

NEWS and VIEWS

Win on Wednesday

Join the fun at lunch on Wednesdays in the dining room to enjoy a great lunch with dessert and a chance to win a free lunch. Each person at lunch receives a free raffle ticket, and the winning ticket will be drawn during the dessert course. You don't have to be a meal plan member to participate. You can buy a guest meal for the day and have a chance to win a future free lunch.



Ayako Machida holds up her Winning Wednesday raffle ticket at lunch last week with Pam Lazar and Alison Grossniklaus.

Did you know you can buy greeting cards here?

Need a greeting card? The Transportation Committee has cards for all occasions available for you to purchase — and at a very good price. Cost is 50 cents each – yes, just 50 cents each! Choose from birthday cards, miscellaneous cards, thank you cards, blank cards, thinking-of-you cards, note pads and 2024 calendars. You can find them in the Fireside Room at the desk. Leave your money with the office. Proceeds go to the Transportation Committee, which is currently trying to raise funds to buy a new bus for us. Thanks!



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

The House Committee bank account balance as of Feb. 28 is \$369.94.

Event revenues:

- The February Bingo game profit - \$25
- The February Third Thursday Dessert - \$17

FEBRUARY MEETING MINUTES

By Pat Zimpelmann

The February 1, 2024 meeting of the House Committee opened at 3:10 PM. In attendance were Peggy Savage, Kathy Scoff, Sandy Nored, Emily Rosen, Martha Wagner and Pat Zimpelmann.

Events:

- Plans for our upcoming Pot Luck Dinner were discussed. The event will be held on February 13 in the dining room at 4:30 PM and will have a Valentine theme and possibly a "Getting to Know You" Bingo game.
- Our regular Bingo is scheduled for February 10 at 3:30 PM.
- We discovered that we are missing the I-20 Bingo ball, so Kathy removed all Bingo cards having that number until the ball can be replaced.
- This month's movies will be *The Help* on February 12 and *Driving Miss Daisy* on February 26.
- Third Thursday Desserts will resume on March 21
- The March Bingo Game will be on March 7, and our next meeting will be March 7.
- We are planning to have a "Hot Potato" Pot Luck on March 15. The house committee will provide the hot, baked potatoes, butter and the sour cream. Attendees can bring a choice of entrees, salads, desserts or baked potato toppings. The event will more than likely have a St. Patrick's Day theme, and Peggy will see if a group of Irish dancers are available. We could also have Celtic music playing.
- Easter: Pat decorates the grounds with Easter eggs. A request will be placed in the *New and Views* newsletter for help in placing eggs around, as we have done in the past two years. The committee has a bin of eggs and replacement hooks.

- The March movies are to be announced and will be held on March 11 and 25.
- Raul has already instituted Birthday Wednesday on the last Wednesday of the month with a birthday cake for the celebrants. This month's celebration will be on February 28.

Emergency Team:

- Emily suggested having informal emergency meetings in the Hideaway to discuss supplies, etc.
- Martha also brought up liability insurance in regard to losses in the storage area. Questions can be placed before the Board at their next meeting on February 14.

HERE'S THE SCOOP

BINGO!

Join the fun on **Saturday, MARCH 7** 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!

MARCH 11, Monday 3 pm

The King's Speech 2010

Based on a true story.

Colin Firth, Geoffrey Rush,
Helena Bonham Carter

MARCH 25, Monday 3 pm

The Money Pit 2007

Tom Hanks, Shelley Long

Home renovations do not work out.

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 your 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!



HOT POTATO Potluck Dinner

at 4:30 PM

Friday, MARCH 15

In the Dining Room

The house committee will provide a

“BAKED POTATO BAR”

with hot baked potatoes, butter and sour cream.

Please bring an entree, salad, dessert
or your favorite baked potato toppings.

Plates, cups, utensils and beverages provided.

Compliments of the House Committee

Fundraising for a new bus

The Transportation Committee has money in the bank, but not nearly enough to buy a bus with wheelchair access.

By Diane Kinman

Since last summer, the Transportation Committee's primary focus has been on fundraising for a new bus. One idea we are following up on is doing a *Go Fund Me* campaign. If approved by the Board, we'll be asking you all to tell your friends and family about it - to spread the word! We are ready to send a draft to the Board. Then we'll put

together promotional materials - flyers, signage, an A-board sign for out front - and other attention-getting ideas. The Transportation Committee has our bus funds in the bank but it's not nearly enough to buy a new or used Ford 350 12-passenger Transit Van with space for a wheelchair.



Here is one example of the type of bus the Transportation Committee and the board would like to purchase. The bus would need wheelchair access.

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@cascademangement.com

TRANSPORTATION COMMITTEE FINANCIAL REPORT

JANUARY 2024

Financial: Inc: \$171.56 Exp: \$200.00 Net Loss: (\$28.44) Highlights:

- There were two (2) trips in January: Heritage Mall in Albany (4 residents) and Hazel's on Main in Monmouth (3 residents).
- The Transportation Committee continues to be responsible for the planning and coordination of trips and outings and focusing on fundraising for a new (or new to us) bus or transit van.
 - *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*
- Bargain Corner Sales – Five (5) items sold in January for \$45. For February, sales were over a \$100 as of mid-month.
 - *Donate-Buy Items: Vic 541-745-8748 or Diane 206-453-5800*
 - *See available items in the Newsletter & office bulletin board*
- The committee received a donation in memory of Joyce Brynteson as well as an annual payment/donation from Kroger/Fred Meyer Rewards. Residents, family and friends are encouraged to sign up for the Fred Meyer Community Rewards program and designate Samaritan Village as the recipient of points earned when shopping. This does not affect your fuel points.
 - *Sign-up information is available in an article in this issue (or a future one) of the Newsletter; or*
 - *Contact Liz 541-243-2748 or currane76@gmail.com or leave a note in #76 if you would like to receive more information*
- The January payment for advertising has not been received.
- Funds were transferred to the Travel Debit Card to cover the driver phone and gas for the vehicle.

/lc

Emergency Prep Corner: Your Under-the-bed Bag

By Martha Wagner

You may have had an emergency Go-Bag to equip you for various emergencies (e.g., power outages, floods, earthquakes, wildfires, etc.) before moving into Samaritan Village or you may have acquired one as recently as December, when the SV Emergency Preparedness Team held a Go-Bag Giveaway to distribute new backpacks, first aid kits, headlamps and more to all interested residents. (A few more bags remain if you are interested. See the Emergency Bulletin Board for contact info.)



Having a Go-Bag is the first step in being prepared for an emergency evacuation or sheltering in place, as many of us did during the recent ice storm and power outage. Lists of items for Go-Bags—food, clothing, lighting, medications, etc.— are on the Emergency Bulletin Board near the SV office.



At the December Giveaway event our guest speaker provided a show-and-tell on an under-the-bed bag with one specific purpose—to help you get to your larger Go-Bag as quickly and safely as possible if a strong earthquake should wake you while you're in bed. Choose the style of bag you want that's quick to open, such as a zippered gym or tool bag that you can attach with a Velcro strap to the leg or frame of your bed or another sturdy piece of furniture that you can reach from your bed. The strap might also secure a bike helmet or hard hat.

Customize this bag to fit your needs with items such as:

- | | |
|---------------------------------|---|
| Work gloves | HELP/OK sign to put in your window |
| Light stick/flashlight/headlamp | List of out-of-area contacts in a clear bag 1 or 2 bungee cords |
| Mini first-aid kit | Notebook/pen/Sharpie marker |
| Medications | Roll of duct tape |
| Medical equipment | Extra pair of eyeglasses |
| Underwear/socks | Water (bottle/can/pouch) |
| Rain poncho | keychain |
| Mylar emergency blanket | Hard-soled, sturdy shoes (placed inside your bag or in a separate bag attached by a Velcro strap) |
| Nitrile gloves | |
| 2 N95 masks | |
| Whistle to call for help | |



**Samaritan
Village**

WINNING WEDNESDAYS!

Come and join the fun every Wednesday in our dining room! Those dining in the lunch room will each receive a FREE raffle ticket. The raffle winner will be drawn during the dessert course. One lucky diner will win their lunch for FREE!

Each Wednesday, starting February 7th, one lucky recipient in our dining room will receive:

- A \$12 CREDIT ON THEIR NEXT MONTHLY INVOICE (*for meal plan members*), or
- A FREE LUNCH (*for guest meals*)

285 NW 35th Street
Corvallis, OR 97330

www.samv@cascade-management.com

Office/Maintenance: (541)758-7888

Kitchen: (541)754-7129

MARCH BIRTHDAYS

Helene Winward – March 15

Ron Snook – March 22

Pamela Tennity – March 30



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.

Chaplain's Corner

By Chaplain Michelle Cornwell



Labyrinths existed as long as four thousand years ago and were located across the ancient world from India to the Americas, likely serving as a walking meditation, dance, or ceremony. Today, labyrinths are found just outside or within many cathedrals, such as the famous one built in Chartres, France in the 13th century. They continue to serve as metaphors for a spiritual or psychological journey. Unlike a maze, the path of a labyrinth ensures that a walker's path will invariably lead to the center if he or she chooses to continue. Along the way, concentric circles evoke the familiar cycles of days, seasons, and years which are common to the human experience. This can recall the hope found in every sunrise and each spring flower. The mystery of the winding path often takes those beginning the journey near the center, while those farthest along occupy the outer rim. Appearances are deceiving: those we assume to be most successful may be novices. Conversely, the humble, unassuming traveler may be the wisest of all. Most labyrinths also include many U-turns, reminding walkers that life's journey is rarely straightforward. Once I visited a recovering alcoholic in the hospital who lamented his recent return to drinking. When he visualized his life as a labyrinth, he recognized that he was not the same person as before; he had gained wisdom through this recent painful episode. His experience wasn't a step backward so much as a U-turn, a step forward in the right direction and moving ever closer to the center.



At the beginning of Lent, John the Baptist cries in the wilderness, "Repent, for the kingdom of heaven has come near" (Matt. 3:2). Repentance is often reduced to a shameful turning away from sin *before* God's kingdom comes. But the original Greek word *metanoia* really means to "change one's mind," to look in a new direction. John says God's kingdom is *already* at hand, right in the middle of our journey, not waiting till the end. When Jesus meets John, he doesn't demand righteousness; he accepts for himself a baptism of repentance, entering the fullness of our human condition by going through water into the wilderness. We, too, will wander and feel distant from God. Repentance can be admitting we don't always understand life's complexities, but that we seek God's truth, wisdom, and love along the way.

Chaplain's Corner cont.

Repentance can mark our ability to learn and grow, which sometimes means turning around to extend friendship, forgiveness, or a helping hand. It can also mean leaving something harmful behind or examining our bias.

This spring, consider taking a walk in the small labyrinth across the street in the church courtyard, or try thoughtfully tracing the design from Chartres included in the newsletter. Whatever turns your journey takes, may you find grace, hope, and peace.



Fred Meyer Community Rewards

There is an opportunity for all of us Fred Meyer (FM) shoppers to participate in a program that results in a donation to the Samaritan Village Transportation Committee fundraising effort to purchase a new (or new to us) bus or transit van.

You may already have an FM Shopper's/Rewards/Loyalty Card (FM Card) by which you earn points for coupons and/or fuel points. If you do not have a FM Card, you can sign up online to receive one...or in-store, request a FM Card from any FM cashier or the Customer Service Desk. And your friends and family can do the same.

The Fred Meyer *Community Rewards* program can be linked to your FM Card. This program "...makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your FM Card to an organization, all you have to do is shop at Fred Meyer and swipe your FM Card." If you order online for pickup or shipping, use your account **and** FM Card, you will receive rewards. Here's how it works:

1. You will need a *Digital Account* to participate in FM Community Rewards
2. If you already have an account **and** an FM Card:
 - a. Sign into your account; then click on **My Account**
 - b. Under My Account (left column), click on **Community Awards**
 - c. Search for an organization – like *Samaritan Village Bus Committee* – to whom you would like to donate your points
 - d. Select the organization from the list and click Save...that's it!
3. The organization you selected (*Samaritan Village Bus Committee*) will be displayed when you open *My Account/Community Rewards*
 - a. You can review and change organizations at any time
4. Any transactions you make going forward using your FM Card will be applied to the organization, with Fred Meyer donating annually to the organization based on the FM percentage formula.

Fred Meyer Customer Service Center...online or in the store...is available to assist.

Questions: Contact Liz Curran, Samaritan Village Transportation Committee
currane76@gmail.com or leave a message in mailbox #76

Forgiveness

The Gift of Forgiveness

By Debby de Carlo

In recent months, two people I knew all too briefly died. The first was Forrest Church, minister of All Souls Unitarian Church in New York City, prolific writer, and my neighbor in the 1970s. He died Sept. 24, the day after his sixty-first birthday.

The second was Vernor Schenck, who died Oct. 16 after learning a little more than a month earlier he had cancer. He was 90. I'd met him last January during an interview after he'd learned the Public Relations Society of America had named its lifetime achievement award after him. During the interview, he said he had written about his life. "It was therapeutic, and it led to a much better relationship with my grown children. I'm happy to say I have a good relationship with all of them today," he said. He made it clear that was his greatest achievement.

When Schenck walked into the office a couple of months ago, I asked him how he was. "I've got cancer," he said, "and it's closing in fast."

I told him I was sorry. "Don't be," he said. "I've had a great life. I'm 90 years old. I've told the doctors I don't want any treatment. I'll have hospice, but right now I'm not in any pain."

I told him he had done the really important things in life, including healing relationships with his children. "That's right," he said, smiling.

After Church learned in 2006 that he had esophageal cancer, I heard him speak on public radio a couple of times. "We all die in the middle of our story," he said. The important thing, he underscored, was to die without any unfinished business. He meant making amends for past wrongs and extending forgiveness to others.

Church had taken care of a lot of his own unfinished business when he quit drinking in 2001. In his book *Bringing God Home*, he described how he had neglected his family and even himself because of what he called his affair with alcohol. By taking responsibility for actions and making amends, Church transformed resentments into peace.

I had been divorced many years before I made amends to my ex-husband. For a long time, I stubbornly said I wouldn't talk about my part in the dissolution of our marriage until he talked about his. Then I realized two things: His part was none of my business, and my continuing refusal to look at my part was poisoning me. Resentment, I've heard it said, is like drinking poison and expecting the other person to die. I wrote a letter to my ex-husband, listing instances I had been self-centered and less than an ideal and supportive mate. To this day, I have no idea if he ever read it or simply put it in the waste basket. It doesn't matter. I wrote the letter for my own spiritual health, and I felt

Forgiveness, cont.

wonderful after I dropped it in the mail. When I accepted responsibility, I stopped drinking the poison of resentment.

After my father died years ago, I still had some resentment toward him. He hadn't been a perfect father, but I hadn't been a perfect daughter either. For years I'd focused on his shortcomings—his temper and his prejudices. I wrote a letter, forgiving him for his outbursts and thanking him for exposing me to culture, including plays in New York, and providing my sisters and brother and me with all the books we could want between our house and the library across the street. I apologized for wasting a semester's worth of private college tuition while I stayed up late in the dorm discussing the war or playing bridge until the wee hours.

Of course, I've had plenty of others to make amends to and to forgive. Sometimes I create new resentments. Some resentments take time to reach my consciousness. I'm convinced they do only when I'm ready to see them. I can help the process by going into the silence of prayer and meditation, something I resist too easily. Once I see my part, I can apologize. That's all I can do. The outcome is never in my hands. I know, though, that if I don't feel peace afterward, I haven't wiped the slate clean. It's a sign I still hold resentments and need to get back to the work of forgiveness or making amends to others. It's an ongoing process.

These thoughtful, articulate men reminded me by their actions in life the peace that comes from taking care of business. Their deaths emphasize the need to not waste another minute.





Italian glass vase; \$7



New black vinyl and mesh seat covers, fit most Cars; \$7



Comfortable velour armchair in good condition; 31" wide; \$25



Sunbeam Mixmaster has two stainless steel bowls – like new! \$25 (\$156 on Amazon)



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



Adjustable reading lamp. The lamp slides up and down on the pole to achieve the ideal height. \$20

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.

Side chair with cane seat and back; \$8

Small wood accent table. 11"x15"x16" high. \$7

