



Columbia Basin Care

October 2019



Cruising the Columbia

We welcomed autumn aboard the Columbia Gorge Sternwheeler, a triple-deck paddle wheel boat offering breathtaking views and a fun, fresh air journey — from Bonneville Dam to Cascade Locks to The Dalles and back. Our third annual adventure began with lunch at Cascade Locks, followed by a beautiful blue-sky cruise along the Columbia River. Residents and staff enjoyed views of Bonneville Dam, Bridge of the Gods, Beacon Rock, Native American fishing platforms and other historic and natural landmarks of the Columbia River. ■

“Look at the birds, said Ethelyn. It's all so pretty.”

A community-owned, not-for-profit facility, for short-term rehabilitation and long-term care.

Get to Know:
Bethany Hedges



This month marks nine years that **Bethany** has worked as a Certified Nursing Assistant and Medication Aide at Columbia Basin Care.

What do you like most about your work?

I like visiting with residents and listening to stories. I love to learn about the resident's lives, how they grew up and where they came from, especially what they did for work. It's amazing the different ways of life we have all come from.

Do you have children?

I have a son, Nathan, 15, and a daughter, Bella, 7, and two dogs: Doogie and Gracie.

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

Before going into the medical field, I went to school for law enforcement. I have always wanted to be a police officer.

What's the best advice you've given or received?

Do the fun stuff, live in the now. ■



Get to Know:
Marcus Jensen

With his hardy laugh and happy disposition, **Marcus** is a cheery addition to Columbia Basin Care.

Where were you born and raised?

Selma, California

What is your work background?

I was an orderly at a hospital in Fairfield, California for four years while going to school. I was a missionary for five years in Grass Valley, California, working with drug addicts.

What is your favorite memory from childhood?

I liked coin collecting.

What are you most proud of?

I'm proud of my writing and my art, and my diet. I've been a vegetarian for 37 years.

What is your advice for living a good life?

Become a vegetarian and don't watch TV. ■

Notable

FALL FUN

Welcome autumn with seasonal fun:

- **Scenic Drive to Pumpkin Patch**
Wednesday, October 16
- **Pumpkin Decorating**
Thursday, October 17
- **Halloween Party & Tricks-or-Treats**
Thursday, October 31

YOUR UPDATED INFORMATION

Residents and Families, please help us to update records by sharing with us your new **Medicare Card** and **Email Address**.
How to reach us:

- **Visit** Social Services Office
located on the first floor
- **Call** 541-296-2156
- **Email** Social Services Director
Delena Gordon
DelenaG@colbasin.com

HAPPY BIRTHDAY LAURA

Please join us on **Thursday, October 3** at **1:30pm** to celebrate Laura Ashbrenner as she turns 105.

An accomplished fashion illustrator and artist, Laura has dedicated much of her life to capturing the beauty of the Columbia River Gorge. Even now, she continues to draw and paint.

What's her secret to long life?

"Having something you love to do keeps you alive," she says.



Beautification Award presented to Columbia Basin Care

Columbia Basin Care was recently honored with an award for "making The Dalles a nicer place to live."

The recognition comes from The City of The Dalles Beautification Committee, a group of volunteers appointed by Mayor Rich Mays as a way to encourage and elevate the appearance of the city. Columbia Basin Care is one the first recipients of the beautification recognition.

The award follows a major five-year improvement project that added a fresh new exterior with large courtyard, walking paths, garden space, and specially-designed areas for practical applications of physical and occupational therapy. In addition, an adjacent parcel of undeveloped land was transformed into a park, complete with picnic pavilion, wheelchair accessible paths and picnic tables.

"We're happy to offer our residents and their families a beautiful setting where they can gather and relax," says Aubree Schreiner, executive director of Columbia Basin Care. "We've served the community for over 50 years and we work hard to consistently make improvements." ■

“We're happy to offer a beautiful setting to gather and relax.”

A day without laughter is a day wasted. — Charlie Chaplin



DANCERS IN THE COURTYARD

Ballet Folklórico recently offered a special weekend performance in our courtyard. A youth program of Latino Network in Portland, the group honors and promotes Mexican culture, heritage, and identity through traditional dance classes and performances. "This is wonderful," said Norm, a resident enjoying



Columbia

COLUMBIA BASIN CARE
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THE DALLES, OR 97058



Columbia

COLUMBIA BASIN CARE

Our Mission:

To improve the lives of those we serve

Executive Director

Aubree Olmstead

Board of Directors

John Byers

Mike Courtney

John I. Hutchison

Linda Omeg

Linda Trautz

Medical Director

Dr. Steve McLennon

Assistant Medical Director

Valerie Hively-Blatz

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.

541.296.2156
www.colbasin.com

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