

livfun

Fairwinds - Brittany Park

MAY 2012 • ENJOY THE JOURNEY

Relay for Life Fundraisers for American Cancer Society

Dorie Ross knows the devastating effects of cancer first hand, having survived a battle with breast cancer in 2009. That experience, and the support she received from the American Cancer Society, has led her to volunteer her time to organize the Juanita-Woodinville Relay for Life May 19 at Juanita High School.

“The American Cancer Society provided me with lots of information to help me through my process,” Ross said. “From their very informative booklets, to their ‘Look Good Feel Better’ program, I felt supported by them the entire way.”



Ross grew up in Woodinville, part of the first graduating class of Woodinville High School, and although she lives in Renton now, she still has family here and organizes many Relay events in the area.

Last week, Ross organized a walk/rock for life event at Fairwinds - Brittany Park that raised \$700. Residents, including 104-year-old Evelyn Jones, walked around the second floor of the main building for as many laps as they could. Those who could not walk sat in rocking chairs and “rocked” laps.

“The retirement community is a great place to find super people who might not be able to come to the actual Relay in May at the high school but really want to be involved,” Ross said. “We met with Claudia and Peggy from Brittany Park last January and the ideas just started flowing. They were a bronze sponsor right from the beginning, but decided they wanted to do a couple of fundraisers to raise their sponsorship level.”

(Continued on back)



Cinco de Mayo Celebration on May 3

Come join us as we celebrate the holiday of Cinco de Mayo with margaritas and nachos and great music! Cinco de Mayo celebrates Mexican heritage and pride.



WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
10:00 Sunday Service, B 12:30 Catholic Service, T 7:00 Bridge, Canasta, Cribbage, B 7:00 Movie, T	11:00 Fitness Walk, L 11:00 Line Dancing, L 11:30 Tai Chi, B 1:00 Balance Basics, B 1:00 Poker, LR 1:30 Pinochle, T 2:00 SCENIC DRIVE, LR	10:30 Aerobic Sitting, B 1:00 Bridge/Cribbage, B 1:00 Stretch and Flex, T 3:00 Wii Bowling, T	11:00 Fitness Walk, L 1:00 Bingo, T 2:00 Mexican Train, LR 2:00 Recreational Sports, B 3:00 Beginning Spanish, T	10:30 Aerobic Sitting, B 1:00 Bridge/Cribbage, B 1:00 Blood Pressure Checks, LR 1:00 Pump It Up, B 3:00 Wii Bowling, T 7:00 Movie, T	10:00 Pins N Needles, T 11:00 Fitness Walk, L 11:30 Tai Chi, B 1:00 Balance Basics, B 2:00 Bible Study, G 7:00 Movie, T	1:00 Bingo, T 1:30 Scenic Drive, LR 7:00 Movie, T

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Balcony, B Evergreen Hospital, EGH Fireside Dining Room, F Garden Dining Room, G Living Room, LR Lobby, L Patio, P Private Dining Room, PDR Theatre, T	Birthdays Marjorie Buchanan, 4th Gwen Thorsos, 13th Lois Haining, 16th Dick Gilmour, 20th Mildred Jarolimek, 22nd Jean May, 22nd Marjorie Hogan, 24th John Jarolimek, 26th Joyce Cox, 26th Patricia Shanks, 27th Judy Gilmour, 27th Gloria McNerney, 28th Helen Ullery, 31st	1 9:00 Pancake Breakfast, F 2:00 EGH: You and Your Medications, T 3:00 Senior Tea at YMCA (Walk Over), L	2 1:00 Movie and Popcorn, T	3 11:00 Avon Sale, L 1:00 Cinco de Mayo Party, F 6:45 "Hello, Dolly!" (NS Performing Art Ctr), L	4 1:30 Costco, L	5 CINCO DE MAYO
6	7	8	9	10	11	12
		11:00 Jewelry Sale, L 1:30 The Sharing Circle, PDR	10:00 Alderwood Mall, L	10:00 Hearing Clinic, PDR 1:30 Sight Connections Dealing With Vision Challenges, T	1:30 Safeway/Bartell's, L	
MOTHER'S DAY 13	14	15	16	17	18	ARMED FORCES DAY 19
		12:00 Resident Birthday Luncheon, F 2:00 EGH: Understanding Leg Pain, T	10:30 Ivar's on the Pier, L	9:45 Traveling Library, F 1:30 Arts and Crafts, T	1:30 Trader Joe's, L 3:00 Happy Hour, L	
20	21	22	23	24	25	26
	1:00 Sing Along w/Barbara, F	1:30 Access/Walker Adjustments, T	10:00 Angel of the Winds Casino, L	1:30 Men's Club/Mike La Velle, F 2:00 Book Club, T	1:30 Safeway/Bartell's, L	
27	MEMORIAL DAY 28	29	30	31	Transportation Monday 9 a.m.-1 p.m. Town Shuttle and Pool Tuesday 9 a.m.-2 p.m. Doctor Appointments Wednesday 9 a.m.-1 p.m. Town Shuttle and Pool Thursday 9 a.m.-2 p.m. Doctor Appointments Friday 9 a.m.-1 p.m. Town Shuttle and Pool Saturday 9 a.m.-1 p.m. Town Shuttle and Pool	
		1:30 Ice Cream Social, L	11:30 Italianissimo, L	1:30 Mark Castron Trio, L		

Relay for Life Fundraisers for American Cancer Society (Continued)



Brittany Park is holding a bake sale fundraiser for Relay for Life on April 19.

“Aimee and I really wanted to focus on community involvement for our Relay,” Ross said, referring to Aimee Martin, the American Cancer Society employee assigned to this area’s relays. “They are an enthusiastic group and we love working with them. Bottom line, the senior community has been very welcoming and supportive of our Relay.”

Relay for Life started in the mid-1980s with Dr. Gordy Klatt, a Tacoma colorectal surgeon, who wanted to enhance the income of his local American Cancer Society office and to show support for all of his patients who had battled cancer. He decided to personally raise money for the fight by doing something he enjoyed – running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma. He ran for more than 83 miles. That first year, nearly 300 of Dr. Klatt’s friends, family and patients watched as he ran and walked the course. Throughout the night, friends donated \$25 to run or walk with Dr. Klatt for 30 minutes. His efforts raised \$27,000 to fight cancer.

At many Relay events, teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. The idea of the 24-hour relay is to symbolize that cancer never sleeps. Participants do not have to walk all night, but each team is asked to have a representative on the track at all times during the event.

Over the years, Relay for Life has expanded to include more than just the 24-hour events; elementary schools hold recess relays, there are bake sales, and even Bark for Life events that focus on the care-giving qualities of dogs.

Upcoming Relay events in the area:

April 19: Bake sale at Brittany Park (Woodinville)

May 19: Relay for Life Juanita/Woodinville (Juanita High School, Kirkland)

June 9: Relay for Life Redmond/Kirkland (Redmond High School)

Article Credit: Annie Archer with Woodinville Patch



Mother’s Day Is Sunday, May 13

A mother’s love determines how
We love ourselves and others.
There is no sky we’ll ever see
Not lit by that first love.
Stripped of love, the universe
Would drive us mad with pain;
But we are born into a world
That greets our cries with joy.

How much I owe you for the kiss
That told me who I was!
The greatest gift – a love of life –
Lay laughing in your eyes.
Because of you my world still has
The soft grace of your smile;
And every wind of fortune bears
The scent of your caress.



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