

Resident Spotlight



Jane

Jane finds staying at The Sequoia a truly pleasant experience, enjoying the warmth of the close-knit community, the kind staff, and the friendships she has made along the way. Originally from Shelton, WA, she has always had a passion for golf and gardening. Though she loves all flowers, Jane's heart has long belonged to beautiful hybrid tea roses and dahlias. She has always loved tending to those flowers.

Team Member Spotlight



Marlys, Dining Services Aide

Marlys has worked at the Sequoia for a little over three years, always greeting residents with a warm smile and kindness. She's an integral part of the community, providing excellent assistance in the dining area. Outside of work, Marlys enjoys hiking, bowling, and traveling, bringing her adventurous spirit wherever she goes.

moments captured



Romantic Keys with Charlie Saibel:

In celebration of Valentine's Day, Charlie visited the Sequoia to serenade our residents with timeless love songs.



Sequoia Sock Hop: Our residents and guests had a wonderful Valentine's Day, enjoying sweet treats and live music from Song Man Dan.



RESIDENT SATISFACTION SURVEY 2024

Goal
Our mission as a company is to create and sustain comfortable, caring environments for those who depend on us. As a part of living that mission, we need feedback from our residents and responsible parties on what we are doing well, as well as what we could do better. Each survey is read, analyzed, and met with a plan.

Overall Design
3 to 4 questions and comment section about quality of care and services based on the National Quality Forum endorsed CoreQ Survey. Ratings are from Poor (1) to Excellent (5).

SURVEY RESULTS

The overall satisfaction score for The Sequoia is Very Good.



www.thesequoia-olympia.com

March 2025

The Sequoia Standard

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



A Note from the Executive Director

Sequoia's Resident Council knows the importance of a kind act or word toward another and would like us all to focus on kindness in March and beyond. What can you do to brighten someone else's day? Look for inspirational quotes related to kindness on your Dailies and recognize another's kindness with a Radiant Star on the bulletin board (between the salon and courtyard).



Carolyn Driscoll, Executive Director

Please be sure to invite friends and family to join us for a night of celebrating basketball at our March Madness Family Night on the 13th, or our Lucky Charm Happy Hour with entertainer Terry Bartelme on the 28th. We'll enjoy delicious treats from the kitchen at both events, and spread kindness to all!

Thank you to all who participated in our Resident Satisfaction Survey of 2024. The cumulative score is included in this month's newsletter, and results will be shared on our website. We very much appreciate and value your feedback.

"Kindness is the language which the deaf can hear and the blind can see." - Mark Twain

HAPPY Birthday

Residents

- Roberta, March 14
- Lenore, March 27
- Michaeleen, March 30

Staff

- Gigi, March 12
- Fancy, March 12
- Malikye, March 14
- Basil, March 22

MARCH 2025

The Sequoia • 825 Lilly Road NE, Olympia, WA 98506 • 360-491-0491

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
2 The Oscars 2025 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 3:00 Grace Church 3:30 Crafting 4:00 The Oscars Viewing Party 6:00 Evening Flick with Friends & Fresh Popcorn	3 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Fill in the Blank with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	4 Mardi Gras 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:30 Mardi Gras Social 6:00 Resident-Led Small Talk Support Group	5 Ash Wednesday 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Bible Church with Danny 3:30 Resident-Led Cribbage 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 1:00 Show & Tell 2:00 History Trivia 3:00 Live Performance by Pianist, Alan Zaboski 6:00 Evening Flick with Friends & Fresh Popcorn	7 10:00 Gentle Fitness for Flexibility & Strength 11:00 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:15 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	8 International Women's Day 10:00 Exercise 11:00 Stories by Female Authors 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
9 Daylight Saving Time Starts 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Trivia 3:00 Grace Church 3:30 Crafting 6:00 Evening Flick with Friends & Fresh Popcorn	10 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:00 Let's Talk Activities 6:00 Resident-Led Small Talk Support Group	12 Plant a Flower Day 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Plant Some Flowers 3:30 Resident-Led Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn	13 10:00 Exercise 10:30 Coffee & News 11:00 Practice shooting hoops 1:00 Arts & Crafts 3:00 Music Trivia 6:00 March Madness Resident & Family Night - Let's have Fun celebrating basketball!	14 Happy Birthday Roberta! 10:00 Gentle Fitness for Flexibility & Strength 11:00 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:15 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	15 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
16 National Pandas Day 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Learn About Pandas 3:00 Grace Church 3:30 Crafting 6:00 Evening Flick with Friends & Fresh Popcorn	17 St. Patrick's Day & Wellderly Week Begins 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 St. Patrick's Day Social 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:30 Wellness Discussion & Healthy Snacks 6:00 Resident-Led Small Talk Support Group	19 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Bible Church with Danny 3:30 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	20 Spring Begins 10:00 Exercise 10:30 Coffee & News 11:00 Spring Poems 1:00 Show & Tell 3:00 World Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	21 10:00 Gentle Fitness for Flexibility & Strength 11:00 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:15 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	22 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
23 National Puppy Day 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Left Right Center Dice Game 3:00 Grace Church 3:30 Painting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	24 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Chef Chat with Rich 1:30 Scenic Drive 2:00 BINGO! 3:15 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	25 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Live Performance by Readers Theater 6:00 Resident-Led Small Talk Support Group	26 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:30 Resident-Led Kings Corner 6:00 Evening Flick with Friends & Fresh Popcorn	27 Happy Birthday Lenore! 10:00 Exercise 10:30 Coffee & News 2:00 Resident Council—All Are Welcome to Attend 3:00 Entertainment Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:00 Gentle Fitness for Flexibility & Strength 11:00 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:15 Welcome Friends & Family Lucky Charm Happy Hour Performance by Terry Bartelme 6:00 Evening Flick with Friends & Fresh Popcorn	29 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
30 Happy Birthday Michaeleen! National Virtual Vacay Day 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 3:00 Grace Church 3:30 Crafting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	31 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Crafting with Shirley 1:30 Scenic Drive 2:00 BINGO! 6:00 Evening Flick with Friends & Fresh Popcorn					Note for Saturdays: Pick up you Brain Buster at the front desk!



March 2025 upcoming events

The Oscars Viewing Party 3/2 at 4 pm

Live Performance by Pianist Alan Zaboski 3/6 at 3 pm

March Madness Resident & Family Night 3/13 at 6 pm

St. Patrick's Day Social 3/17 at 3:30 pm

Resident Council 3/27 at 2 pm

Live Performance by Readers Theater 3/25 at 2 pm

Welcome Friends and Family Lucky Charm Happy Hour Performance by Terry Bartelme 3/28 at 3:15 pm



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