

# NEWS and VIEWS

## Root Beer Social - We're here for a good time



PHOTOS By Peggy Savage

ABOVE: Sandy Eggers, Liz Curran, Diane Kinman, Claudia Whiteside and new resident Pat at the Root Beer Float Social held Friday. BELOW: Joyce Brynteson and Sandy Nored.

It was the very first social event at Sam Village since Christmas 2019, and everyone there seemed happy to be back together again, now that Covid-19 quarantine restrictions are loosening up. Despite the hot weather Friday afternoon, about 35 residents showed up to enjoy the root beer floats and each other's company under the shade of trees out by the gazebo. New residents got a chance to meet everyone, and many new faces were in the crowd. The event, courtesy of the Bus and House Committees, was deemed a success. Everyone talked about how great it was to be able to mix and mingle again. Look for more social events to be added to our SV calendar in the near future.



# JULY BIRTHDAYS

---

Bill Stirling

Joyce Brynteson - July 1

Joe Gargiulo - July 17

Marie Reynolds - July 30

Lee Sansum - July 30

## ARE YOU NEW HERE?

Many new residents' birthdays are not on our current birthday list. The only way we can add your names to our list is for you to contact me and ask to be added. The same goes for releasing your name, phone, and email to the House Committee for inclusion in our SV contact 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).

---

# Independence Day

By Patricia Smith

I was pouring my morning coffee when the lid to the carafe fell off and plunked into the cup. I put down the carafe, pulled out the lid and put it aside on the counter. I continued fixing my coffee drank it and continued with my day. I figured ether the lid broke, or it just fell off. Layer that day I asked a friend to look at it. Luckily, she snapped it back on.

All's well" I said.

She pointed out in my retelling my tale that I hadn't cursed or let it color my day.

I'd been practicing daily meditations (short ones) to stop me from venting with expletives and letting small frustrations coloring my day.

And so, that day became an important Independence Day for me, freedom from bad habits.

Independence is import and personal ones take practice. Ironically, my daily meditation had to do with drinking coffee and being grateful for it.

May we all have many days and ways to honor our precious Independence Days!

**"The most courageous act is still to think for yourself."**

— Coco Chanel

# Bus Committee Report

## Income and Expenses May 2021

05/01/21 **BEGINNING BALANCE - Checking Account** 8,641.88

**INCOME:**

Bus Ticket Sales (0)	0.00
Bus Ticket Sales - Tickets Returned	(65.00)
Daily Trips - Cash+33* tickets used	15.00
Outings - None	0.00
Advertising on Bus (Apr & May)	700.00
Donations (2)	70.00
Bargain Corner Sales(9)	<u>240.00</u>

**Total Income:** 960.00

**EXPENSES:**

Bus Driver (Diocese) [May]	122.08
Transfer Temp Funds to Debit Card	350.00
Reimbursement:Liz C/Printer Ink	19.99

**Total Expenses:** 492.07

**Net Income Less Expenses:** 467.93

05/31/21 **ENDING BALANCE - Checking Account** 9,109.81

05/21/21 **BEG BALANCE - Debit Card Account** 0.00

Transfer fr Reg Ckg Acct (temp)	350.00
Funds from (closed) Prepaid Card	321.07
Gas for van	<u>(56.33)</u>

05/31/21 **ENDING BALANCE - Debit Cart Account** 614.74

05/31/21 **OTHER ACCOUNT BALANCES:**

Operational Money Market (Dividend: 0.38)	8,892.84
New Bus Fund (Dividend: 0.08)	1,802.59
Business Savings Member Account	<u>5.00</u>

**TOTAL ALL FUNDS:** 20,424.98

**Summary:**

There were no ticket sales in May; daily trips continue to improve. A resident relocated and the family returned the bus tickets; the value (\$65) was donated to the Bus Committee. Cascade's (advertising) payments for April & May were received. The prepaid VISA Card for van/bus expenses has been closed. A new credit union account was set up which has a debit card for van/bus expenses. *Note: This saves upload fees and eliminates cumbersome card maintenance. Temporary funding from our regular checking account was necessary as it takes up to 30 days for the prepaid card company to refund the card balance to the debit card account.* There were nine (9) Bargain Corner Sales - check out the News & Views Newsletter for other items currently available or if you have items you'd like to list. There was Driver's Expense in May our driver returned from medical leave. Some of the COVID-19 restrictions implemented by SV management as well as Federal and Oregon have been updated or are in the process of being updated. Refer to recent SV management updates for more information. The bus continues to be out of use at this time.

# Preserving History with his pen

*Architectural drawings of historic Corvallis homes by SV resident Ross Parkerson*

## Lewis G. Kline House 308 NW 8<sup>th</sup> Street

7

Style: Italianate • Circa: 1885 • Builder: Unknown

The 1885 L.G. Kline house is one of the best examples of early Italianate style in Corvallis. It is wood frame construction and has a low hip roof. The windows are one-over-one, double hung sash with decorative entablatures supported by small brackets. A massive fireplace, probably a later addition, stands on the south side. A partially enclosed front porch with a balcony surrounds the front entry on the east side. At the rear there is a small latticed back porch and fruit house. The Kline family emigrated from Russia and Poland by way of Panama in 1864 arriving in Corvallis with the first sewing machine to be seen in the city and some cloth with which to begin a tailoring business. Mr. Lewis Kline successfully expanded his business, opening the L.G. Kline and Company mercantile store in 1868. In 1886 his son Simon assumed management and became active in community development and politics. The Kline home retains the charm and scale of a spacious 19th century house and was listed in the National Historic Register of Historic Places in 1981.



# Root Beer Float Social



**PHOTOS** By  
**Peggy Savage  
& Diane  
Kinman**

**LEFT:** Edith  
Thompson,  
Ross Parkerson  
and Lee  
Sansum.

**BELOW:** Lou  
Ann Hathaway,  
Tony Albert  
and Margaret  
Parkerson.

**MORE  
PHOTOS** page  
**6 and 7**



# ROOT BEER FLOATS



LEFT: Kathy,  
Sandy, Mary  
and Sandy.

BELOW:  
Marge, Pat,  
MaryBeth and  
Emily





# ROOT BEER FLOAT SOCIAL

Friday, June 25, 2021



# HERE'S THE SCOOP

## Raise the flag

We all remember how much reverence our old friend Marian Ely displayed for the American flag while she lived here at Samaritan Village.

Now, Marian has left a number of her flags in the care of Lee Sansum. And just in time for Independence Day on July 4, Lee is offering the flags to anyone in the SV community who would like to own one.

Lee says the flags come in various sizes. Give him a call if you are interested. Then drop by his apartment to pick one out. Lee lives in apt. 60. Phone: 541-753-0619.

## Recycling News from Annie & the House Committee

Please try these Laundry Detergent Sheets. Two sections for a large load of clothes, 1 section for a small load. They dissolve in Hot or Cold water and are HE machine safe. I bought a box of these for \$9.99 on Amazon and the entire box will wash 30 large loads. So instead of purchasing the big plastic bottle of liquid detergent or plastic bin of the detergent Pods, you can carry these around in your pocket on Laundry Day and help the Planet by buying less Plastic Packaging. There are many brands available and some with no Scent!



## Don't forget to recycle your refundable bottles and cans

Annie Bowers, our Recycling Guru, wants residents to remember to recycle all refundable bottles and cans. Now that the dining room is again open, you can drop your recycling into the appropriate receptacles.

Any proceeds from recycling goes into the House Committee account, which gives us a little more money for providing events and services for everyone here at Samaritan Village.



SAMARITAN VILLAGE

# BARGAIN CORNER

Items available on a first-come, first-served basis. 100% of all proceeds are donated to the Samaritan Village Bus Fund.

To donate or to purchase an item, please contact Vic Russell at 541-745-8748 or Diane Kinman at 206-453-5800.



## NEW! Keurig K-Cup



This Keurig single cup brewing system sells for \$150 in the store, but we have it here for \$75. And it is Brand New, still in the box.



## Coffeemaker

Toastermaster 12-cup coffeemaker - brand new, still in box! \$15

- Six Wire Wisks, various sizes - \$1 each
- One Williams & Sonoma spatula - \$1
- Corningware Dishes with lids - \$4 each
- Mini cutting board, 5-1/2"x10" - \$1
- New Bamboo cutting board, 8x12 - \$3
- Advanced power strip (new) with 7 outlets - \$5
- Frigoverre Systems glass containers with tourquoise lids - \$2 each - 2 left

**M**emory loss is a common complaint. The good news is there are easy ways to improve memory that aren't expensive or time-consuming. Here are steps you can take to help preserve and even improve memory.

## 1. SLEEP

Getting enough hours of sleep may not seem like much of a 'cure' for memory loss. But according to the National Sleep Foundation, sleep actually triggers changes in the brain that solidify memories. It also strengthens connections between brain cells and helps in transferring memories from short-term to long-term memory. This means the new memories are more likely to stay with you.

How much sleep is enough? Between 6 and 9 hours of sleep is enough.

Another part of sleep that helps memory is to keep sleep time as undisturbed as possible. Studies show that if your sleep is interrupted more than a few times in a night you cannot focus attention as well when awake. Likewise, with disturbed sleep, recent memories remain fragmented. People cannot put the pieces together as well and therefore can't clearly remember what they learned.

## 2. IMPROVED DIET

According to Harvard Health Publications, foods that are high in saturated and trans fats, such as beef or steak, dairy, and fried foods, can cause damage to the brain.

Changing the diet to foods that are high in mono- and polyunsaturated fats, such as fruits, vegetables, nuts, fish and olive oil, will increase levels of HDL cholesterol (the good kind). This will prevent blood vessels from getting clogged or damaged and reduce the risk of memory loss and stroke.

## 3. LESS SITTING, MORE MOVING

Results from a study done by the Center for Brain Health at The University of Texas showed that people who engage in physical activities such as using a stationary bike or treadmill for only 1 hour 3 times a week resulted in higher resting blood flow to the brain. Improvements in mental health were seen in as few as 6 weeks as there was an increase in blood flow to areas of the brain associated with improved memory.

As a side note, physical exercise improves mood by supplying endorphins and improves appetite as well. It also may provide opportunities for social interaction which also improves memory.

## 4. MENTAL EXERCISE

Learning new skills – like playing a new instrument, practicing a hobby that involves hand-eye coordination, performing memory exercises, and even doing math in your head – has been found to improve cognitive function and memory. Keeping your mind active with new challenges can keep your memory strong!

## 5. STAY SOCIAL

Many studies have shown that it is crucial for everyone's mental health and memory to maintain social activity. Spending time with family and friends, even attending events can help maintain and improve mental functions. Research has even shown that just 10 minutes of social interaction a day can help!