

Royal Columbian

Retirement Inn

5615 West Umatilla Avenue • Kennewick, WA 99336 • (509) 783-1628

February 2012



Royal Columbian Management Staff

Left to right:

Jean Tucker-Community Relations Director

Linda Alger-Dining Services Director

Katie Goheen-Life Enrichment Director

Jessie Ryan-Health Services Director

Ed Sams-Maintenance Director

Kendal Smith-Business Office Manager

JoAnne Mohrland-Administrator

Jackie Knighten-Bookkeeper

Anne Meyers-Housekeeping Director

Jackie Johnston, RN-Regional Health Services (not pictured)

Dear Friends and Family,

On Feb. 1, Royal Columbian Retirement Inn will turn 25 years old. I am so excited to be a part of that benchmark. I had the opportunity to talk to Jerry Erwin, who was the man with the vision that started it all. Our sister "JEA" (Jerry Erwin & Associates) community, Tri-Cities Retirement Inn in Pasco, and Royal Columbian were some of the original pioneers of Retirement and Assisted Living. I asked Jerry if he had any idea, 25 years ago, that Royal Columbian would have become home to so many residents and provided such an outstanding quality of life for a quarter of a century. He laughed and said "not at all." This is an amazing accomplishment that started out as a passion for seniors and a vision to help. Thank you, Jerry; you did good!

We also celebrate another amazing milestone, the 25th

anniversary of our Bookkeeper, Jackie Knighten. She started work here two days after Royal Columbian opened. I am sure she could tell a lot of stories about her 25-year career. Congratulations, Jackie! Your love for the residents and dedication to this community are extremely admirable. (That's her on the left, 25 years ago at the original ribbon-cutting when we opened.) Until next time, blessings to all.

JoAnne Mohrland/
Administrator



25 Years Ago



Under construction in 1986-87

Happy Birthday to You ...
Royal Columbian turns 25!



The temporary marketing building while under construction.



Dear Anne,

Dear Anne,

After reading last month's letter from 'All Bound Up,' I realized that I, too, am missing something. Is there anyway I can search the lost and found?

Searching for Lost
Dear Searching

for Lost,
That is a great idea! I have arranged a date this month for residents to claim Lost and Found items. Stop by on Friday, Feb. 10, from 10:15 to 11 a.m. in the Media Room.

Please remember that it is helpful if you mark either your name or apartment number on your personal belongings that we launder, using a permanent black marker.

Come find your lost items,

Anne Meyers
Director of
Housekeeping



February Is Sweetheart Month

How nice it would be to lavish all that love, attention and care to our anatomical heart. Thank about it. In our day-to-day busy lives, there is that wonderful, majestic organ that beats 24/7 day after day, allowing you to live, love and play.

Why not treat your heart to a heart-healthy diet, just as a thank you for keeping you alive and allowing you to enjoy the things in life that are important to you? Your heart enjoys tasty grilled lean meats, baked fish and poultry (without the skin on, of course). Place a delicious glaze with fresh herbs on your meats just as a special treat to your heart. Your heart also craves fresh veggies and fruits, low fat dairy and whole grains. If your heart can enjoy antioxidants, maybe include a glass of red wine. Sounds like a perfect date for a heart!

When you are treating your heart with foods it likes, remember all hearts

dislike saturated and trans-fats and high sodium treats. And remember all hearts like to stay in shape so they can live longer. Take your heart out for a long walk along the Columbia River, or a bike ride. I have even heard some hearts like the Badger Mountain hike. They can see forever up there.

Jessie Ryan

Health Services Director

P.S. As always, the easiest way to keep healthy is to wash your hands frequently, and don't forget to **cover your mouth when you cough!!**



Loving Food

Hello from Linda in the kitchen. Just wanted to tell you all how much we love you. Here are a few quotes about love and cooking and loving to cook:

"Approach love and cooking with reckless abandon." -Dalai Lama

"Cooking is at once child's play and adult joy. And cooking done with care is an act of love." -Craig Claiborne

"Food, like a loving touch or a glimpse of divine power, has that ability to comfort." -Norman Kolnas

Here at Royal Columbian, we always add that extra ingredient, TLC. Happy Valentine's Day!

Linda Alger
Dietary Supervisor

P.S. Come join me at the next food committee meeting. (Always the first Wednesday of the month at 10:45.)

Business Office Bits (BOB)

We are always counting the days to something—holidays, birthdays (and Mariners' games!). This year we have an extra day to count since it is Leap Year. Someone born on Feb. 29 may be called a "leapling." Dinah Shore and Jimmy Dorsey were "leaplings." Hank Aaron became the first Major League Baseball player to sign a contract for \$200,000 on the 29th! So, leap for joy and make that extra day count on Wednesday, Feb. 29, 2012.

Mariners Countdown: Only 30 days until spring training and just 65 days until the Mariners first regular season game! (Counting Feb. 29!)

Woohoo!

Kendal Smith



Community Relations Chat

It's exciting to celebrate Royal Columbian's 25th birthday! Whether you're new to our Royal Columbian family or have been part of our community for years, we're glad you're here! Royal Columbian has a lot to offer, and we take pride in what we do. We have a fun and exciting calendar of events planned for this year. Invite your family and friends to join us for parties, concerts and special events. We look forward to seeing you there! You'll be seeing some new faces, too, as we continue to welcome new residents and their families to our Royal Columbian family. 2012 will be a great year!

Community Relations Director
Jean Tucker



Under construction 1986-1987

Super Bowl XLVI

Last month we watched the last few football games of the season. On Feb. 5, we will have a party to celebrate the top two teams that will be playing in Indianapolis for the Super Bowl. Join us at our social for the kickoff, starting at 2:30 p.m. in the Royal Activity Room. We will be having a nacho bar with all the fixings! Be sure to buy a square on the betting board. It is \$1/square. Find out the details in Activities.

Katie Goheen



Happy Presidents' Day on the 20th

Even though love is in the air and you all know you're my sweethearts, let's not forget our two great presidents whose birthdays are this month, George Washington and Abraham Lincoln. Honesty was one of both men's greatest attributes, for they didn't call Lincoln "Honest Abe" for nothing. Also, it was Washington who said, "I cannot tell a lie, it was I who chopped down that cherry tree."

That just goes to show you that a little love and honesty will take you a long way.

Ed Sams



The picture shown above was taken this past spring.



Congrats!

Employee of the Month

February's Employee of the Month is Tawny Rodriguez. Congratulations for all your hard work! "She is always so cheerful and helpful. You can tell she really cares about everyone she works with," says Linda Alger, her Supervisor.



Resident Spotlight



Mary Marshall

Read all about Mary and Tawny on the lobby display board.

Happy 25th Birthday, Royal Columbian!



Royal Columbian Retirement & Assisted Living is turning 25 years old. We are hosting an Open House celebration fit for royalty and would love for you to join us on this wonderful occasion. Twenty-five years ago, Jerry Erwin had a vision that brought us to where we are now. We are still family-owned and operated a quarter of a century later.

Join us Wednesday, Feb. 1, between 1:30 and 4:30 p.m. for an Open House celebration, featuring hors d'oeuvres, entertainment and prizes. A Chamber of Commerce ribbon-cutting ceremony will take place at 4 p.m.

Royal Columbian Retirement Inn
5615 W. Umatilla Avenue
Kennewick, WA 99336
Phone: (509) 783-1628
Fax: (509) 783-3096
A JEA Senior Living Community