

# NEWS and VIEWS



## BINGO!

Margie Burnett was the big money winner at our first monthly Bingo Night, winning the last Blackout game of the evening. But one player was especially lucky. "It was funny," Sandy Nored said. "We played five games and Jeanne, Patricia's caregiver, won several of the games." Caller for the games was Robbie Moore.

The next Bingo Night is set for Saturday December 10, at 3:00 PM in the dining room. Come join in on the fun!

# HOUSE COMMITTEE REPORT

## House Committee Officers:

Peggy Savage, Chair  
Kathy Skoff, Vice-chair  
Sandy Nored, Treasurer  
Pat Zimpelmann, Secretary



The Nov. 3, 2022 House Committee Meeting opened at 3:06 PM. In attendance were Peggy Savage, Kathy Scoff, Sandy Nored, Margie Burnett, Annie Bowers, Tom Amoth, Martha Wagner, Robbie Moore and Pat Zimpelmann.

Our first Bingo Night will be held on Saturday, Nov.12 at 3 PM in the dining room. We will offer free beverages and snacks. There will be cash prizes. The cost will be \$5 for 5 game cards (we will provide the daubers).

Annie informed us that the bottle money cards can only be used for food purchases at either Fred's or Safeway. Annie's newsletter article concerns recycling glass.

The calendar of events will again appear on the back page of the newsletter. Any special events should be sent to Peggy well in advance to be listed in the newsletter.

We spoke to Kristy regarding having an exercise program. She will tap into different sources of volunteers. Kathy will try to contact the previous (before covid) volunteer to see if she is able to return. Meanwhile, there are many other options, such as videos from Shiba at the Senior Center, Silver Sneakers videos on cable and, as Tom suggested, even Yoga videos on U-Tube. Martha also suggested Googling SeniorPlanet.org for video programs. Time to get active!! Sandy spoke with Kristy regarding having a lecturer speak on end-of-life planning and wills.

Sandy gave her financial report which can be found in the newsletter. The House Committee has a balance of \$868.73 as of Nov. 1.

Martha's first article will appear in this month's newsletter concerning emergency preparation. She suggested that we should have preparedness meetings with the Police and Fire Departments.

## Future House Committee events in the planning are:

Pie and Ice-Cream Social - Saturday, January 14 at 3 PM in the dining room (family and friends invited)

Third Thursday - November 17 and December 15 in the fireside room at 3:00 PM

Bingo - Saturday, December 10 at 3:00 PM in the dining room

Game Day - Tuesday, December 27 at 3:00 in the dining room

House Committee Meeting - Thursday, December 1 in the Hide-Away

## The Transportation Committee has also scheduled the following trips:

November 10 - Corvallis Museum

November 22 - Lumos Winery

December 8 - Garland's Garden Center

*Respectfully submitted, Pat Zimpelmann, HC secretary*



# Our annual Gratuity Fund

It's time to think about giving a little back to our staff as a Holiday thank you.



- (1) **Gratuity Fund:** Each year the House Committee collects donations from all our residents to express appreciation to our staff members for their wonderful service. The total amount donated by residents will be distributed to our staff at the annual Christmas Party to show our gratitude.
- (2) **We use the locked Gratuity Box,** located on the wall to the right of the mailboxes, to collect donations. Cash or checks are welcome. You can place your donations in the gratuity box at any time convenient to you before Dec 15. Please give as generously as you can. The funds will be divided equally between all our staff members at lunch on Friday, Dec. 16.

**Donations will be accepted through noon, Thursday, Dec. 15**

---

# BINGO!

## SATURDAY, DEC. 10

Join us in the Dining room for the fun.

## Cash Prizes!

Bingo Night will be a once-a-month event.

## FREE SNACKS AND BEVERAGES

# Where is My Christmas Gift?

By Patricia Smith

*I think I shall never see,*

*A poem as lovely as a tree. – From Joyce Kilmer's "Tree" poem*

I have no idea where the best gift I've ever gotten is.

My friend Cynthia gave it to me a few years ago.

She gave me a card from a forestry group saying a tree was being planted in my honor!

Wow! Somewhere there was a tree – a *Patricia tree!*

Where is it? I asked.

Well, it's most likely in Oregon, but it could actually be somewhere in Washington state. Cynthia didn't really know.

It didn't matter; I was tickled by the thought of MY tree out there somewhere. I know Cynthia also gave me a gift to hold (she is generous), but I can't remember what it was. Many friends have given me gifts, but the tree lives on in my heart and mind. Now I view all trees differently. I think about birds in my tree, and maybe someone seeking shade under it.

There's an old proverb that asks if you knew the world were coming to an end would you plant a tree? I used to think no, but now I know I would.

And maybe my tree is a Christmas Pine, or Fir, or Evergreen. Perhaps my boughs are Holiday Wreaths that bring cheer to some. My view of nature has been deepened. My wish for all this season is to be more hopeful, see things, and people anew. Plant that tree.

*Never doubt the power of one to be an agent of change and hope. – Leslie Stover*



# November Happenings



Photos by  
Sandy Nored

Left: THANKSGIVING — Pat Zimpelmann can always be counted on to enjoy the season with her fun outfits. And she was no disappointment at the Thanksgiving lunch.



Left: BINGO!

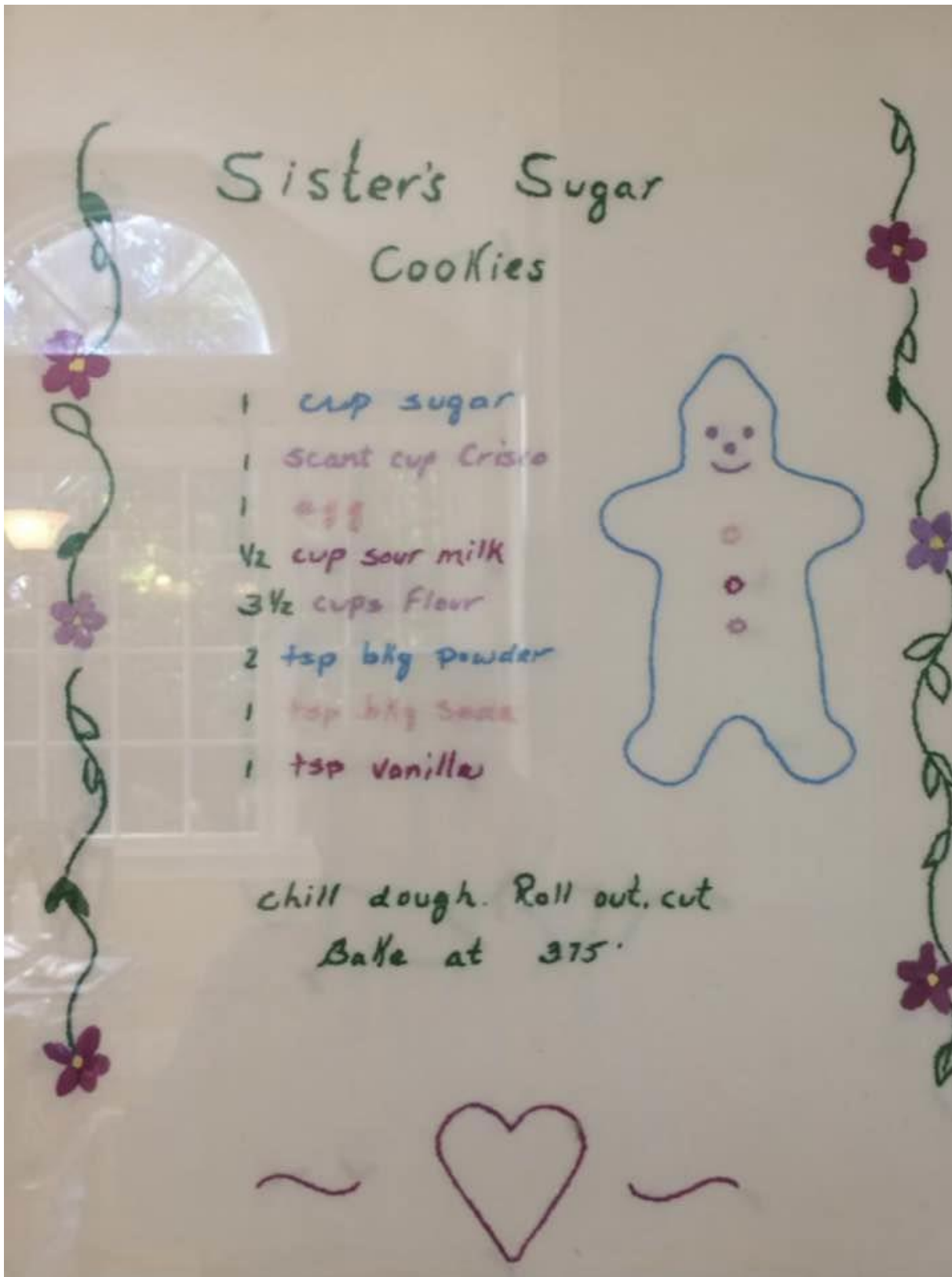
Ayako concentrates on winning at Bingo during the first Bingo Night event of the year.

# RESIDENT RECIPES for December

---

By  
Debby  
DeCarlo

This is an old Iowa sugar cookie recipe. I've always liked it because it's not as sweet as some, but sweet enough! The sour milk is milk with a little bit of lemon juice squeezed in and stirred. I'm not sure what the point is, but I've never deviated.



# Got Extra Medications on hand for an Emergency?



By Martha Wagner

**B**y the nature of disasters and emergencies, pharmacies and doctors' offices are likely to be closed for quite some time. It is reasonable to hope that within two weeks medications will again be available, at least in urban areas, but as with water, food and other supplies, having extras on hand is the best way to be prepared.

**List of Medications:** Anytime you are away from home you should have with you a list of your medications. The list should include:

- Medication name
- Rx number
- Your doctor's name and phone number

**Extra Meds:** Always keep at least two weeks extra on hand. Pharmacies can usually dispense prescription meds 10 days before you run out, so by repeating this a few times, you can accumulate extra. Your physicians can also prescribe an extra week or two for you.

**Medications for your Emergency Go Bag:** Keep at least one week of extra meds in your Go Bag. Remember to rotate them so they don't expire.

**When You're Away from Home:** What if you are not at home when a disaster strikes? Whether on a trip or just out to the store, you may not be able to get home to access your meds for a while. Keeping them in your vehicle is not always a great idea as they could be stolen or ruined from heat. You must decide how critical your meds are for your survival over the possible two weeks or more before you can get them. Some options are:

- Each time you leave home, bring your Go Bag
- If you have an emergency plan with nearby family members, consider purchase of a small 12-volt fridge for a family car, especially if you have meds that require refrigeration.
- Keep a fanny pack or other bag with you with critical meds.

If you have any other ideas or tips, please share them with your neighbors and friends!

*Thanks to the Preparedness Committee at Stonybrook Village for sharing this information.*

# Senior Planet

—a great (and free) resource for mind and body

Aging with attitude is one of the ways that Senior Planet.org describes what it does as a nonprofit affiliated with AARP. Thousands of seniors are participating in its many free classes and other activities geared toward seniors. Some classes are in-person in six metro areas, from New York to Colorado and California, but many are available online or with a smart phone no matter where you live, with just a few clicks. Some classes are designed to help make computer, tablet and cell phone technology easy for seniors.

I once joined a Friday afternoon dance party hosted by one of the Senior Planet fitness instructors. Great music and very fun! What I like best are the weekly fitness/wellness classes, especially a 35-minute stretch class offered at 7 am and 1 p.m. PT. The popular stretch instructor named Cas includes a short meditation, relaxing music, and easy to follow routines that can be done sitting or standing. Other fitness/wellness offerings range from chair yoga to easy-to-follow Tai Chi, Strength and Stability, and Fit Fusion Workout. All of these classes are available without advance registration.

Other regular offerings from Senior Planet include book groups, a Tech & Innovation Discussion Group, a Pride Discussion Group, a talk on Streaming and Smart TVs, a talk about Twitter, and classes available in Spanish.

Check out the daily schedules, learn more about the organization and sign up for a newsletter, too, at *Seniorplanet.org*.

— Martha Wagner



Come join us for a fun, relaxing afternoon. . .

## **THIRD THURSDAY DESSERTS**

**3 p.m. Thursday, Dec. 15**



**Desserts and beverage - \$5**

**Dessert only - \$3**

Hot coffee and Tea

**IN THE FIRESIDE ROOM**

**Presented by the House Committee**

## **DECEMBER BIRTHDAYS**

**Mary Nunery — Dec. 22**

**Lynn Taylor — Dec. 26**



### **ARE YOU NEW HERE?**

Some new residents' birthdays are not on our current birthday list.

If you've moved here within the past year, and want your name included, please contact Peggy Savage at 971-322-6221 or [savagepj1@gmail.com](mailto:savagepj1@gmail.com). We have a new resident form you can fill out if you would like to include your contact information and birthday date.

## TRANSPORTATION COMMITTEE FINANCIAL REPORT

October 2022

Financial Recap: Income: \$887.93 Expenses: \$2,719.98 Net Loss: \$1,832.05

### Highlights:

- The annual insurance premium for the bus & van was paid (\$1,899). The committee thanks the SV Board of Directors for its reimbursement to the committee of 50% of the premium, which was received in November.
- Ticket sales and tickets used were a bit higher than September
- Daily rides were also higher in October (44 in Oct vs 38 in Sept)
  - *Need a ride: Contact driver Sandy at 541-619-7771*
- The bus or van were used for two (2) trips in October
  - Albany Carousel and the Dragon Winery in Monroe
  - *Watch for notices about upcoming outings (Garland Nursery Dec 8)*
  - *Have an idea for a day trip/outing?? Let Diane or any member of the Transportation Committee know*
- Bargain Corner Sales – there were nine (9) items sold in October
  - *Buy or Donate Items: Contact Vic 541-745-8748 or Diane 206-453-5800*
  - *Available items are in the Newsletter & posted on the office bulletin board*
- The September payment for bus advertising was received in October
- The September invoice for our driver was received & paid in October
- Two transfers were made to the Travel Debit Card due to high gas prices; first aid kits were purchased for the bus & the van

##



**BARGAIN CORNER – December 2022, pg. 1**



Chrome & black mesh desk chair, comfortable and stylish, \$20



Think you're about to blow? This monitor will help you know! Be sure! \$10

Items available on a first-come first-served basis. 100% of all proceeds are donated to the Samaritan Village Transportation Fund. To donate or purchase, please contact Vic Russell at 541-745-8748 or Diane Kinman at 206-453-5800.

Magic Chef Microwave, like new, 1100 watts and in perfect condition! \$25



Lamp & table; \$10



5-shelf Book case, 28" x 71"; \$10

4-slot toaster, \$5



BARGAIN CORNER – December 2022, pg. 2



Bella 9.5-qt. 3-Tier **Food Steamer** (like) new condition. You can steam/cook 3 items at one time! \$15 (new sells for \$45-\$55) User's manual included.



Cloth dinner napkins, never used, 4 for \$4



Wine glasses, short stem, set of 6 for \$7



Guardian Air Cleaning System \$10. Has both HEPA and charcoal filters for improved air quality.

900-watt Black & Decker Microwave, in excellent condition! \$20



*If you need something specific, ask Vic.*

BARGAIN CORNER – December 2022, pg. 3



Decorative wood shelf, 25x28 tall, \$10

.....

Black imitation leather ottoman, 14" cube, \$5



Set of two nesting tables; \$20

Set of six short-stem wine glasses; \$7



3-Drawer chest of drawers.  
Real wood, not particle board.  
30" wide x 28" high x 13" deep.  
\$20.



# December 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
4	5	6 Coloring at 3 PM	7	8 BUS TRIP Garland's Garden Center	9 House Committee Mtg. 3 pm Hideaway	10 Bingo at 3 PM
11	12	13 Coloring at 3 PM	14	15	16	17
18	19 Pastega Christmas Light Display 5 pm	20 Coloring at 3 PM	21	22 Third Thursday Dessert 3 PM	23	24
25 MERRY CHRISTMAS!	26	27 Coloring at 3 PM	28	29	30	31

