
NEWS and VIEWS

A few raised bed spots are still available



Photos by Peggy Savage

Sandy Nored (L) and Diane Kinman plant their gardens in the new raised beds.

SV Van ready to take you more places

By Diane Kinman

Our Samaritan Village van is now available to take you more places! And Sandy is back as the driver.

Need a pedicure? Or a haircut? The van can now take you and pick you up from your appointment. Want to be dropped off and

picked up at Fred Meyer? Need grocery pickup from Fred Meyer?

Please schedule it to be picked up between 1 pm and 3 pm on Mondays, Wednesdays or Fridays. Then schedule pickup with Sandy, 541-619-7771. [See VAN, page 2](#)

VAN: Continued from page 1

Remember: we are still under Covid-19 limitations, i.e., masks are required; one passenger at a time; temperatures will be taken; and the van will be sanitized between rides

Something else that we should note is that there may be delays getting places from June until October. Due to the city's street corner sidewalk ramp construction and street resurfacing projects, there may be delays/detours on Harrison, Circle, Ninth, and Walnut. It might be a factor if you are trying to get to an appointment or waiting to be picked up by the van.

Getting enough exercise?

The Health Benefits of Exercise for Older Adults:

- More exercise means more independence

- Exercise improves balance

- Regular exercise means more energy

- Exercise helps prevent and counteract disease

- Regular exercise improves brain function

Great Exercises for Seniors:

- Water aerobics

- Chair yoga

- Pilates

- Body weight workouts

- Dumbbell strength training

- Resistance band workouts

- Walking

One of the least stressful and accessible forms of exercise is walking. For some seniors, walking is a bigger challenge than others, so distance and step goals differ from person to person. For the general population, 10,000 steps per day is advised for a healthy lifestyle, but those with difficulty walking or joint pain may settle for a smaller number as a goal. Walking promotes a healthy lifestyle, while strengthening muscles, lowering your risk of heart disease, stroke, diabetes, and colon cancer.

senior_lifestyle.com

- Submitted by Sandy Nored

CHAPLAIN'S CORNER

June 2021.

I just spent two days looking for my marriage certificate. It seems that Social Security will take my word I was born, but they need proof that I was married. And yes, I went to the bank first thing and checked the Safety Deposit Box twice. No luck.

It suddenly seemed possible that I had just spent the last 56 years in an illicit relationship with a man I passed off as my husband. What would people think, what would my children say? Oh yes, I know that one. "Way to go, Mom!"

So, then I went through my dresser drawers. No idea why, but things seem to show up there. I cleaned out three drawers and found tons of stuff that I had totally forgotten about. There were report cards from my high school days which showed that I didn't do quite as well as I remembered and coins from many different countries and receipts for bills dating back to 1980's okay some were from the '60's. I did feel some relief that they were all marked "paid." But no certificate. I was becoming more and more frazzled and depressed. Who doesn't know where their marriage certificate is?

So, I decided to do something else and made lunch, grabbed a book and went out into the sunshine and sat down and began to read (Option B, a book about grief and recovery) It is helpful, but my attention turned to something else.

The sun was warm and my insides that were cold with recrimination about "you know what" began to warm up. My muscles began to relax, and I closed my eyes and let the sun shine in. And then as though that wasn't enough to remind me that yes, there is forgiveness and good in the world, the birds started singing. Different kinds who all seemed to be friends and their songs meshed and made me feel joy. My special bird friend kept coming in on the refrain. This is the bird who starts it all about 5:15 in the morning when he starts a short, sharp tweet that goes on until he hears a response. I think of him as an avian alarm clock. He isn't pushy or demanding, he's just inviting you to wake up for a new day, a day when there will be new things, perhaps cheerful, perhaps helpful, perhaps just what you need. And perhaps you will find the certificate and discover that yes, you were an honest woman after all. He is so full of hope that it is catching. It takes me until 8 AM before I get up to see what the new day has to bring, but I can't resist his invitation.

We, whether they are feathered, four-legged and meow or bark, or swim in the waters surrounded by glass, or....two-legged and walk upright, are blessed. If we set aside the dark thoughts, the sadness, the loneliness or whatever blurs our vision of the world, we can see a surprising place with surprising creatures that invite us to hope, to reach out and to know that someone or something loves us.

Enjoy!

Chaplain Peggy Bernhard

Bus Committee Report

SV BUS FUNDS	MONTHLY INCOME / EXPENSES	APRIL 2021
04/01/21	Beginning Balance - Checking Account	8,035.88
INCOME:		
	Bus Ticket Sales ¹ (2)	90.00
	Daily Trips - Cash ¹ (+ 14 tickets used)	41.00
	Outings - None ¹	0.00
	Advertising on Bus ²	350.00
	Bargain Sales (1)	25.00
	Donations (1)	100.00
	TOTAL INCOME:	606.00
EXPENSES:		
	Bus Driver (Diocese of Oregon) ³	0.00
	TOTAL EXPENSES:	0.00
	NET INCOME LESS EXPENSES:	606.00
04/30/21	Ending Balance - Checking Account	8,641.88
<hr style="border-top: 1px dashed black;"/>		
04/30/21	Other Account Balances:	
	Operational Money Market (#51)	8,892.46
	Dividend 0.37	
	New Bus Fund (#50)	1,802.51
	Dividend 0.07	
	Business Savings Member Account	5.00
	TOTAL ALL FUNDS:	19,341.85

¹ Outings cancelled due to Coronavirus; essential trips only
² Cascade: March payment; April payment not received
³ Diocese: No Driver expense for March (paid driver on Medical Leave)

Preserving History with his pen

Architectural drawings of historic Corvallis homes by SV resident Ross Parkerson

The Wells-Savage House 206 NW 8th Street

Style: Queen Ann • Circa: 1899 • Builder: Unknown



The prominent 1899 Wells-Savage House is an excellent example of the late Queen Ann style. The house originally rested on a stone foundation. Today concrete blocks have been added above the stone. Exterior features include overlapping shingles used to clad the gable ends which also sport decoratively sawn bargeboards. Decorative columns flank the front entry with a detailed wrap around verandah. The windows of the main facade are wide and a first story window features an upper sash surrounded by a border of colored panes. The interior of the house retains many original details such as doors, molding, hardware and staircase. A two story rear addition was added between 1927 and 1949. The siting of the house on two lots enhances the significance of the property. The first owner of the house was Mary J. Wells, the wife of W. A. Wells. They occupied an almost identical house on the north corner of this block. It is likely that this house was built as a rental. Thomas Gatch and his wife were the first renters. Gatch served as president of Oregon Agricultural College. Milton S. Woodcock, a prominent Corvallis banker, sold the house in 1907 to his sister Carrie Savage. The Savage family occupied this house for many years.

HOUSE COMMITTEE REPORT

By PEGGY SAVAGE, HC Chair

MAY 12, 2021 BOARD MEETING

'News and Views'

In April, Diane Kinman volunteered to put out the newsletter for me when my mother died. But I was back to put out the May issue.

House Committee Financials

The HC account at Oregon State Credit Union is looking a little tight nowadays. The available current balance is \$770.72. We have had no income, but we are keeping our expenses to a minimum.

Pie and Ice Cream Social

Hopefully, the pandemic will be coming to a close. If possible, this year, we would like to resume holding our annual House Committee fundraiser - the Pie and Ice Cream Social. Our last fundraising event was held in October 2019.

Shuffle Board

We would really love to start enjoying the shuffleboard outdoors, as soon as possible. Of course, that was not possible this past year. But now that many residents (hopefully all) have gotten their Covid-19 double vaccinations, it would seem safe to play it outdoors if we wear our masks and maintain that social distancing.

New Residents

Sandy and I are working on ways to make new residents feel welcome to our community. That's been difficult during the Covid-19 pandemic. We need to compile a list of the new residents, their unit number and birthdays, if they are willing to share that information. I'd like to be able to include them in the monthly birthday greetings in the newsletter.

UPDATE Resident Contact List

I am also in the process of updating the SV resident contact list, and I plan to include all new residents who want to be included on that list.

Events

Now that most residents have had their double Covid-19 vaccinations, we would really like to hold any sort of outdoor events possible. Diane Kinman suggested holding a root beer float party at the "swimming pool" to meet our new residents and get together with old friends here. The Bus and House Committees could supply the root beer and ice cream, etc. and organize the event.

Getting to Know You. . . Lee Sansum

We have so many new residents who've moved in while we were all in quarantine. It seems, with all the Covid-19 restrictions in place, we haven't had the chance to get to meet and know each other. So, here's the first installment of a feature introducing residents. Hopefully, we can continue introducing a resident in each issue.

Lee Sansum has lived, studied, and worked all over the U.S. He was born in Evergreen Park, Illinois. When he was six, they moved to Hinsdale, IL. After high school graduation, he was off to college at University of Michigan and a major in English.

He was inducted into the Army in 1957 and was shipped to Heidelberg, Germany to work in a computer unit collecting data from Germany, France, and the U.S. Germany is famous as a hike-able country, and Lee took advantage of it. He walked from the tavern atop one mountain to the tavern atop its neighboring mountain and enjoyed a beer in each.

READ LEE, page 11

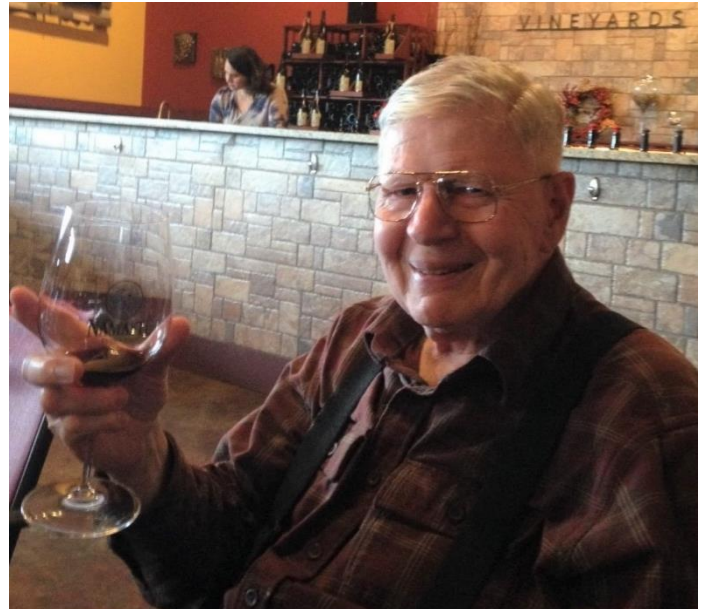


PHOTO BY Peggy Savage

Lee Sansum, giving a toast at Namaste Vineyard during a 2019 SV wine tour.

JUNE BIRTHDAYS

Christine De Neve - June 1

Annie Bowers - June 14

Geraldine Schoettger - June 19

Nicholas Nigro - June 26

Ayako Machida - June 26

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.

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



JUST IN! BRAND NEW BARGAIN CORNER ITEMS

Six Wire Whisks, various sizes, one Williams & Sonoma spatula, \$1.00 each

Teapot, azure blue; \$1

Corning Ware Dishes with lids; \$4 each

White nesting mixing bowls, set of three; \$5 for set or \$2 each

Pyrex Measuring Cup with red lid; \$2

Mini cutting board, 5-1/2"x 10"; \$1

New Bamboo cutting board, 8x12"; \$3

Advanced power strip (new) with 7 outlets; \$5



Rugs, two 18"x24" rugs; \$5 each

Rug, red, wool, made in Iran, 24"x60"; \$20

Rug, blue, 24"x48"; \$10



MORE NEW BARGAIN CORNER ITEMS



Frigoverre Systems glass containers with turquoise lids; \$2 each

Kinetic Go Green Glassworks with clamping lids; \$2 each

New hammer; \$3

25' tape measure; \$3

Stackable Basket rolling storage unit; \$10

Heath dinnerware set, handcrafted in Sausalito, CA; \$20



LEE, continued from page 7

Lee returned to the U.S. on a troop ship and flew from Fort Dix to Oakland, CA, to join his parents in Palo Alto. He decided to go to San Jose State College and got a job at Stanford in the Developmental Biology lab. His boss lady was an electron microscopist. Lee studied biology for the next few years, spending time between San Jose and Palo Alto. He and his dad took two calculus classes together - his dad asked Lee to share his homework!

A professor encouraged Lee to go for his Ph.D. He was accepted at Washington State University in the Zoology department and spent the next 10 years working on bird physiology; the resulting Doctorate Degree was in Zoophysiology.

A mountain hiker since his time in California, Lee happily found other WSU students interested in mountain climbing - not just hiking. They climbed Mt. Hood, Mt. Baker, and St. Helens numerous times.

In the early 1970's, a friend of Lee's at University of Massachusetts in Boston helped Lee get a position there as a lecturer. It's where he met and married his wife - but it didn't last. He didn't enjoy Boston as much as the west and moved to Seattle to bunk with WSU grad friends. He spent his 40th birthday riding the ferry back and forth from Seattle to Bremerton, pondering the direction he wanted his life to take.

More education was needed, so he took a class in programming at a community college and worked in the lab. Lee says he was probably the only lab tech with a Ph.D. His work involved studying a fungus that kills mosquitos.

He joined Seattle Mountaineers, though he felt he wasn't athletic enough or dedicated to serious climbing. Still, he enjoyed climbing Mt. Rainier with Lou Whitaker, brother of Jim Whitaker. On one climb, the climbers spent two very chilly nights on the mountain at 14,000 feet.

After his computer courses were done, he used his connections with executives at Pacific NW Bell (which became U.S. West) to be hired there. He learned assembler coding and worked in the Order Information department. He enjoyed this work for about 7 years and agreed with a co-worker who said she couldn't believe she got paid for this!

A family tragedy hit, and Lee took a leave of absence. It took 14 years to resolve it. By that time, Lee was 64 years old, unemployed, and had \$5,000 to his name. He decided to go to a technical job fair for the State of Washington and - with his phone company ties - he landed the best job he ever had. He worked there for the next five years.

In between the jobs and education, Lee traveled the world: Finland, Norway, Japan, Russia, Scotland, Australia, New Zealand, Fiji, Austria, Peru, Ecuador, Galapagos Islands, France, Spain, Italy, Great Britain, and went through the Panama Canal on a catamaran. He's also visited zoos all over Europe and Japan.

When he retired, he moved to a family house in Port Townsend, Washington, and house-sat for the next several years. He applied to several retirement homes and found Samaritan Village on the internet. He moved in 10 years ago this June. We are so glad he did!

HOW TO CONTROL YOUR HEATPUMP

Fujitsu Heat Pump Instructions

The only settings you should ever need to be concerned with are:

- 1) The **START/STOP** Button
- 2) The **HEAT** or **COOLING** mode.
- 3) The **TEMPERATURE ADJUSTMENT ARROWS**

To START or STOP the unit:

If the **GREEN** light next to the **START/STOP** button is not on then press the **START/STOP** button to turn the unit on. It's best not to turn the unit off and on when not using it but rather to adjust the temperature **UP** above the current temperature setting if in **COOL** mode or adjust the temperature setting **DOWN** if in **HEAT** mode. When ready to resume operation simply set the temperature back to the desired setting.

To set the HEAT/COOLING Function:

The right-most part of the thermostat screen indicates which of 5 settings you can select. The only ones you should use are either the **HEAT** mode which is indicated by a Sun Icon at the lower right-hand corner of the screen, or the **COOLING** mode which is in the middle of the left-hand side of the screen and is indicated by a Snowflake Icon. [WARNING – They are very small icons and look very much the same.] To select the proper mode, open the bottom cover to expose all the programming buttons and press the **MODE** button in the upper right-hand corner repeatedly until the proper icon is displayed. [See diagram below]

To adjust the TEMPERATURE SETTING

To adjust the temperature, press the **UP** arrow or the **DOWN** arrow to display the desired temperature in the **TEMP** screen.

Note: It is best to leave the **FAN** set on Automatic: (A)

