

Columbia Basin Care

April 2019



KEEP MOVING
Movement games and activities, such as Whack-a-Noodle, stretch muscles and minds. From left: Beverly, Robin, Betty and Laura.

‘Silly’ Games Strengthen Mind & Muscle

Long foam noodles slice through the air to chase balloons. Eyes are focused and tension builds as players stretch to strike the floating objects.

This is Whack-A-Noodle, a silly sport with serious benefits.

“It’s fun,” Beverly says of the activity offering equal parts exercise and entertainment. “There’s always a big crowd.”

Columbia Basin Care offers a variety of programs and activities to stretch

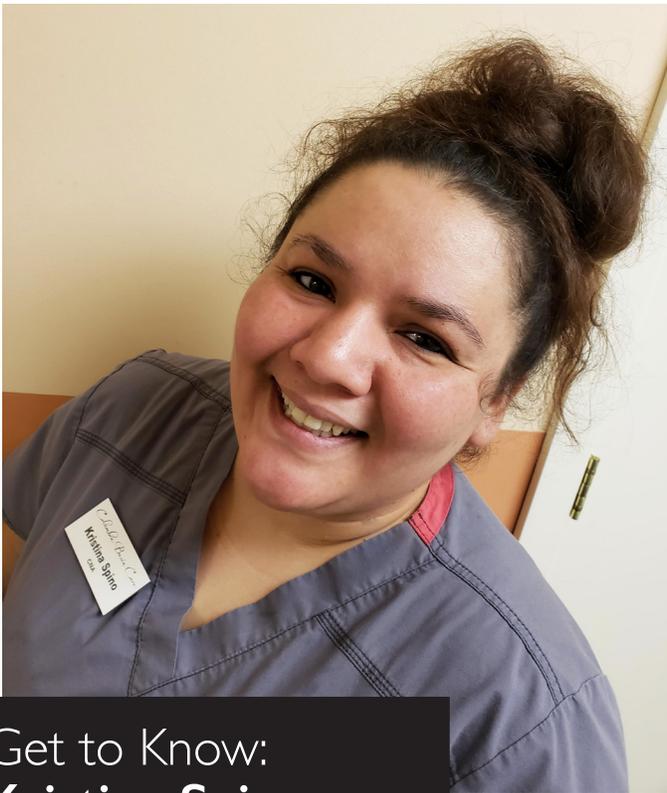
muscle and mind. Bean bag toss, bocce ball, whack-a-noodle and other games provide excellent opportunities to increase strength, improve balance, boost mobility — *and have fun.*

In addition, the Restorative Exercise program offers short supervised exercise sessions led by a licensed Restorative Aide.

“This feels good,” says Linda, as she pedals a stationary bike. “It gets my legs moving.”

Restorative exercises are tailored to individual needs, and take place in the second floor therapy room. The space is equipped with a variety of exercise equipment, including bicycles for strengthening and grab bars for balance exercises. Sessions typically run 15 minutes, two to three times per week.

“They get results,” says Marlene Marick, the licensed Restorative Aide overseeing the program. “Residents feel better, with more strength, more mobility, and better balance.” ■



Get to Know: **Kristina Spino**

A burst of bustle, **Kristina Spino** is a Certified Nursing Assistant with energy. She has worked at Columbia Basin Care since September 2017.

What do you like most about your work here?

I like hearing the resident's stories.

Do you have children?

Yes, I have four children.

What do you do for fun?

I go on trips.

If you could have done anything different, what would it be?

I would be a world traveler.

What do you know for sure?

That there is only one of me. ■

Staff and Residents featured in Get To Know are chosen by the Columbia Basin Care Resident Council.



■ **HAPPY BIRTHDAY PARTY**

Join us for a celebration of our April babies! The **Resident Birthday Party** will be held on **Thursday, April 18** at 2pm, in the Activity Room.

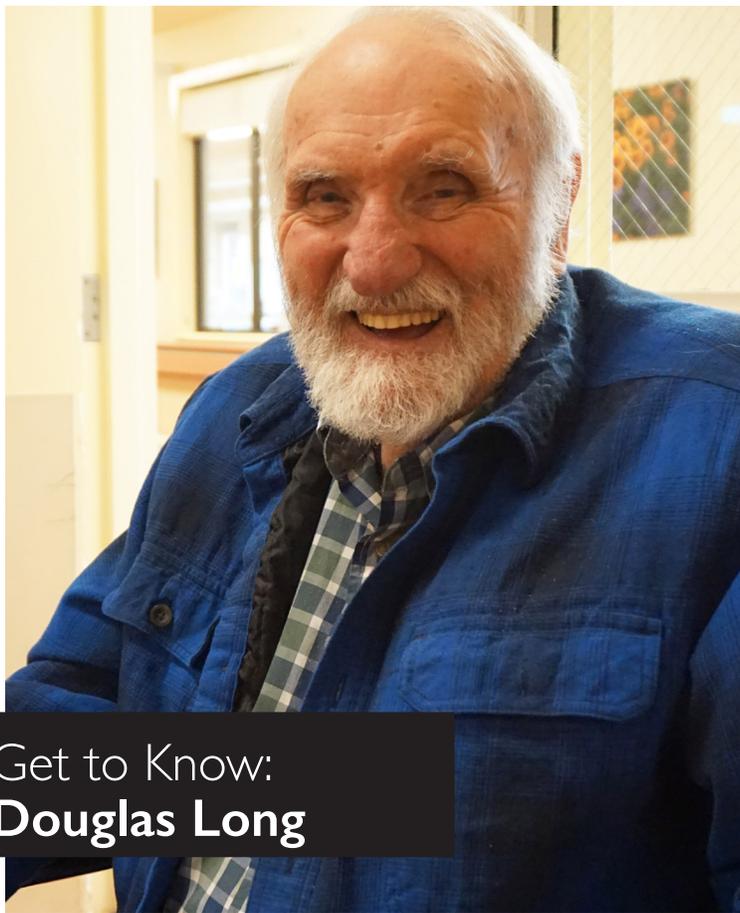


■ **GARDEN CLUB**

Dig in the dirt! The **Columbia Basin Care Garden Club** starts on **Friday, April 19** at 10am. Gardeners will plant, tend and harvest flowers, herbs, fruits and vegetables, grown in raised bed planters. No experience, or green thumb, necessary.

■ **SHARING OUR STORIES**

A fun afternoon party featuring our very own **Columbia Basin Writers**. Enjoy memoir, music & more in the courtyard on **Wednesday, April 24** from **4 to 5pm**.



Get to Know: Douglas Long

A tall man with a steady stroll and a warm smile, Douglas Long is easy to pick out in a crowd. He enjoys sharing coffee and conversation.

Where were you born and raised?

I was born in Azusa, California and grew up on Fir Mountain Road, on the east side of the Hood River Valley.

Do you have siblings?

I have four brothers and two sisters. I grew up with my brother Jim, and we took care of the cows, chickens and rabbits. We rode horses and we had a donkey.

What kind of work did you do?

I worked at a newspaper, maintaining the machines and helping people when they had problems.

What do you like to do for fun?

I like music. Not this rambunctious type you hear. I like classical music and Liberace; he's a singer *and* a piano player.

What advice do you have for living a good life?

Pay attention to yourself. Ask yourself: *Am I doing this right? Am I a good person? Is this the right thing to do?* If you can answer yes to any of these, you're going to be okay. ■

Take Note

HAIR HAPPINESS

Have you seen Starr? She's our hair stylist, providing shampoos, cuts and color. For details on hours, appointments, and prices, please visit the Salon located on the first floor, across the hall from the Activity Room.



WE'RE WINNERS

Thanks to you, Columbia Basin Care has earned the *Customer Experience Award*, achieving a "Best in Class" distinction for the third consecutive year. The award is granted by Pinnacle Quality Insight, a firm that regularly conducts interviews with Columbia Basin Care residents and families regarding their satisfaction levels.



SCHOLARSHIPS AVAILABLE

Do you know a student pursuing a health care career? The Columbia Basin Care Foundation is offering \$2,500 scholarships for health-related studies in a variety of areas, such as nursing, public health, food and nutrition, social services, health and wellness, and more. Funds may be used for health-related studies at any college, university, or trade school. For more info, visit the Front Office, or colbasin.com/foundation.





A HAPPY FAT CAT

Have you met our feline friend? **Skippy John** is a longtime member of the Columbia Basin Care family. He enjoys a life of leisure, traveling indoors and out as he pleases and even slipping into open cars when given the chance. Much mystery surrounds this tabby mix, most notably his age, which is estimated at 15 years. His weight clocks in at 16 pounds, thanks to residents and staff who provide the purring pal with plenty of treats. ■



Columbia

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Our Mission:

To improve the lives of those we serve

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Columbia

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Located in the scenic Columbia River Gorge in the sunny city of The Dalles, Columbia Basin Care is the region's only community-owned, not-for-profit facility for short-term rehabilitation and long-term care.

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