </div> <div> <div>11:00</div> <div>Little Sequoia Store</div> </div> <div> <div>1:00</div> <div>BINGO!</div> </div> <div> <div>2:00</div> <div>Bible Church with Danny</div> </div> <div> <div>6:00</div> <div>Harvest Halloween Family Night, Ends 7:30</div> </div>	<div>31</div> <div><u>Halloween</u></div> <div> <div>10:00</div> <div>Exercise</div> </div> <div> <div>10:30</div> <div>Coffee &amp; News</div> </div> <div> <div>1:00</div> <div>Costume Contest</div> </div> <div> <div>1:30</div> <div>Safety Talk with Brad</div> </div> <div> <div>2:00</div> <div>Resident Council</div> </div> <div> <div>3:15</div> <div>Halloween Party</div> </div>	<div></div> <div></div> <div> <div>* Music will be playing in the Bistro on Tuesdays, Wednesdays, Thursdays, and Fridays at 5:30 PM (except Oct. 15th &amp; 30th).</div> </div>	

THE SEQUOIA

SENIOR LIVING

October

2024

upcoming events

Recurring Events

Every Tuesday 11 AM to 2 PM Tuesday Lunch Bunch Outing

Every Friday 10 AM Chair Yoga with Deniece Bleha

Welcome Friends Happy Hour Last Friday of the month @ 3:15 PM

Special Outings/ Events

Lattins Cider Mill 10/8 @ 11 AM

Schilter's Family Farm Pumpkin Patch 10/17 @ 1-3 PM

Halloween Party 10/31 @ 3:15 PM

Entertainment

Joe Lawn 10/1 @ 3 PM

Ron Rosenbloom 10/29 @ 3 PM

Our mission is to create and maintain comfortable, caring environments for those who depend on us.