

Photo Album
of
Janet & Bob

For the Year of

2017

Janet & Bob Aldridge



Hannah & Riley during flooding in Ukiah
10 January 2017





*Womens' March in Santa Rosaa --
22 January 2017*



Mary & Ashleigh



*Brennan with the Cal Poly Bull
from the 1940s
7 February 2017*



*All of Fiona's Flowers
from the Little Mermaid Play
11 February 2017*



Downstream from Bridge



Fiona, Teri & Janet
on Bridge



Big Rock on 19th



Big Rock on 29th



Downed Tree by Group Camp

Arroyo Seco -- February 19th-20th 2017



Fred's - Feb 19th



Fred's - Feb 20th



Fiona & Syella at Fred's



Fred's Camp



*Table at Fred's
Feb. 19th*



*Table Top at Fred's
Feb. 20th*

Arroyo Seco -- February 19th & 20th, 2017



Slide over Rocky Creek Trail



Misty Mountains



Lower Lake



Fred's Camp

Arroyo Seco -- February 19th & 20th, 2017



Elise and Grandma Janet
10 March 2017



Elise and Grandpa Bob
10 March 2017



Janet's new Garden Shelf - 13 March 2017



The Aldridge Clan



Five Generations
Aunt Margie, Wilma, and Steve with family



Aunt Margie at 99



Aunt Margie with he three offspring

Aunt Margie's 99th Birthday Party -- March 25, 2017



Laurie, Denny & Wilma



Aunt Mergie w/her 3 children



Aunt Margie w/her cake



Aunt Margie & Bob

Aunt Margie's 99th Birthday Party -- March 25, 2017



Four Cousins
Caroline, Fiona, Brennan, & Everett
April 1, 2017



**Man and Woman Who Made the Rosewood Vase Mary Gave us
Yelapa, Mexico
April 2017**



Tailgate on Meg & Esteban.s Trailer – 23 April 2017



**Janet with her new walker
1 May 2017**

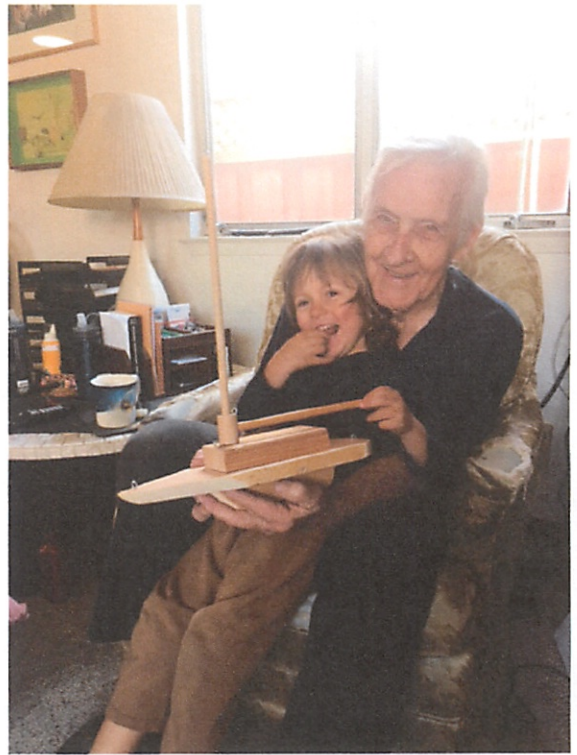


**Meg & Esteban's Trailer After First Coat of Varnish
May 2017**



**Justin's Graduation
May 6, 2017**





ARROW WITH GRAMPA BOB
AND THE SAIL BOAT THET MADE
MAY 6, 2017



*Eight Sets
"Classic Little Haulers"
Ready to Assemble
May 9, 2017*



*BRENNAN HELPING KYLE
OVERHAUL THE CANOE
FOR THE 4TH TIME.
13 MAY 2017*

*MOTHERS' DAY DINNER
AT MEG & ESTEBAN'S HOME
13 MAY 2017*

*LTO R: MARY, ALEJANDRO'S PATERNAL
GRANDMOTHER, ALEJANDRO'S MOTHER,
ALEJANDRO'S MATERNAL GRANDMOTHER,
HANNAH, KOREANA, JANET, AND
ESTEBAN'S MOTHER*



Up on Day One

Joint replacement patients get moving the day after surgery—or even earlier

When Timothy Krehbiel went in for knee replacement surgery at Dominican Hospital last year, he figured he was in for a long, painful recovery.

have decreased from three days to just over two, and the percentage of patients discharged to home rather than to a skilled nursing facility—a key

“Then we realized they’re ready to go within a few hours!” Gosling says, referring to the first full day following surgery. “So now we’re getting 50 percent of patients up.”

“I told my wife, ‘I’m going to be walking in, and I’m going to be an invalid coming out! And instead it led me to mobility, and in 2016 I lost 100 pounds.’” — Timothy Krehbiel

Years ago, a lengthy convalescence was considered appropriate following orthopedic surgery. But that’s changed in the last decade. Studies have shown that patients who get up on the day of surgery recover faster.

But, his recovery was much quicker than expected due to the Up on Day One approach. Helping patients return to a healthy lifestyle as soon as possible following orthopedic surgery is the goal at Dominican, and getting them up and moving early is key.

indicator of successful recovery—has risen substantially.

“Five years ago when we started this program, only about 50 percent of our patients were discharged to home,” says Director of Health and Rehabilitation Karen Gosling. “Right now we’re at about 85 percent discharged to home.”

Explains Gosling, “The longer you stay in bed, the weaker you get. You will develop more stiffness, and it becomes harder to manage your pain levels. Early mobility helps to prevent blood clots, infections, and other complications that can slow down your recovery.”

Joint replacement patients at the hospital are encouraged to move around within hours of surgery. The next day, most are up and using a walker. By the time of discharge a day or two later, they are walking 100 to 200 feet with a walker and able to get out of a chair unassisted.

Gosling attributes the progress to teamwork by anesthesiologists and surgeons. By adjusting pain medications and opting for local anesthesia, they were able to reduce patient nausea, grogginess, and other impediments to post-op movement while still keeping patients pain-free.

Orthopedic Patient Navigator Cathy Lawhorne runs the weekly Total Joint Care classes offered for people preparing to undergo joint replacement surgery. She says the Up on Day One approach, and the classes where patients learn about it, empower them to become active participants in their own recoveries.

The approach has yielded measurable improvements. Average hospital stays

“They know to expect that, on the day of their surgery, a physical therapist will be in,” Lawhorne explains.

“By giving them this information and saying, ‘This is what we’re going to do, and this is why we’re doing it,’ we put them in control. They feel they are truly part of the team. It’s something totally different than I’ve ever experienced in nursing.”

In late January, Timothy Krehbiel had his other knee replaced. On day one he walked 150 feet with a walker and practiced going up and down steps in the rehab center.

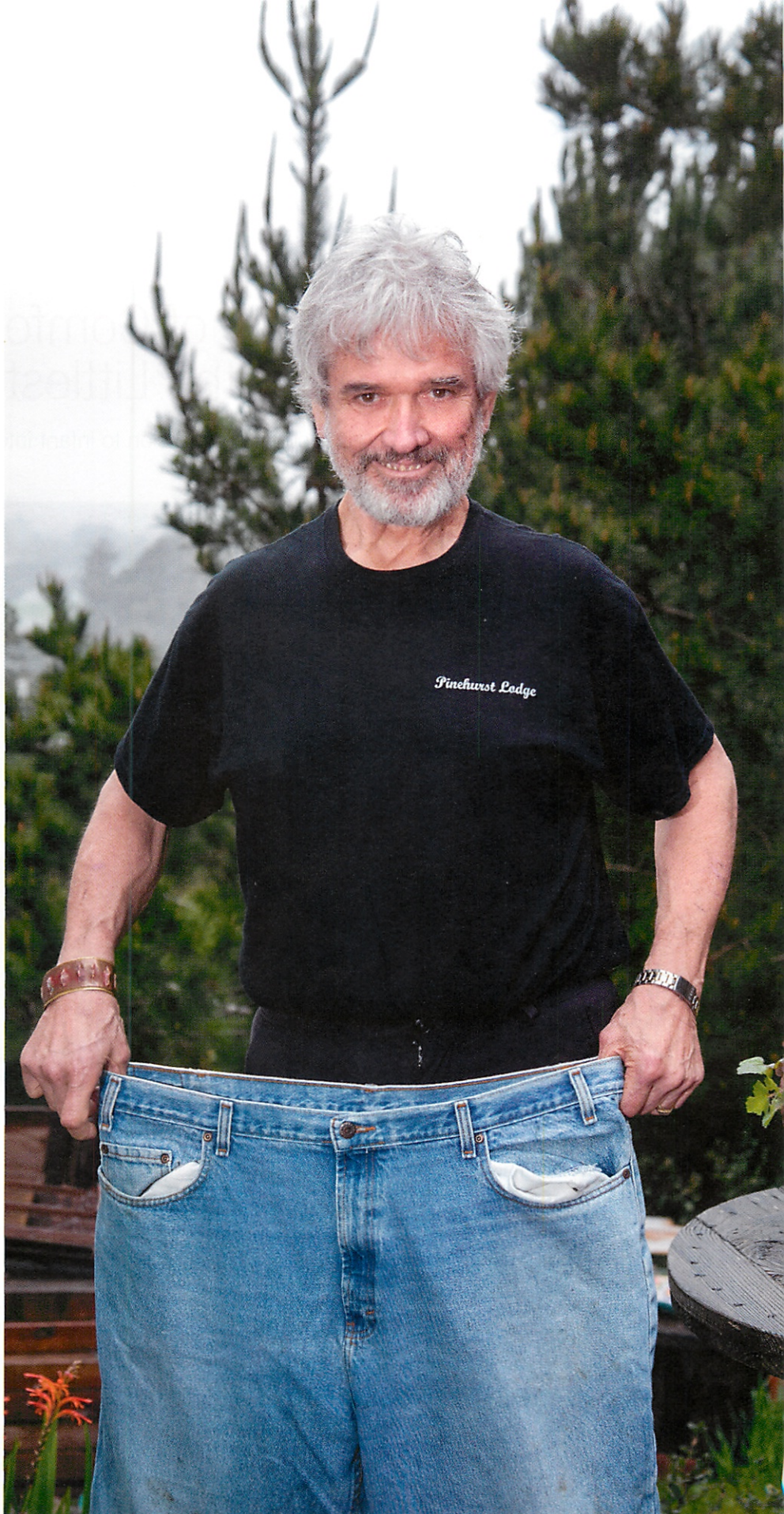
Less than a week later, he was home and had graduated to a cane, and his physical therapist had just informed him that his knee was back to a normal range of motion.

Krehbiel recalled that last year, after his first surgery, a friend called and told him, “Now the ball’s in your court. Whatever you put into rehab, that’s what you’ll get.”

Krehbiel says he kept that in mind. Starting with Up on Day One, he worked hard toward his own recovery then, just as he is doing now, and it’s paid off.

“I’m ecstatic that I can move as much as I can,” he says.

Before his total knee replacement at Dominican Hospital, Timothy Krehbiel expected to leave the hospital barely able to move. Instead, Dominican’s orthopedic team had him up and mobile right away, inspiring him to keep moving and to ultimately lose 100 lbs in 2016.





*Lower Lake at Arroyo Seco
18 May 2017*



8 Sets Classic Little Haulers
Ready to Assemble 9 May 2017



5 Classic Little Hauler Sets
Assembled and Ready to Roll
1 June 2017



Connor in Burn Unit at Children's Hospital, Sacramento

26 May 2017



**Jacob receiving his Bachelors Degree
from Belfast Bible College
May 2017**



*Elizabeth's Backpacking Trip
San Rafael Wilderness
Los Padres National Forest
Santa Barbara Division
May 2017*



*Elizabeth's Backpacking Trip
San Rafael Wilderness
Los Padres National Forest
Santa Barbara Division
May 2017*





***Kai's 11th Birthday Party
Tokyo, Japan
26 May 2017***



Easton on his 6th birthday - 9 June 2017



Meg & Esteban's Trailer

10 June 2017



*Arrow with the boat we built
after he and Janie made the sails
June 2017*



*Andrew with His Family
Graduation Day
B.B. Marine Biology
Univ. of Calif. at San Diego
18 June 2017*



Bob & Skip



Sharon Oksen & Bob



Ray, Jim, Corey, and Kyle at the grill

Family Barbecue at A.S. Cabin -- 25 June 2017

E-MAIL FROM MARY

PANAJI, GOA, INDIA

SATURDAY 22 JULY 2017

Hello Mom and Dad,

With mom in my heart, I attended mass at a little neighborhood church next to our B&B. It was in English. I appreciated the simplicity of the word spoken and the music. They were folk-like songs, with one guitar, celebrating an internal gratitude rather than outward praises to God. The sermon began with the importance of caring for ones health; physical, emotional, spiritual, etc. The message for psychological health was to ensure consistent bowel movements; preventing constipation or loose stools.

In a country where men are by far the majority seen out on the streets, it was interesting that there were mostly women at mass; old and young wearing dresses, pants and saris. No head coverings. Three quarters of the people took communion by mouth and a quarter in their hands. There was sitting, standing, and kneeling during the service. There was old fashioned, very simple, wooden pews.

Amidst the gold, a medium sized photo of Mother Theresa was prominently displayed. Last weeks collection was 9000+ rupees. ..about \$150, a fairly good sum for this community.

When I greeted the priest after mass, he had a comment about Trump. Referring to the latest news regarding his potential pardoning of self and family, the priest quoted a Latin saying, "Nemo iudex in causa sua" meaning "no-one should be the judge on his own causes"

Attached is a picture of the church.

Miss you both dearly. I love you.

Mary



Church in Goa



Caroline and Brennan – 27 September 2017



Easton and Levi Playing jewelry Store
28 September 2017

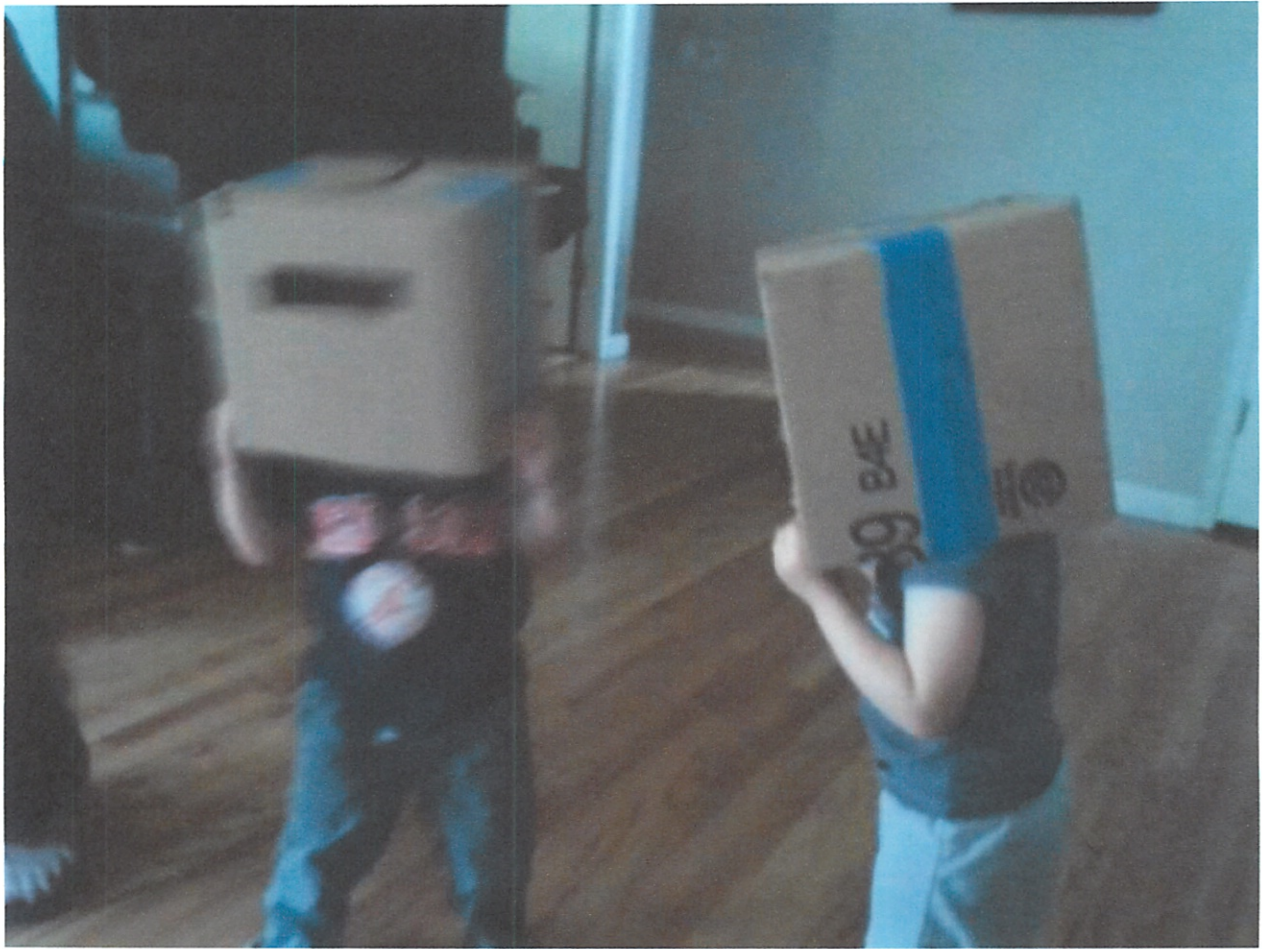
Fire in Santa Rosa from Mark & Robin's Farm. Taken by Christopher at ~3:00 AM on 9 October 2017





Minnie Quincy on her 101st birthday – with her son Randy.

July 2017



*Two Blockheads
Everett & Caroline
19 October 2017*

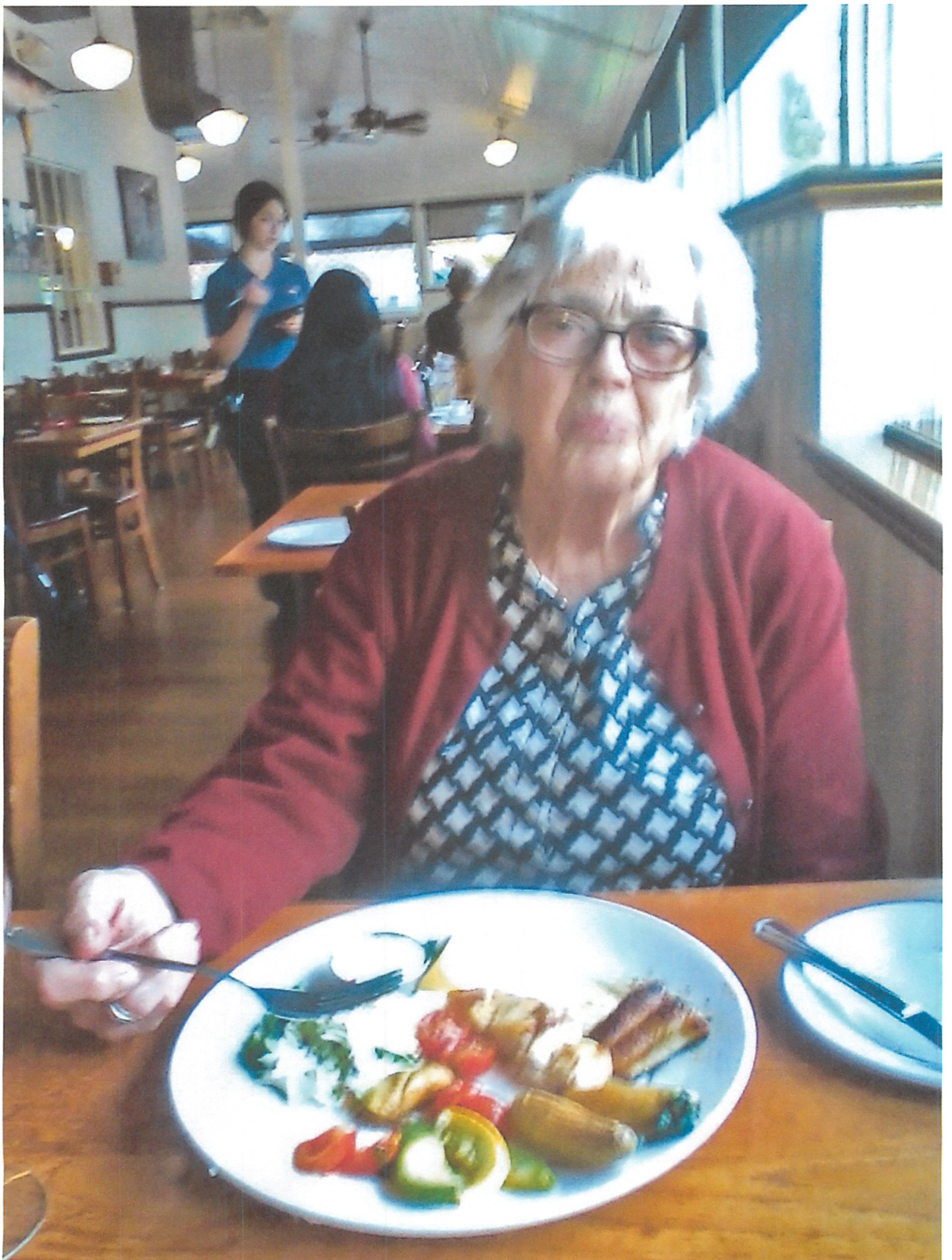


Halloween 2017
with Kyle, Darcy & Teri plus Grandma & Grampa

Fiona and Brennan
Grandma & Grampa



25 August 1907



Janet's 89th Birthday



*Hannah, Riley, and Max
Halloween 2017*



*Riley & Max
26 November 2017*



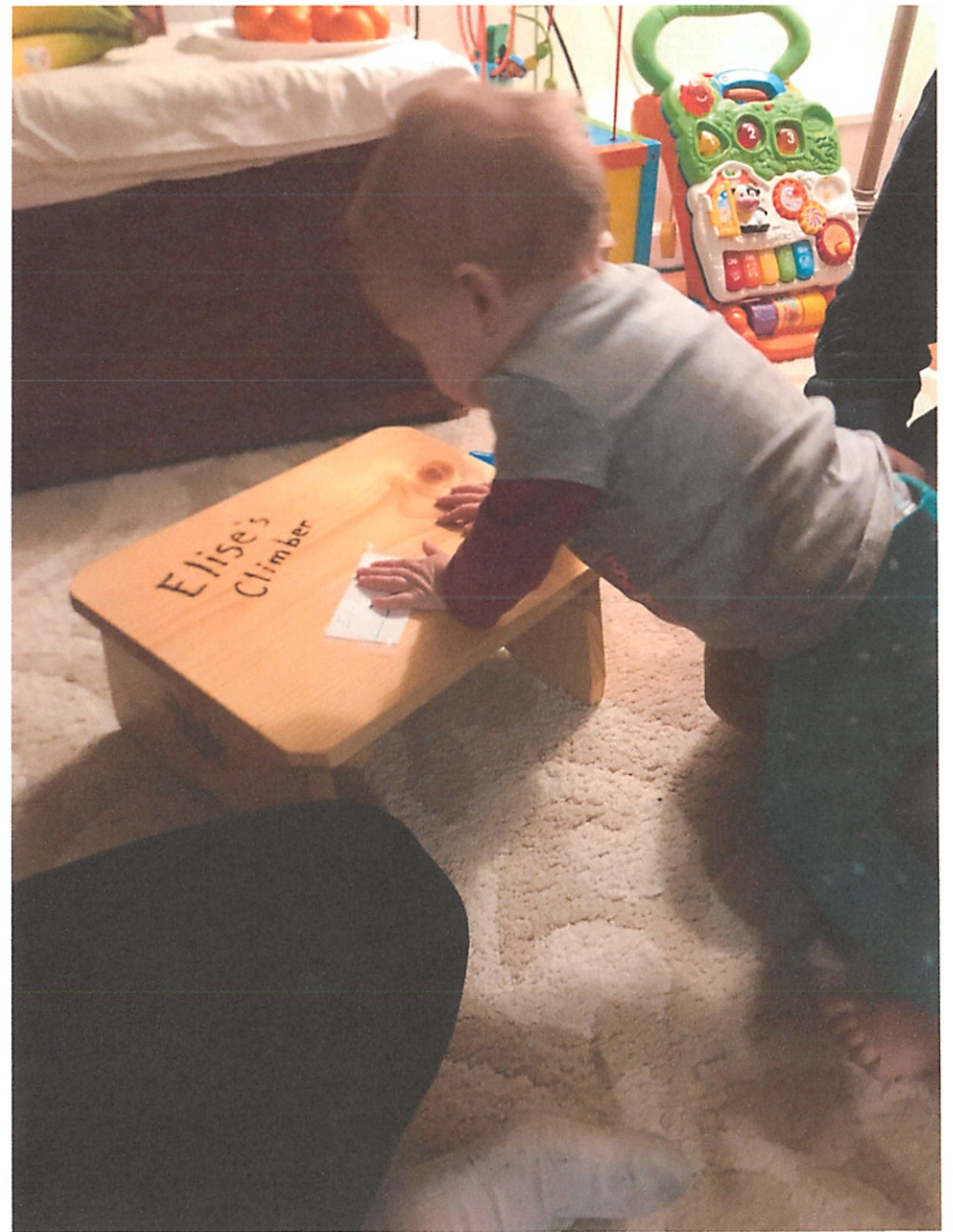
***Riley & Max with their Christmas Tree
26 November 2017***



**Riley with his new Recorder
November 2017**



**Hannah, Riley, & Max
New Christmas Jammies
1 December 2017**



Elise with her new Climber – First Brthday – 12 December 2017



Our 2017 Christmas Tree
Before and after being decorated
By Riley and Max



BUILDING CASTLES WITH EVERETT - 21 DECEMBER 217



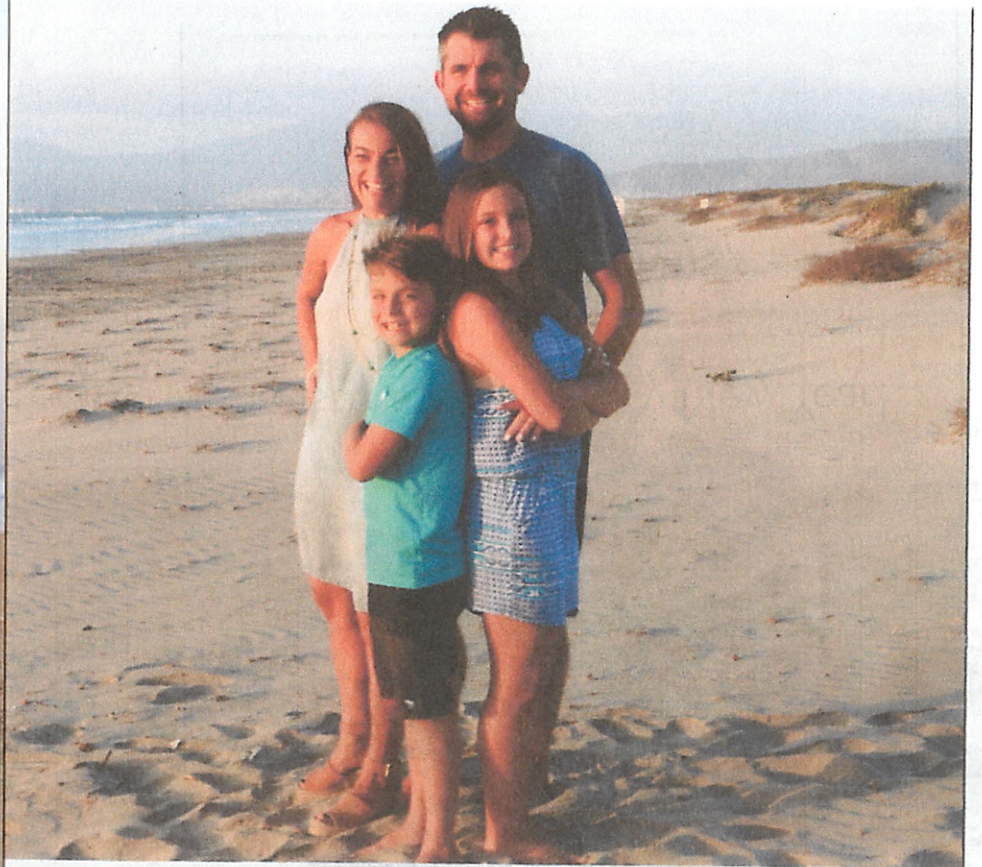
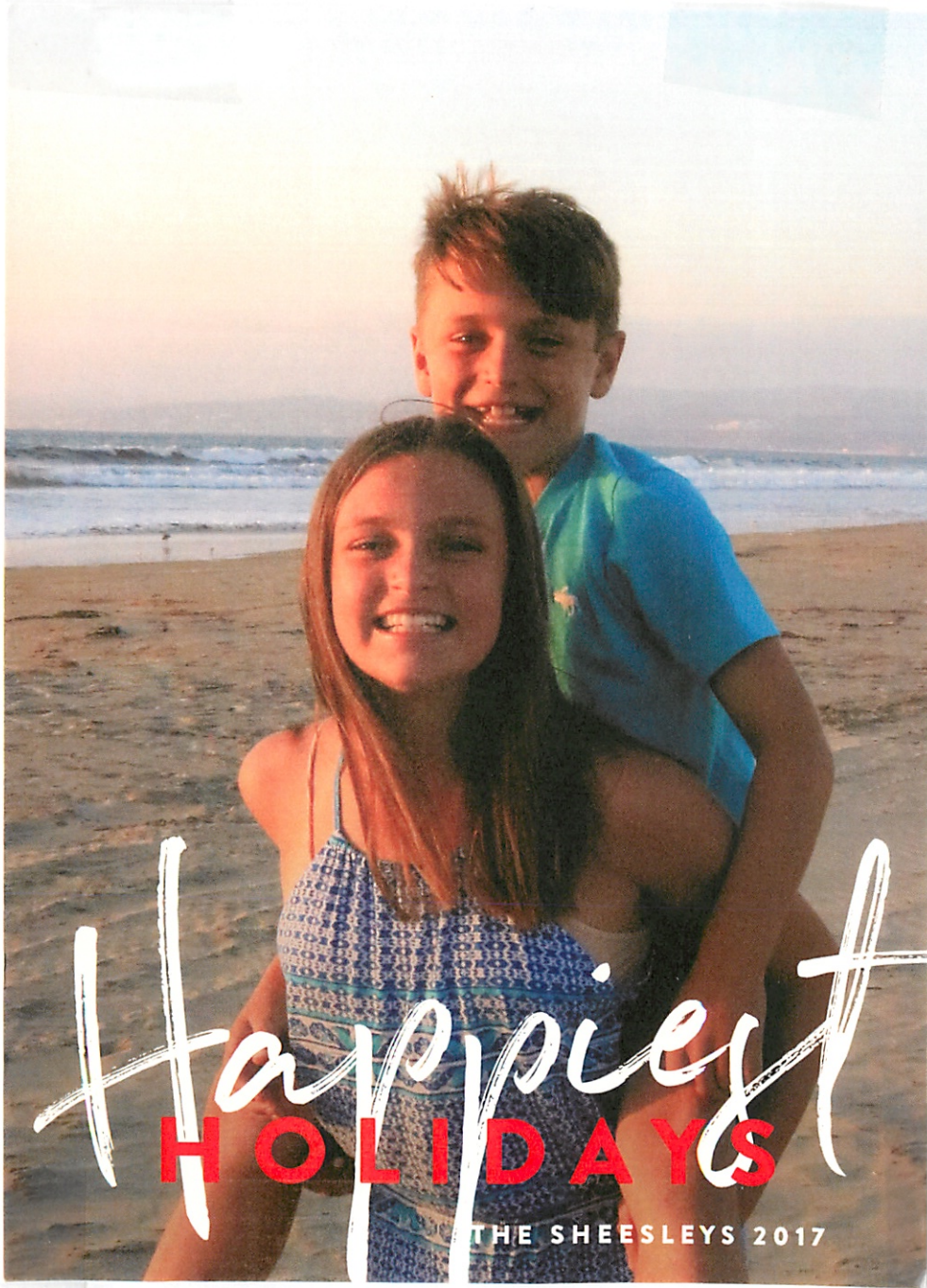
*Riley and Max Spinning Tops
23 December 2017*



Peace on Earth

Jack + Felice

*Jack & Felice Cohen-Toppo.
Tucson, AZ*



Merry Christmas and Happy New Year!

Love, the Sheesley family

Happiest
HOLIDAYS
THE SHEESLEYS 2017

minted.

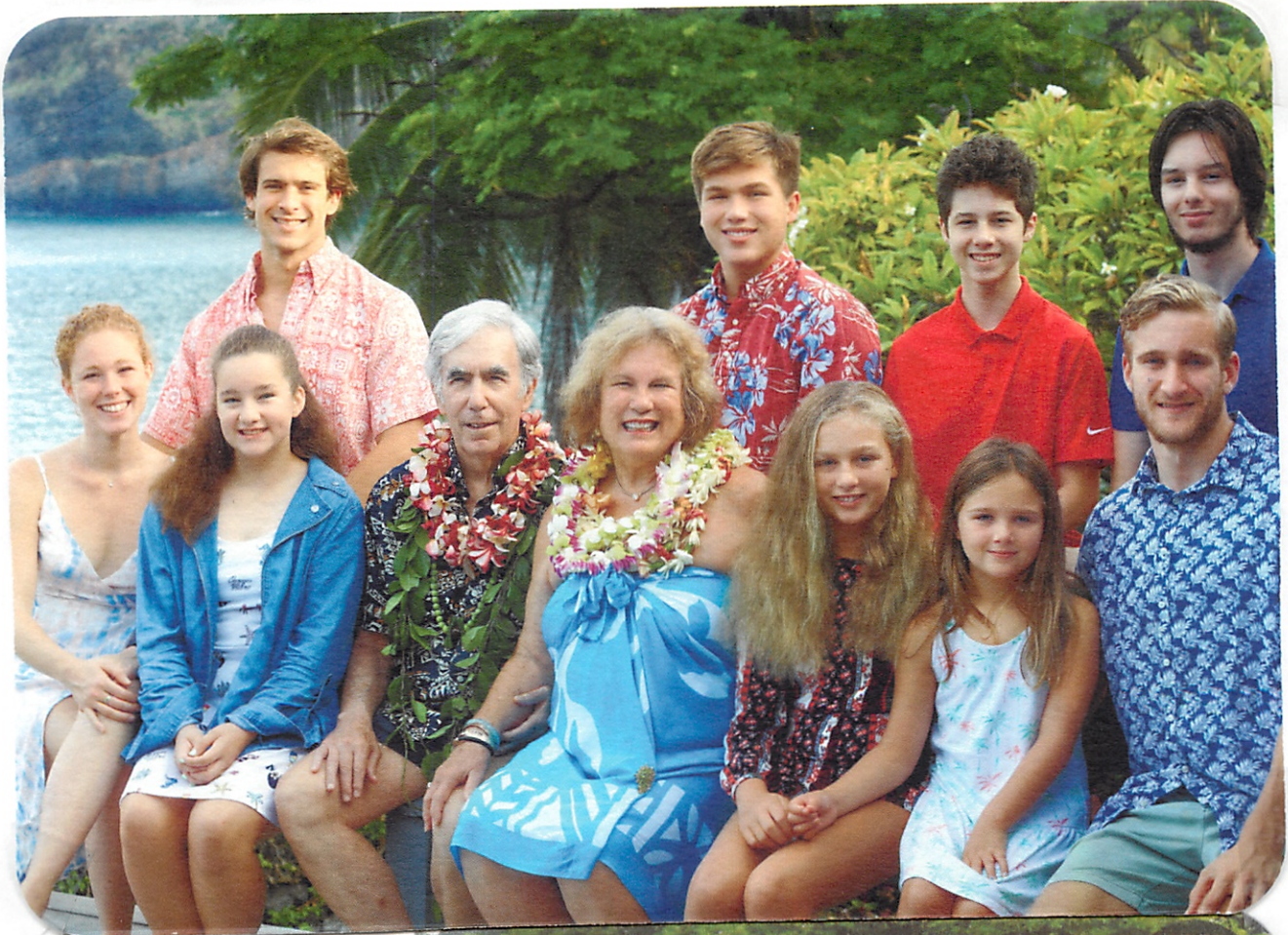
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Arrow, Jasper, & Family



Matt, Naomi, Arrow & Jasper





*With Love & Aloha
Dave & Carolee*