



Red Oak Residence



Vision of Red Oak

The beginning of the year is always a good time to re-examine our baselines and our goals. So, it is appropriate to revisit the vision we have for Red Oak.

Red Oak hopes that by carefully blending structural details with supportive services, most of us can stay independent throughout our lifetime. We strive to help our residents stay as independent as possible for as long as possible.

Red Oak encourages a sense of community and companionship. Small alcoves and unique common areas offer space for you to gather and visit. Soft but stimulating colors present a feeling of warmth and comfort. Staff is ever cleaning to keep your home in top shape. We have a great percentage of common area devoted to social activities. Your neighbors are teachers, cooks, merchants, housewives and loggers with a long history of devotion to their community. These are fascinating people, which we try to introduce to each other. (Are you mingling?) We encourage local youth and activity groups like the Valley Ministerial Association and Scouts to keep us connected to other ages in our North Bend community. Red Oak chose a location outside the flood plain but at the base of Mount Si because the mountain holds a special place for all of us. We are close to local stores, the mall, trails, parks and communities. We have a liaison with the Senior Center to improve your transportation and social life. We are a supporter of our local hospital to improve your access to health care.

Red Oak is the result of finding the right setting; selecting a dedicated staff and providing an environment that you

can call home. We have the location, bricks, sticks, opportunities and services available for our residents to make this the friendly, active, positive place it has become. Thanks to everyone in our community of residents and families, staff, vendors, and volunteers, who all contribute to making this great big house a home!

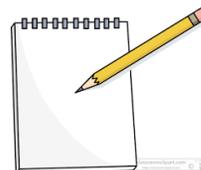
The Red Oak New Year's Party



will be held at noon on **New Year's Day** in the Dining Room. Dress up and come celebrate a new year full of promise! Happy 2020!

Emergency Contacts

The beginning of the year is a good time to tidy up. Each resident has a list of emergency contacts in their file, of people to be notified in case of an emergency. People move, switch jobs and change phone numbers. These changes make your emergency information out-of-date and may even negatively affect your wishes or family. Please be sure to notify the front office when you change doctors or when an emergency contact changes phone numbers. By keeping us up-to-date, Red Oak can meet it's goal of providing fast, accurate in-



Medic One Alert!



The paramedics of District 10 have requested that all independent residents keep a current list of medications readily available. Residents on medication assist have this service done by Red Oak staff. It is vital that the medics know what medication you are on when responding to an emergency. Although Red Oak updates our list when we do assessments, a lot of things can happen to change that list during six months. So please, let us know and/or keep a current medication list handy – it could save your life.



When You're Smiling....

Although our mouths go through many changes as we age, dental decay and gum disease are not inevitable. These tips from the American Dental Association will keep a healthy smile on your face:

Always choose toothpaste, toothbrushes, floss, mouth rinses, and other oral care products that carry the American Dental Association Seal of Acceptance; it indicates the items' safety and effectiveness.

Brush thoroughly twice a day, and floss between teeth daily to remove plaque.

Use soft-bristled brush, moving it gently back and forth over

your teeth. Replace the brush when bristles become frayed or worn – about every 3 to 4 months.

If you wear dentures, clean them daily to remove stains and plaque that can build up and irritate your dentures. Then brush them with a soft-bristled denture brush and cleaning agent.

Visit your dentist regularly to have your teeth cleaned and checked by a professional.

If you have problems holding your toothbrush, try using a wide elastic band to attach the brush to your hand. Other suggestions include enlarging the brush handles with a sponge, rubber ball, or bicycle handle grip. Or, wind an elastic bandage or adhesive tape around the handle. To make dental floss easier to handle, tie it into a loop.

Don't Forget!

Many people change their insurance plans at the beginning of the year. If you have changed your health or medication coverage plan, be sure to stop by the front desk with your new cards so we can update your information.



Gingerbread House Contest

Employee's enjoyed a friendly competition of building and decorating Gingerbread Houses last week.

Thank you to everyone who took

the time and were brave enough to enter their house against the mighty Seahawks House!

1st Place goes to Susie, our Cook!!
2nd Place goes to Kris, our mid-night CNA. And 3rd Place goes to Sara, who does our evening activities and movies! Congratulations!



We are very proud of the community we've built and the team we've assembled. Everyday we strive for excellence in service, care, accommodations, and cuisine.

When our friends recommend us to others and a new resident moves in, we are all pleased that you are satisfied and we are inspired to keep doing what we do best.

If your friend or family member decides that Red Oak is right for them and they move in within 90 days, both you and your friend will be rewarded.

A \$500 credit to your friends' monthly rent and \$500 for you as a check or credit to your rent. The referral must remain in residence for at least 30 days.

Contact the front office for more information or questions.



Every New Years I resolve to lose 20 pounds And I do. The problem is That I gain 30.

-Melanie White