



# REDWOOD HEIGHTS

## Assisted Living

4050 12th St Cutoff SE • Salem, OR 97302 • (503) 540-0822



Happy  
**Birthday**



### Resident Birthdays

Gudelia Young	10/2
Frank Robinson	10/5
Arlette Sembres	10/17
Ann Daley	10/17
Kerri Demarest	10/25
Carol Potter	10/28
Frank Woelk	10/31

### Employee Birthdays

Tiahna Schley-Kelly	10/1
Aisalina Hernandez Esquivel	10/11
Donna Boyer	10/13
Iris Guijon Dominguez	10/18
Mikaela Garibay	10/19
Reedy Hilai	10/22
Ashley Timm	10/22
Gracie Jackson	10/25
Jessica Bedolla Yopez	10/26
Andrew Binkley	10/30

## October 2024

### Administrative Staff

- Executive Director  
**Brianne Fowler**
- Business Office Manager  
**Kellie Roth**
- Health Services Director  
**Brian Oakes, RN**
- Resident Care Coordinator  
**Isela Reyna - Torres**
- Staffing Coordinator  
**Tita Zaragoza**
- Dining Services Director  
**Ray Current Jr.**
- Life Enrichment Director  
**Mason Roth**
- Marketing Director  
**Melinda Duran**
- Environmental Services Director  
**Foyelee Whitley**
- Concierge  
**Krystal Mathiasen**
- Concierge  
**Rhonda Harstad**



## RESIDENT OF THE MONTH

Duch is a wonderfully patient and calm individual, known for her deep understanding and genuine care for those around her. Her creativity is a significant part of who she is, because she loves to engage in artistic projects and find imaginative ways to brighten the lives of others. Her creativity shines through in her love for glitter pens, which she uses to add a touch of sparkle to her art projects, delighting those around her with her imaginative designs. Equally cherished is her fondness for chocolate mochas, which she enjoys as a comforting treat, often shared with friends during lively conversations. Her devotion to her husband is evident in the many stories she shares about their travels across the United States, recounting adventures and cherished moments they experienced together. Adding to her vibrant life is her beloved dog, Mister, whose presence brings additional joy and companionship to her days. Duch's ability to combine her creative spirit with a heartfelt connection to her past makes her a truly remarkable and inspiring presence in any setting.



Duch and Mason, wearing our tie dye shirts for the first time!

## October History



October, the tenth month of the year, has a rich tapestry of origin and history intertwined with cultural festivities. Its name is derived from the Latin word "octo," meaning eight, because it was originally the eighth month in the Roman calendar before January and February were added. October is renowned for its vibrant festivities, most notably Halloween, which evolved from ancient Celtic harvest festivals and the medieval Christian holiday of All Hallows' Eve. The month also features Oktoberfest, a lively beer festival that originated in Bavaria, Germany, celebrating its roots in a royal wedding in 1810. Fun facts about October include its designation as the month for celebrating fall foliage, which provides a spectacular display of autumn colors, and its association with the harvest season, symbolized by pumpkins and the iconic Jack-o'-lanterns. These traditions and celebrations bring a special charm to October, blending historical significance with joyous, seasonal revelry.

## Tile Art!

Tile art offers a multitude of benefits, making it a versatile and delightful form of creativity. With tile art, you have the freedom to express yourself through an array of colors and patterns, much like a blank canvas in coloring books, but with a more tactile and permanent outcome.



This artistic freedom allows for the creation of unique, custom pieces that can be a perfect gift for family and friends, bringing personal touches and thoughtful designs into their homes. Beyond its aesthetic appeal, tile art also serves as a meaningful, hands-on craft that can enhance any space while providing a fulfilling and enjoyable creative experience.





## Spirit Week!

In September we had our first Redwood Heights Spirit Week for the year!

Here are some pictures of our outfits from the week!



Teams Tuesday!

## Note From Bill

I'm excited to let you know that we've got 7 activities lined up every weekday now! It's fantastic to see our community buzzing with energy and creativity. We've got so much going on, and there's definitely something for everyone.

Our seated exercise and balance group sessions have been a blast, and they're great for staying active and healthy.



Chelsea is a beacon of dedication and compassion, embodying the essence of a truly hardworking caregiver. She consistently goes above and beyond in her role, working almost every day with an unwavering commitment to bringing order and structure to her team. Her efforts are instrumental in ensuring that call lights are answered promptly and effectively, reflecting her deep respect for the residents' needs and her drive to maintain a supportive environment. Chelsea's sense of teamwork shines brightly as she collaborates seamlessly with her colleagues, fostering a spirit of collective effort and mutual support. Moreover, her willingness to come to the rescue in the kitchen when needed demonstrates her versatile skills and unselfish nature: she's always ready to lend a hand wherever it is most needed. Her dedication not only enhances the efficiency of the caregiving team, but also creates a nurturing atmosphere where everyone feels valued and cared for. Chelsea's tireless work ethic and genuine kindness make her an indispensable pillar of the community, inspiring those around her through her remarkable commitment to both her role and her colleagues.



Patriotic Wednesday!

But wait, there's more! We've also been having a great time with coloring, painting, and even creating new tile art. These activities are all about having fun and getting creative while hanging out with friends.

If you haven't tried making a tile in our class yet, we'd love for you to come give it a go. It's a fun way to get involved and add your own touch to our art project. We're excited to see what you come up with and to keep growing our vibrant and artistic community.

So, come on down and join the fun—we can't wait to see you!

Have a great month, everyone! —Bill Z.



Freaky Friday!



