

NEWS and VIEWS



Photo by Peggy Savage

ONE ICY WEEK

By Emily Rosen

What a week! Hopefully everyone is okay after our snow and ice storm. We have power back, thankfully, and can get out of our apartments again.

The ice was most problematic for me; I have taken hard falls before. Thank goodness for my trusty walking stick and my ice crampons. I personally am so grateful to all the staff for their help, for the kind folks that donated small heaters, and for all the community efforts of residents to help each other. What stories will come out of this emergency?



Emily's cleats/crampons (from Amazon). This style stretches to fit pretty easily over and under your shoes, she said.

HOUSE COMMITTEE REPORT

House Committee Officers:

Chair Peggy Savage – treasurer, newsletter and publicity
Co-Chair Kathy Skoff – events organizer
Secretary Pat Zimpelmann



FINANCIAL REPORT

By Peggy Savage

January House Committee Savings Account

01/20/2024 **Current Balance** **\$204.42**

January House Committee Checking Account

01/03/2024	Check #1407: Draft Withdrawal	-\$170.00	\$332.31
01/14/2024	Check #1405: Draft Withdrawal	-\$26.00	\$306.31
01/19/2024	Check Deposit	\$127.49	\$433.80
01/20/2024	<u>Total Balance, savings + checking</u>		<u>\$638.22</u>

MEETING MINUTES

By Pat Zimpelmann

The January 4, 2024 meeting of the House Committee opened at 3:05 PM. In attendance were Margie Burnett, Peggy Savage, Kathy Skoff, Martha Wagner and Pat Zimpelmann.

Peggy was pleased to announce that more than \$1,400 was donated by residents to our Gratuity Fund before Christmas, and that all the staff members had expressed their gratitude and appreciation.

Peggy also reported that Cascade Management had just donated \$127.49 to cover the cost of purchasing our new Christmas Tree for the dining room.

New business:

It was suggested that a description of the House Committee and invitations to join the committee be placed in the welcome bags provided for new residents. Martha also suggested incorporating Emergency Team information to the packet as well. There have been approximately nine new residents in the past few months, and there will probably be at least four more in the near future. Sandy Nored, the HC new resident liaison, is in charge of presenting a welcome bag to each new resident.

House Committee report continued on Page 4

HOUSE COMMITTEE REPORT, continued:

- The family of Joyce Brynteson will hold a memorial service in the dining room on Tuesday, January 9, at 3:30 p.m.
- We discussed whether or not we should hold another tea this spring, but decided there are too many complications involved, including the expense (especially to most residents), lack of access to the kitchen and being dependent on outside attendance to make a profit.
- We decided to possibly hold a gift basket raffle during the annual summer pot-luck picnic.

- Peggy also suggested that we hold more pot-lucks throughout the year, since they have proved to be popular. We decided to hold the next Pot-Luck dinner at 4:30 PM, on Tuesday, February 13, in the dining room.
- Peggy and Kathy meet with Christy, Nick and Joanna at a monthly Standing Committee meeting.
- Martha Wagner reported that the Emergency Team is preparing a report to both the city and the board on their use of funds.
- Since we are holding a potluck Feb. 13, the Third Thursday Dessert will not be held in February.
- We lastly discussed **upcoming events:**

January 5 - Food meeting with Raul

Jan 10 – Board meeting

January 27 - Bingo

January 31 – Raul’s January Birthday Lunch Celebration

Feb. 1 – House Committee meeting

Feb 10 - Bingo

Feb. 12 - Movie

Feb. 13 – Potluck dinner

Feb. 26 - Movie

We will bring to Nick's attention that several residents have a problem with unlocked access doors to the basement at night.

The meeting closed at 4:30 PM.

Respectfully submitted,

Pat Zimpelmann

Chair Exercise with Monica

Chair exercises with Monica will be offered at **2:30 p.m. every Wednesday** in the Fireside Room.

The **MONDAY MORNING** exercise program is held at **10:30 a.m. in the Fireside Room** and will be led by online presenters such as Stronger Seniors. For more information, contact Christy Fitch at 541-758-7898 or email samcoordinator@cascademanagement.com

HERE'S THE SCOOP

BINGO!

Join the fun on **Saturday, FEBRUARY 10** for Bingo, and a chance to win some CASH!

Games are at 3 PM in the Dining Room.

Free Snacks and beverages are provided.

One card for \$5. Two cards for \$10, etc.

MONDAY MOVIES!

FEB. 12 Monday 3 pm

THE HELP 2001

African American maids in the 1960's describe their hardships.

Viola Davis, Emma Stone

FEB. 26 Monday 3 pm

DRIVING MISS DAISY 1989

Atlanta matron confronts determined chauffeur.

Morgan Freeman, Jessica Tandy

Let's Play Games

Folks will be playing fun and interesting games in the Hide-a-Way. (Take the elevator down in the Community building.) Mexican Train, Hand and Foot, Rummikub and other games found in the big white cupboard are some of our choices.

Or bring you own game. You can learn new games, teach us games, enjoy coffee and tea.

Bring your own finger foods to share.

For more information, call Pamela at 541-602-8090. Come and have FUN!

Samaritan Village copes with its own “Ice-capades”

By Martha Wagner

I remember a wintertime power outage of about a week from my childhood growing up in the Midwest. I don't recall how our family of five stayed warm. Perhaps you too remember a power outage or other dramatic emergency from long ago or more recently.

As everyone knows, our recent “weather event” presented multiple emergencies for residents and multiple things to worry about, like: how long will my food last, will I still get meals delivered from the kitchen, how long can I manage without hot water (if you had none), how can I stay warm without full power, and how soon will I be able to get downstairs without a working elevator?

Most residents probably had a household flashlight to supplement whatever lighting they had. I was fortunate to have a battery-powered lantern, 5 inches tall, in my emergency go-bag to provide light for my dark bathroom and the vanity area outside the bathroom. My stove and fridge were not working so I was fortunate to have a toaster oven and microwave, near a kitchen outlet, as well as a cooler to hold food from my fridge outside my door.



Martha shows a compact lantern (under \$5 at Harbor Freight on Circle) powered by three AA batteries which throws out quite a bit of light during a power outage. Metal handles enable it to be hung.

What were your biggest challenges?

Did you have enough heat and enough clothing and blankets to stay warm?

Did you have enough lighting?

How about batteries for flashlights or lanterns?

If your stove wasn't working, did you have a toaster, electric kettle or other kitchen appliances you could rely on?

Did you have enough food for a week or more, or did you ask a neighbor if they could help?

Did you have boots or other slip-resistant shoes that could help you get safely out of your apartment without falling? How about a cane or walking stick/poles?

Did you have a friend or family member who could drive you somewhere or bring you something?

TRANSPORTATION COMMITTEE FINANCIAL REPORT December 2023

Financial: Inc: \$443.10 Exp: \$200.04 Net Profit: \$243.06

Highlights:

- There were two (2) trips to visit the Pastega and neighborhood Christmas lights; 8 residents participated (offered free of charge).
- The Transportation Committee continues to be responsible for the planning and coordination of trips and outings as well as fundraising for a new vehicle.
 - We need ***your*** ideas for day trips/outings? Fundraising?
 - leave a message with your name & idea(s) in Mailbox #30; or
 - call/text Diane 206-453-5800; or
 - talk with anyone on the Transportation Committee
 - The Transportation Committee concluded its fundraising efforts including the very popular and successful Raul's Zucchini Bread sale in November-December. Gross sales (72 loaves) were \$610.10; after expenses, the net profit was \$459.79. A BIG "thank you" to Raul for his continued commitment to our fundraiser by producing (on non-work time) his amazing zucchini bread, the local stores who contributed ingredients, and to our residents who purchased the bread.
- Bargain Corner Sales – Five (5) items sold in December for \$34 plus a donation of \$43 bringing the 2024 total to \$1,000.
 - Donate-Buy Items: Vic 541-745-8748 or Diane 206-453-5800
 - See available items in the Newsletter & office bulletin board
- The December payment for advertising was received in November.
- Funds were transferred to the Travel Debit Card to cover the driver phone and gas for the vehicle.

/lc

Chaplain's Corner

By Chaplain Michelle Cornwell

I love the silence of snow. As ambient noise is muffled, the earth reminds me that I, too, might dare to pause between the turmoil of autumn and the miracle of spring to simply watch, listen, and learn. Winter's long nights and cold days (not to mention icy roads!) invite me to rest and look within. When I quiet my anxious thoughts, I sometimes find to my surprise that God is present in these moments of awareness as I awaken to what Thomas Merton calls the "true self." Spiritual traditions employ unique terminology for the human soul: Quakers refer to it as "inner light," humanists call it "identity," Hasidic Jews refer to the "spark of the divine," Buddhism describes the "inner nature" and Islam teaches the "nafs" must journey toward peace and purity. But we all agree that it is important to pay attention.



Christian contemplation shares these concepts with other wisdom traditions but also inherits a way of life and prayer practiced by mystics throughout Christian history. Those who engage in regular contemplation are aware of its dangers: one may fall into the trap of listening to the ego's selfish desires by pretending it is God's voice, essentially creating God in one's own image. It is also easy to hide from responsibilities and the needs of others, becoming so "heavenly minded" we are "no earthly good." A corrective balance can be found in community when a close friend, counselor, church, or family helps sift our impressions to discern what is good, true, and just. Traditionally, the season of Lent invites quietude and contemplation.*



Methodology can aid prayerful meditation but can also get in the way. Practice, silence, solitude, and awareness are the essentials. Jesus models this in his own life (Mark 1:35), recommends praying in secret (Matthew 6:6), and speaks of unity with God and God's perfect will (John 14:20). It is important to remember that we cannot presume to enter into God's presence because God is already present with every one of us! As Augustine says, "God is nearer to us than we are to ourselves." In his book *Into the Silent Land*, Martin Laird explains, "union with God is not something that needs to be acquired but realized...Our self-forgetful gaze on God is immersed in God's self-emptying gaze on us, and in this mutual meeting we find rest."

As a child, I thought I had to act a certain way or believe a certain doctrine before I could be acceptable to God. But the good news of the gospel is that God's abundant love already enfolds us. Paul insists that "nothing can separate us from the love of God" (Romans 8:20). I am learning that fear will only hinder prayer and contemplation as I rely more and more on God's unconditional love. I invite you to find a regular time for meditation, sharing your truest self with the loving, tender One who tends to the wounds of the world as well as to the needs of each and every beloved soul.

**Begin with Friday's beginning meditation sessions at the Village, or try online at 11 AM Fridays during Lent on the Center for Action and Contemplation channel:*

<https://www.youtube.com/channel/UCMkqKAtSgijU439fJUNHnKA>

FEBRUARY BIRTHDAYS

Tony Albert – Feb. 9

Debby DeCarlo – Feb. 13

Pam Lazor – Feb. 15

Carol Huntington – Feb. 18

Robbie Moore – Feb. 22

Kathy Skoff – Feb. 26



ARE YOU NEW HERE?

If you've moved here within the last six months, and want your name included on the birthday list, please contact Peggy Savage at 971-322-6221 or savagepj1@gmail.com.

Contact **Sandy Nored**, the house committee's New Resident Liaison, at 541-740-1969 to get a copy of the new resident form you may fill out.

BIRTHDAY LUNCH

Don't forget Birthday Lunch on the last Wednesday of each month. Join the birthday people and help celebrate the day with them. A special table is set aside for the birthday folks. Our chef Raul provides a birthday cake and personally presents a big slice of cake topped with a lighted birthday candle to each of the birthday people.

To join the fun, simply call the kitchen and ask to have lunch served to you that day in the dining room – even if you are not already on the meal plan.

A Good Life

Joyce Parker was born on July 1st, 1929, on a farm seven miles out of Sauk Centre, Minnesota, to Lela May (Gray) and C. Fenton Parker. The family was busy farming and didn't travel to town to register her birth until after the harvest was complete.

At the age of six, Joyce moved with her family to Oregon. Her family moved frequently, and they lived up and down the Willamette Valley from Portland to South of McMinnville. Joyce went to eight different schools in her 12 years of schooling.

Joyce's family lived in Portland during the war, and Joyce corresponded with her older brother Dick, who had joined the army. He traded her photo to an army buddy, Carrol Brynteson, from Coos Bay, and Carrol began corresponding with Joyce. They stayed in touch through the end of the war.

Joyce graduated from Washington High School in 1947 and married Carrol shortly after graduating. They moved to Reedsport, where Joyce lived for 57 years. She worked in two restaurants in Reedsport for about 25 years. She knew all her regular customers by name and their order, and she would start their food as they walked through the door, before they even sat down.

Joyce and Carrol raised three daughters, Judy (Ray) Reagor, Kay Kent, and Marla Gerberg. She had five grandchildren, Hollis Reagor, Leroy Reagor, Kimberly Van Laere, Mia Wiggins, and Richelle Hosek, who gave her 22 great-grandchildren and 8 great-great-grandchildren. She loved spending time with her family, including numerous cousins, nieces, and nephews. She eagerly planned family reunions every summer.

Joyce moved to Philomath in 2005, where she had many relatives in town. She moved to Samaritan Village in the fall of 2019, and she eagerly participated in the activities offered at the Village, making many wonderful, treasured friends along the way.

Joyce loved spending time with family and friends, traveling, reminiscing, crocheting, and playing cards and games. Her favorite game was bingo. While she was naturally skilled and competitive, she always approached games lightheartedly and valued the time spent with others more than the competition.



Joyce is continued on page 10

Joyce, continued:

Joyce was preceded in death by her parents, her brother Dick Parker and sister Marion Rowley. Her husband, Carrol, passed away in 1989. She also survived the passing of her youngest daughter Marla, and her beloved great-granddaughter, Sidney.

Joyce passed away peacefully on December 30th, 2023, at Samaritan Hospital in Corvallis, surrounded by family. She will be missed dearly.

In lieu of flowers, Joyce's family invites you to make a contribution to your favorite charity, local hospice organization, or the Samaritan Village Bus Fund.

A "Celebration of Life" will be held on Tuesday, July 2, 2024, at the Corvallis Community Center (2601 NW Tyler) Corvallis, Oregon, at 4 PM.



Join in the Fun!

Potluck Dinner

at 4:30 PM

Tuesday, February 13

In the Dining Room

Please bring one main dish,
salad or dessert.

Plates, cups, utensils and beverages provided.

Compliments of the House Committee



Italian glass vase; \$7



White basket, 15x11x5-1/2"; \$3



8" square Nesco electric skillet, like new; \$5



TV stand with 4 shelves - \$7
24" wide x 16" deep x 23" high



16" x 20" picture
frame with cutouts
For 11 photos; \$5



HomeMedic Shiatsu + Kneading Cushion
For back massage – feels so good!
\$25

Folds for storage.



Items available on a first-come first-served basis. 100% of proceeds donated to Samaritan Village Transportation Fund.

To donate or purchase, call Vic Russell, 541-745-8748 or Diane Kinman at 206-453-5800.

If you need a specific item, call Vic.



Corner Cabinet and shelves.
26.5" wide x 71" high;
\$20



Amazon Fire TV Stick with Alexa Voice Remote (includes TV controls), free & live TV without cable or satellite, HD streaming device; \$15



Messenger Bag.
13"x18"
\$4