

Bridgewood Rivers  
1901 NW Hughwood ST  
Roseburg, OR 97471

Postage  
Information

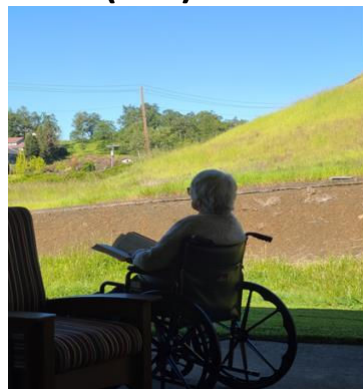
June 2024

# Bridgewood News

Bridgewood Rivers 1901 NW Hughwood Street 541-440-1914



**Bridgewood Rivers Assisted Living Residence has cared for seniors in the Roseburg community since 1990. Bridgewood Rivers was the first Assisted Living Residence to receive licensing in the state of Oregon. Our Administrator, Teresa Courtney, has been here for over 33 years. For additional information please Contact us at (541) 440-1914**



## Birthdays & Anniversaries

### Birthdays:

Marilyn Ullom, June 7<sup>th</sup>  
Lynne Ralls, June 19<sup>th</sup>  
Barbara Steffenson, June 30<sup>th</sup>

### Anniversaries:

Carolyn Rogers, 5 Years  
Marilyn Ballard, 1 Year  
Loretta Loy, 2 Years  
Bjarne Engen, 1 Year  
Tiffani Dillon, 1 Year  
Tiya Celso, 1 Year

Executive Director-  
Teresa Courtney

Resident Service  
Coordinator/ Concierge-  
Jennifer Carabellese

Director of Wellness  
Services-  
Leah McDonough, RN

Community Relations  
Director  
Connie Kloha

Dietary Manager-  
Steve DeLaCruz

Life Enrichment Director-  
Becca Taggart

Housekeeping-  
Lisa Mosley

Director of  
Maintenance-  
Bob Slifert

Bus Driver-  
Susan Kees

## High and Mighty

Tallness takes various forms in our world, from the graceful necks of giraffes to the towering structures of modern cities. Giraffes, the world's tallest land animals, can reach up to 18 feet in height. Their long necks aren't just for show; they help these gentle giants browse leaves high in the trees. Surprisingly, despite their towering stature, giraffes have the same number of neck vertebrae as humans.

On the urban front, structures like the Burj Khalifa in Dubai stand as engineering marvels. Soaring 2,717 feet in the air, it's the tallest building globally, boasting an observation deck that provides panoramic views. Nearly as tall, the Shanghai Tower in China spirals up 2,073 feet, with the twist serving a dual purpose of reducing wind loads and providing a distinctive aesthetic.

Human height, a subject of fascination, varies across the globe. The Netherlands claims the title for the tallest nation, with an average height of around six feet for Dutch men and five feet, six inches for women. In contrast, the shortest height is found in Southeast Asian countries like Indonesia, where five foot, two inches is the national average.

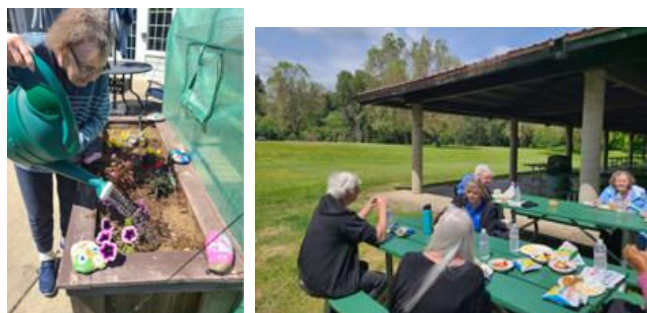
Giraffes may be the tallest animals, but they aren't the only giants found in nature. Coastal redwoods hold the title for the tallest trees. Hyperion, the record-breaking redwood at 380 feet tall, is no longer accessible to the public, to protect it and the forest that surrounds it. These ancient sentinels, standing for thousands of years, have bark that can be up to a foot thick and protects them from wildfires.

Impressive height, whether in living organisms or structures, fascinates us, each exemplifying unique adaptations or human endeavors that push the limits of what seems possible. These tall things remind us of the diversity and achievements that span the natural and human-made worlds.

**Our Mother's Day Tea and "MOM"osa Bar**



**Beautiful Day's calls for watering Plants, Picnic's, Crafts, and Tai-Chi:**



**Nurse's Note**

Sarcopenia (the natural loss of muscle mass and strength as we age) is associated with all-cause mortality and link to heart disease, stroke, hypertension, diabetes. It is so important to maintain muscle mass as we age, and this can be done by 1) strength training, and 2) eating sufficient amounts of protein. Attending "Good Start" exercise class in the community is a great way to help maintain and build muscle!

Leah McDonough RN, BSN

**Entertainment:**

**Tuesday, June 4<sup>th</sup> @2pm  
Louis the Piano Player (DR)**

**Tuesday, June 11<sup>th</sup> @2pm  
Gary the Accordion Player (DR)**

**Tuesday, June 25<sup>th</sup> @2pm  
Old Time Fiddlers/Birthday Party (DR)**

**Wednesday, June 12<sup>th</sup> @2pm  
Twisted Pick (DR)**

**Sunday, June 16<sup>th</sup> @12:30  
RCM+1 Band -Lobby**

**Our Garden Club Making Succulents** 🌱



**What do you Call a Snowman in June?  
A PUDDLE.**

This month we will be having two new bands for live entertainment. We will be partaking in a metal of honor ceremony on Flag Day Friday, June 14<sup>th</sup> @2pm. Don't forget to decorate your doors and dress up in red, white, and blue that day. If needing any help LED had some supplies in (AR).



**Good Friends Make Good Neighbors Program**

When a Bridgewood Rivers resident or family member refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.



**Independent Shopping:**

- Monday, June 3<sup>rd</sup> @1pm-Safeway
- Monday, June 10<sup>th</sup> @1pm-Biglots
- Monday, June 17<sup>th</sup> @1pm-Fred Meyers
- Monday, June 24<sup>th</sup> @1pm-Bi Mart

**Out To Lunch**

- Wednesday, June 5<sup>th</sup> @11am- Abbys Pizza
- Wednesday, June 12<sup>th</sup> @11am- Sizzlers
- Wednesday, June 19<sup>th</sup> @11am- In & Out
- Lunch in (AR)**
- Wednesday, June 26<sup>th</sup> @11am-Taco Time

**Outing's**

- Wednesday, June 19<sup>th</sup> @1pm  
-Trip to Wildlife Safari
- Wednesday, June 26<sup>th</sup> @ 12:45 am  
-Trip to the Butterfly Pavilion in Elkton