

# NEWS and VIEWS



Photo by  
Peggy Savage

Ross and Margaret Parkerson at the potluck picnic Saturday.

## Great Day for a Potluck Picnic

Great people, fabulous food and excellent weather - the perfect combination for a Samaritan Village Potluck Picnic on Saturday, Aug. 21. And we all owe a Special Thanks to the Corvallis Market of Choice and its Deli Manager Ray Eggers for donating all the fried and baked chicken for the picnic. About 45 residents enjoyed the event, which was organized by the SV House Committee. Picnickers brought wonderful salads, side-dishes and desserts, relaxed and enjoyed each other's company on the lawn. Thank you to Pete for delivering chairs and tables for the event.

# CHAPLAIN'S CORNER

September 2021

It's September and my "teaching genes" come to the fore. So, this part of the Corner will help to answer the question, "What is a Chaplain and what is a Chaplain supposed to do?" It will also contain a few words about what a chaplain actually does, but stay tuned. I've consulted several sources, Episcopal and non-religious and the consensus is that a chaplain is a minister with a special responsibility outside a church congregation. This includes hospitals, schools, military and the ever popular etc. Samaritan Village falls under "Etc." or senior living. It can be a full time position or part-time. Usually, a Chaplain is connected to a specific denomination, but not necessarily. They will serve people who are in need. I am an ordained minister in the Episcopal Church with the title of "Deacon". I served as Deacon at the church for the Good Samaritan for over 20 years and am now serving as Deacon at St. Alban's Episcopal Church in Albany. However, now as Chaplain, I also serve the residents and staff of Samaritan Village. I serve the residents of Samaritan Village who come in all faiths, denominations and include agnostics and atheists, all people who are in need of help, friendship, and most especially a listening and caring ear. My list of duties at the Village include: having lunch at least once a week with the residents, attending parties and special events, being available for private and confidential conversations, leading a Bible Study (if there is interest), visiting residents in the hospital or nursing homes, being in communication with residents and staff, and offering a service of Holy Communion on a weekly basis ( with

help from Fr. Justice), I also have the honor of leading memorial services for residents who have passed who have asked me (beforehand) to do so or whose families have asked for my help.

It sounds full of serious stuff, but somehow it turns into enjoyment and pleasure as I interact with interesting and caring people. Over the years, my part at the Village has changed. Covid has certainly affected my ability to interact with you, and it was a delight when the dining room opened again, but I would prefer for everyone to be safe and will wait for when we can be together again safely. When I started, rules and regulations were not quite as numerous. I need your help with keeping informed about people who are in the hospital, or in a nursing home or someone who may need a phone call. I need to be contacted by a neighbor, a member of the family, or a friend in order to know that they might want/need a visit. If nothing else there will be prayers said for them. I have my general list and then there is what I call my "nag list". Special needs and specific concerns go on the second. Actually, I believe that God attends to all of us regardless of the number of prayers said, but it helps to remind me ,when I pray, that someone is in God's care.

I have given some of you my card. It has my phone number (541-745-5816), my email (pegber@aol.com) and my name. Please don't hesitate to contact me if you have questions, concerns, or just want someone with whom you can talk. I hope that soon we will be back in the dining room, but until then, you are all in my prayers.

— Chaplain Peggy Bernhard



# Summer Potluck Picnic . . .



PHOTOS BY PEGGY SAVAGE  
and SANDY NORED

ABOVE: Volunteers Mary Beth Lanier, Vic Russell, Margie and Pat.  
And Chicken donated by Market of Choice

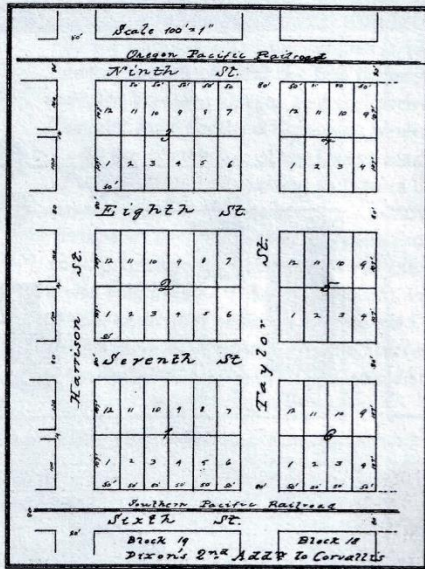




Architectural drawings of historic Corvallis homes by Ross Parkerson

# Preserving History with his pen

Neighborhood Historic Map

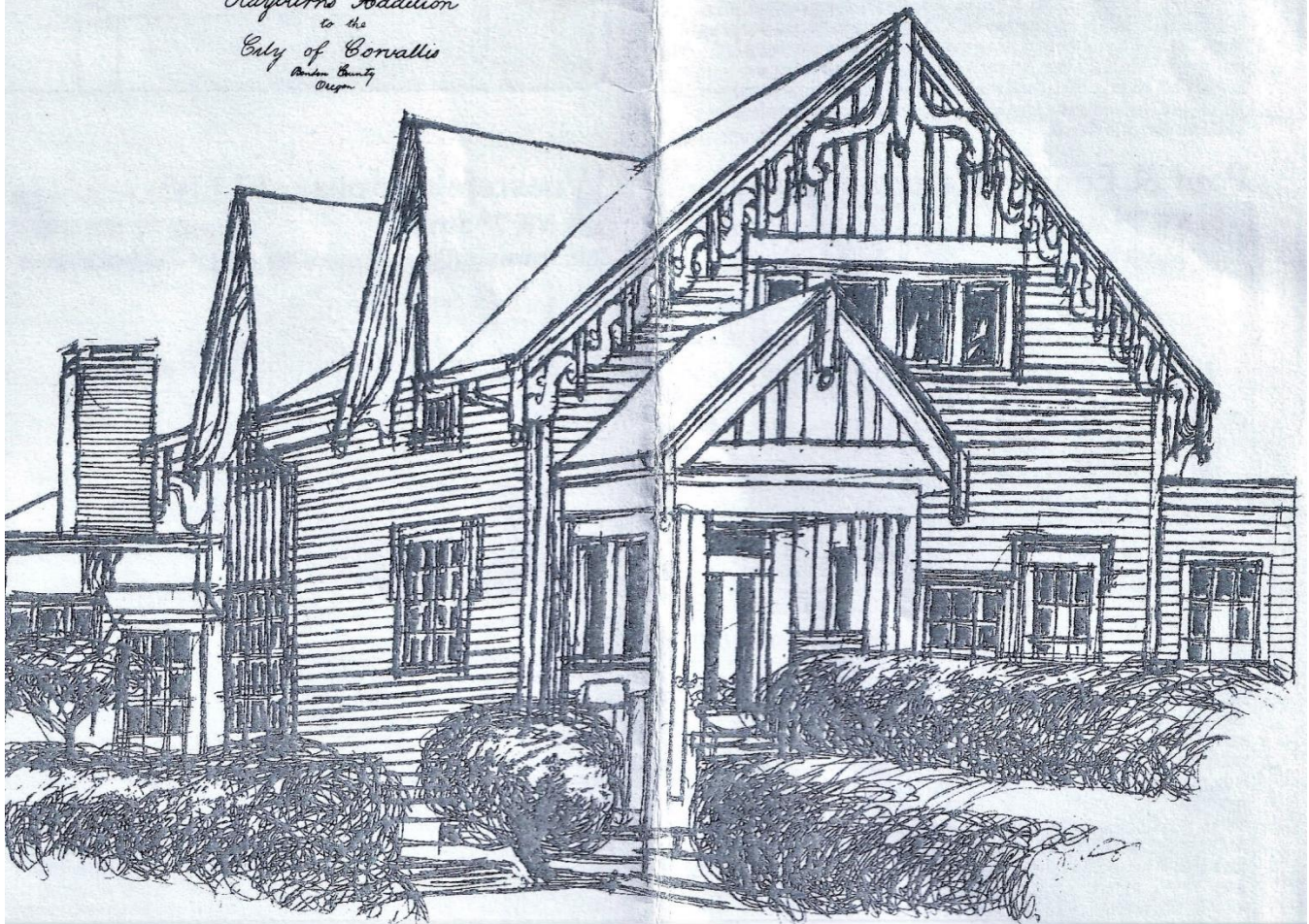


*Rayburn's Addition  
to the  
City of Corvallis  
Benton County  
Oregon*

## RAYBURN ADDITION Neighborhood Walking Tour



Corvallis, Oregon







## POTLUCK

LEFT: Sandy Nored and Kris Krahn cleaning up.

BELOW: Sandy Landis and Lee Sansum getting in some visiting.

Vic Russell packing up chairs during clean-up.

PHOTOS BY PEGGY SAVAGE





# BUS COMMITTEE FINANCIAL REPORT

## Income and Expenses July 2021

<b>07/01/21</b>	<b>BEGINNING BALANCE - Checking Account</b>	<b>9,283.81</b>
<b>INCOME:</b>		
	Bus Ticket Sales	68.00
	Daily Trips - Cash+ 38 tickets used	50.00
	Outings (1)	90.00
	Advertising on Bus (June; July not rec'd)	350.00
	Donations (2)	20.00
	Bargain Corner Sales(2)	25.00
	SV Board of Directors *	<u>60.00</u>
	<b>Total Income:</b>	<b>663.00</b>
<b>EXPENSES:</b>		
	Bus Driver (Diocese)	<b>900.76</b>
	Transfer Funds to Debit Card	<b>150.00</b>
	Reimburse Diane K (Ink, Outing exp)	<b>47.96</b>
	Reimburse L Curran (Name Tags, Outing)	<b>57.65</b>
	<b>Total Expenses:</b>	<b><u>1,156.37</u></b>
	<b>Net Income Less Expenses:</b>	<b>(493.37)</b>
<b>07/30/21</b>	<b>ENDING BALANCE - Checking Account</b>	<b>8,790.44</b>
<hr style="border-top: 1px dashed black;"/>		
<b>07/01/21</b>	<b>BEG BALANCE - Debit Card Account</b>	<b>327.38</b>
	Inc: Transfer from Reg Checking Acct	150.00
	Exp: Vehicle Wash (2)	<b>24.50</b>
	Exp: Water for Outing (Residents)	<b>6.19</b>
<b>07/30/21</b>	<b>ENDING BALANCE - Debit Cart Account</b>	<b>446.69</b>
<hr style="border-top: 1px dashed black;"/>		
<b>07/30/21</b>	<b>OTHER ACCOUNT BALANCES:</b>	
	Operational Money Market (Dividend: 0.38)	<b>8,893.59</b>
	New Bus Fund (Dividend: 0.08)	<b>1,802.74</b>
	Business Savings Member Account	<u><b>5.00</b></u>
	<b>TOTAL ALL FUNDS:</b>	<b><u><u>19,938.46</u></u></b>

**Summary:**

Ticket sales and daily trips were down from June; there was one outing. Samaritan Village Board of Directors gave the Bus Committee \$60 in support of starting up trips again. Two residents who signed up but were unable to go donated their payments to the Committee (thank you!). We received Cascade's payment for June. There were two (2) Bargain Corner Sales. The Diocese invoices for June and July were paid. Bottomline, July ended with a Net Loss. With some Covid restrictions still in place, the bus can now be used with up to 10 riders (subject to change). The van is available for essential appointments (doctor etc), grocery & prescription pick-ups, as well as for haircut & pedicure appointments or to be dropped off/picked up at Fred Meyer. The Debit Card account had minimal activity in July.

# Helping hands offered after thieves target SV Bus

**A**fter thieves targeted Samaritan Village by stealing the catalytic converter from our SV Bus a couple of weeks ago, Jane Callahan suggested sending a Letter to the Editor at Corvallis Gazette Times about how the theft affects us, especially in light of fundraising efforts.

Together with Jane, Bus Committee Chairwoman Diane Kinman wrote the letter, and it was published in the paper. The results so far? A neighbor from Jackson Street donated \$500! (That covers our deductible!) and two other Corvallis community members also sent donations to help out.

As of this printing, The Bus Committee has received the following donations to help cover its bill for replacement of the catalytic converter:

\$500 - Stella and James Coakley

\$100 - Bill Bereskin

\$100 - Dorothy and Martin Stephenson

Then, when Diane paid the bill for the replacement part, Don at Jerry's Precision Muffler gave us a discount of \$200. What a wonderful and caring community!

Here's the letter submitted to Gazette-Times online, Aug. 12, 2021:

## **Shame on the thieves who prey on the elderly in our low-income senior community!**

For years, the residents of Samaritan Village have worked to support their own transportation needs, including the bus, the van, the driver, insurance, repairs, etc. Sometime between July 15 and August 10, some unscrupulous individual(s) cut out and removed the catalytic converter from the bus as it was parked in our lot on 35<sup>th</sup> Street.

A police report has been filed, but our Transportation Fund will take a hit. Replacing the converter will cost approximately \$1400; fortunately, the insurance deductible is \$500.

Our income supporting the Transportation Fund comes from ticket sales to residents to go to appointments, get groceries, and pick up prescriptions -- and from donations. We had to cancel our main fundraiser (November Faire) last year due to Covid, and it looks like it will be cancelled this year, too. With limitations put on ridership due to Covid and this unexpected expense, our funds are dwindling away.

It is heartbreaking that there are people in and around our community that have no regard for the hardships others face.

Diane Kinman, Chair

Samaritan Village Transportation Committee

# Who is This Baby?



If you think you know who our mystery baby is, please send in your guess to Peggy Savage at [savagepj1@gmail.com](mailto:savagepj1@gmail.com) or call 971-322-6221. I'll announce the winner next issue in this section.

**LAST MONTH'S MYSTERY MAN was  
LEE SANSUM.**

## SEPTEMBER BIRTHDAYS

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Pat Rolla - Sept. 7

Chris Farrow - Sept 8

Sarah Hubert - Sept 11

Sharon McVey - Sept 14

Mike Ferrillo - Sept 18

Lorraine Barnette - Sept 22

Liz Curran - Sept 30

Sandy Eggers - Sept 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).



# HERE'S THE SCOOP

## HOUSE COMMITTEE NEWS

*Peggy Savage, SV House Committee Chair*

**MARKET OF CHOICE MAKES GENEROUS DONATION** – The House Committee always purchases the chicken for our annual SUMMER POTLUCK PICNIC, and in the past, Marie Reynolds fried the chicken in her own kitchen every year. She is no longer able to do that, however. So, this year I requested a donation of 64 pieces of fried chicken from the deli at Market of Choice, and Deli Manager Ray Eggers was happy to help out. The store generously donated 64 pieces of chicken – 32 fried and 32 baked – which saved the house committee nearly \$100 in expenses.

**PIE & ICE CREAM SOCIAL POSTPONED** – We had originally set the date for this fundraiser on Oct. 2, but due to the current Covid-19 pandemic situation, we have been forced to postpone the social until things get back to normal. This event has been the main House Committee Fundraiser each year and is traditionally held in the Dining Room. Hopefully, this pandemic will be contained sometime in the near future – The House Committee Funds could certainly use some replenishment!

**FIRST HOUSE COMMITTEE MEETING** – On August 3, we held the first House Committee meeting since January 2020. I invited a number of new residents to the meeting, and all attended. They also joined our committee as (much needed) members and volunteered for specific duties in putting on upcoming events

**SEPTEMBER MEETING CANCELLED** – The meeting was to be held Thursday, Sept. 2, but is cancelled due to the current Covid situation. The plan is to hold meetings on the first Thursday of each month, and hopefully, we will resume in October.

## Bus Committee Updates

*Diane Kinman, SV Bus Committee Chair*

**Bus Driver Change.** For the next week or so, **Diane will continue to fill in as driver, if no other option is available.** However, preference is for residents to use Dial-a-Bus and BAT ([www.ridethebat.com](http://www.ridethebat.com)). Sandy Eggers may return as driver after Sept. 7.

**Fred Meyer Shopping** - Community Rewards \$: We all can have our rewards from Fred Meyer go to Samaritan Village. It's not a huge dollar amount, but it adds up.

**Next meeting:** Monday, Sept. 6, 2021 (Labor Day) at 4 p.m.



# Five Superfoods to help fight joint inflammation

If your hips, knees or hands have gotten stiffer and more painful in recent years, you might be among the 32 million Americans who suffer from osteoarthritis (OA). This degenerative joint condition, often described as the “wear and tear” form of arthritis, causes the cartilage that normally cushions joints to break down, allowing bone to rub against bone. The result: pain, redness, stiffness and inflammation.

This kind of arthritis is mainly treated by pain-relieving medications, but lifestyle changes can also help a lot. Whether you follow a specific diet plan or not, regularly adding the following foods to your plate (while simultaneously cutting back on fried food and sweets) might help soothe your achy joints and perhaps even slow down the progression of arthritis.

## Superfood No 1. Salmon

Oily fish like salmon are rich in inflammation-fighting omega-3 fatty acids, which may help curtail arthritis symptoms. Salmon contains both EPA and DHA, two types of omega-3s that are found in all the cells of the body. The American Heart Association also recommends eating fish twice a week to protect your heart.

## Superfood No. 2. Olive oil

Extra-virgin olive oil contains unsaturated fats that similarly help quiet inflammation in the body. Perhaps most exciting for arthritis patients, however, is the fact that olive oil contains a compound called oleocanthal. Scientists have determined that oleocanthal has a mechanism of action that's similar to the way NSAIDs like ibuprofen and naproxen work to ease pain. Olive oil should help decrease inflammation throughout your body and might make your osteoarthritis more tolerable. (Plus, it's good for your heart.)

## Superfood No. 3. Cherries

Sweet cherries are packed with anthocyanins, potent antioxidants that are also found in blueberries and raspberries. Anthocyanins may help minimize oxidation and oxidative stress that contribute to inflammation in your joints

## Superfood No. 4. Garlic

Garlic is often touted for its ability to help ward off cancer, heart disease and the common cold. There's also reason to believe that it might reduce the risk of osteoarthritis. In one study, published in *BMC Musculoskeletal Disorders*, researchers determined that people who ate more alliums (including garlic, leeks, shallots and onions) were significantly less likely to develop hip arthritis and damage to cartilage.

## Superfood No. 5. Spinach and kale

These leafy greens are loaded with vitamin K, which research suggests is important for cartilage health. Some scientists believe that vitamin K helps with arthritis by preventing the cartilage from calcifying (hardening).



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



ABOVE: Adjustable Desk Chair - \$15



Table Lamp with Shade, 24" tall - \$10



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

BELOW: Fellowes Paper Shredder - \$10





# SAMARITAN VILLAGE

## BARGAIN CORNER

### PAGE 2

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



Two wooden chairs, in good shape! \$15 each.



Brand New! Golf putter practice kit - assemble and putt! \$10



Black glass shelves; \$15

Small Halogen Desk Lamp, 13" tall, with working bulb; \$7



- New hammer - \$3
- Three Wire Whisks, various sizes - \$1 each
- Mini cutting board, 5-1/2"x10" - \$1

