

## Scavenger Hunt Contest Winner



Scavenger Hunt Winner Mary Austin and contest sponsor Glen Barlow

## by Glen \& Rhoda Barlow of Barlow Trail Travel

WJe want to congratulate Mary Austin for submitting the winning entry with the most correct addresses. We want to thank all who participated in this scavenger hunt. We hope everyone had as much fun going through The Estates neighborhoods looking for these items as we did. Our hope was to get more of our residents outside and into different neighborhoods. Even if you didn't submit an entry, we hope it caused you to look around and see things in your own neighborhoods you were previously unaware of. If you did, we were successful. We also want to recognize those who submitted entries: Patricia and Leroy Yoder, Ralph and Doris Kruse, Tony Polinsky, Arlene Egli, D. June Howes, Ken and Laurie Colvin, and Nancy Crorey. We realize there were some items found at more than one address, and in a couple of instances the homeowners, for whatever reason, rearranged their yards and no longer had those items out, which we had no control over.

We appreciated all of the positive feedback about this contest, and look forward to more to come.

## Upcoming Events Schedule

- Frontotemporal Dementia (FTD) Support Group, 1st Tuesday, 6 p.m.7:30 p.m., Conference Room.
- BOD General Meeting, 4th Tuesday, 1:30 p.m., Dining Hall.
- Lady Putters, Mondays, 10 a.m., meet in Ladies Lounge.
- Sundowners, Mondays, 3:30 p.m., meet at Gazebo.
- Yellow Tees Golf, Thursdays, 12:30 p.m., par 3 course, meet at Pro Shop.
- Par T Lady Golfers, Fridays, 10 a.m., Pro Shop. No need to keep score!
- Friday Funnies, Fridays, 1 p.m., Pro Shop, BYOB and snacks after 4 p.m., meet in Gazebo or Golf Lounge (depending on weather).
- Labor Day Mixed Golf Tournament, Monday, September 1, 9 a.m. shotgun start, Pro Shop.
- Woodburn Garden Club Bonsai demonstration, Tuesday, September 2, noon, Dining Hall, Public.
- Country Meadows Rock \& Roll Country Barbecue, Saturday, September 6, 11:30 a.m.-1:30 p.m., Auditorium, \$5.
- Dance \& Social Club "Swing Time", Saturday, September 6, 7 p.m., Auditorium, Public - \$8 (90+free).
- Vintage Tea Party, Friday, September 12, noon, Dining Hall, $\$ 8$ tickets at Coffee Hour or Office.
- Dance \& Social Club "Hoe-Down", Saturday, September 27, 7 p.m., Auditorium, Public - $\$ 8$ ( $90+$ free).


## Upcoming Events in Woodburn

- Woodburn City Council Meetings, 2nd \& 4th Mondays, 7 p.m., City Hall.
- Dementia Support Group, 3rd Monday, 2 p.m. to 3:30 p.m., Woodburn Health Center.
- Summer Reading Book Club, Thursdays, 6-7 p.m., Conference Room, Woodburn Public Library.
- Free Paper Shredding Day, Saturday, September 6, 10 a.m.-1 p.m., BiMart parking lot (See page 2 for details)


## Upcoming Elsewhere

- Dementia Support Group, 3rd Tuesday, 2 p.m. to 3:30 p.m., Silverton Hospital.
* All events are subject to change without notice.



## VIITITGE TEП PRRTY

## Fridifi, Sepricibiber 12,2014

## Seating at noon in the Dining Hall

Come Enjoy Lunch with Friends or Family $\$ 8$ Tickets at Coffee Hour or the Office Hope to see you there!!!!

## Directory Changes for 2015

by Sharon Morse

The sales campaign for the 2015 Estates Directory starts in September. Please take the time to check your name, address, and phone number in the 2014 edition. If you have changes, additions, or corrections, contact Sharon Morse in the main office at 503-982-1776 so she can make these updates. Thank you.

## Coffee Hour August 14



Enrique Gonzalez on classical guitar

## by Kathy Hiller

At August 14 Coffee Hour, the entertainment was a new talent, Enrique Gonzales, who brilliantly played classical Spanish guitar for us. I watched Enrique from a nearby seat; and, although I am no expert, I didn't see or hear any mistakes. His fingers seemed to move by telepathy, but his concentration was light and he was totally in command of the music and his instrument.

Connie Lum learned of him from a neighbor, and we reaped the benefits today. At the end of the program, I spoke with Enrique and his wife. I learned that he was born and raised in California, and he's 26 years old. About ten years ago, he began his music education, starting out on an electric guitar. When he moved to Salem in 2006, he took up the classical guitar. It was a great pleasure to see and hear him play, and I hope he will come back and share his talents again.

## 2014 News \& Views Schedule

## In September, News \& Views will publish as follows:

Copy due by 9:30 a.m.
Publication Date
Thursday, September 4th
Friday, September 12th
Friday, September 26th
Thank you, everyone, for your cooperation.

## Crime Tip

Submitted by Corporal Colleen Quirion, WPD

Regulation and Licensing of Solicitors

There has been some question about what to do if a door-to-door salesperson comes to your home. How do you know if they conduct a legitimate business?

The City of Woodburn Ordinance 1187 requires solicitors to go through a process in order to protect the residents within our community.

IT IS UNLAWFUL FOR ANY PERSONTOENGAGEINBUSINESS AS A SOLICITOR WTHIN THE CITY LIMITS OF WOODBURN, WITHOUT FIRST OBTAINING A LICENSE.

Solicitors are required to submit an application to the City of Woodburn, including information about themselves and the nature of their business and goods/services to be sold.

## R月g <br> TREE SERVICE

Office: 503-540-9038
Mobile: 503-569-3751
Robert Cornett Certified Arborist \#PN-6032A Bonded \& Insured CCB \#152991

Once the application is accepted by the City, an investigation of the applicant's business and moral character is completed - for the protection of public interest.

If the investigation of the person/ business is deemed satisfactory, the City will issue a license card to the applicant for the activity for which the application was made.

SOLICITORS ARE REQUIRED TO EXHIBIT THEIR LICENSE CARDS AT THE REQUEST OF ANY CITIZEN!

VIOLATING THIS ORDINANCE IS A CLASS 4 CIVIL INFRACTION, WHICH CARRIES A $\$ 125$ FINE.

If you come into contact with a solicitor in Woodburn, request to see their license card. If they do not show the card, call the Woodburn Police Department at 503-982-2345 to report the violation. For your protection, DO NOT consider purchasing items from a door-to-door salesperson without first verifying they have a license card issued by the City. If there is any doubt, contact the police department.

Many other communities have similar ordinances. If you live outside the City of Woodburn, check with your City Hall or local law enforcement agency to learn what your community requires of solicitors.

## John The Handyman <br> 503-544-6705 2663 Baines Blvd John Massaia <br> CCB 200386 <br> jnjmassaia@wbcable.net <br> Hubbard, Or. 97032 <br> I'll do your <br> "Honey Do's"

## R'Bella Salan \& Spa

2200 Country Club Ct., Suite D
Behind the Crossing's Strip Mall (We have a blue roof)


M-F, 8 a.m. -5 p.m. $\cdot$ Saturday by appointment Walk-ins Welcome - Come meet our 3 new stylists.


Sorry, coupons for new clients only.

## Neighborhood News

## Coffee Hour for September

by Connie Lum
September 4 - Rob Walker, singer
September 11 - Billy \& the Rockets

September 18 - Linda Wheeler, singer

September 25 - Debbie Huddleston, organ music

Remember the dry erase board is there for your use. Please write any news you want several hundred people to know about. Don't forget to bring your own coffee cups to help save the environment and reduce waste. Enjoy Coffee Hour!

## Country Cottage Hours Changing

## by Kathy Hiller

Summer is coming to a close and Country Cottage is returning to their regular hours of 7 a.m. to 8 p.m. effective August 15. We have updated their ad to reflect these new hours.

## Health Center Card Keys

## by Sharon Morse

Just a reminder that everyone entering the health center or swimming pool must have their own card key to get in. If the card does not work, this could be because it has been deactivated due to: being a member not in good standing; or the cardholder member has moved out of The Estates; or for other reasons. In that case, please check with the office.

Each Estates property is entitled to one card key if their assessments are paid up. A second card may be purchased for $\$ 10$. Please do not allow anyone into the health center or swimming pool using your card key. Thank you.

## Paper Shredding Day

by David Strubhar
The Networking Club of Woodburn (a non-profit) is hosting a Shred Day on September 6, 2014, at the Bi-Mart parking lot on Mt. Hood Avenue from 10 a.m. to $1 \mathrm{p} . \mathrm{m}$. Up to 2 plastic grocery bags of paper will be shredded on site for free. Larger quantities may also be shredded, but we would like a
donation to cover costs. We can also accept hard drives, CDs and other media for a nominal fee.

## So Long, For Now, "Fit For You"

by Lee Kellow
Eighteen years ago we started a senior exercise program class in our auditorium with Dorel Myhre as our instructor. This class has continued until recently. For the last three years Tiffany and Ken from Everybody Fitness have joined us as instructors. However, now due to a lack of participation, we have temporarily discontinued the program. We have made many friends and enjoyed trying to stay healthy together.

It is our hope that someone will 'step up' and put together another exercise program for all ages of seniors here in The Estates.

## St. Monica's Circle

## by Ryllis Linday

St. Monica's members will meet on September 8 at 10 a.m. in the small Auditorium (Dining Hall). Everyone is welcome.

Members, please bring samples of items you have made for the bazaar to show-and-tell. Whether it is knitting, crocheting, or machine made, it is appreciated. Remember it must be homemade.

There will be discussion about a dinner to be held at a later date. Bring your ideas. See you on September 8!

## Swing Time and a Hoe-Down

by Bill Coleman, Chairman
The Estates Dance and Social Club is doubling down with two dances in one month beginning with "Swing Time" on September 6th featuring the swingin' sounds of the Keizer Big Band.

The Northwest's premier eighteen piece big band will perform songs from the $30^{\circ} \mathrm{s}, 40^{\circ} \mathrm{s}, 50^{\circ}$ s and $60^{\circ} \mathrm{s}$ such as "String of Pearls," "Sentimental Journey," "Ain't Misbehavin'", "Satin Doll," and many others for your dancing or listening pleasure.

Our regular $\$ 8$ cover charge automatically enters you in the evening's raffle for valuable and fun

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## Neighborhood News

door prizes. No charge for guests over the age of 90 - your raffle ticket is on us. Be sure to join the fun by entering our 50/50 raffle for a chance to take home a cash prize. Enjoy free snacks provided by our own Country Cottage.

But wait, there's more... on September 27 th one of The Estates' favorite duos, the "Jefferson Parks Band" returns for a little "Hoe-Down" fun with a mix of country, rock and roll, swing and waltz numbers.

Dances are held at the Estates Golf and Country Club Auditorium, 1776 Country Club Road in Woodburn, featuring one of the finest dance floors in Oregon. A free parking lot shuttle service is provided to safely transport you from your car to the door.

Doors open at 6:30 p.m. and the event begins at 7:00 p.m. All of our gatherings are open to the public. We encourage folks who simply enjoy chatting, snacking, and peoplewatching to come and join friends and neighbors for a special night of music, dancing and socializing.

## Woodburn Garden Club Meeting in New Location

by Gerry Cooley
The Woodburn Garden Club will be meeting Tuesday, September 2, in the dining hall of The Estates Golf \& Country Club's clubhouse (a new location) 1776 Country Club Road, Woodburn. Enter the door nearest the flagpole.

This will be a special meeting as we enter our 87th year. Mr. Bruce Kerr will demonstrate trimming a juniper plant into a Bonsai specimen. The demonstration will begin at 12:30 p.m. He was featured in the Statesman Journal with his Bonsai collection. He will explain the care and development of a Bonsai garden. The Bonsai demonstration plant will be auctioned off at the end of the meeting.

Refreshments will be served. All interested gardeners are invited to come. For further information please call 503-982-0848.


## RV's Wanted

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Pacific Valley Auto
3974 Pacific Hwy, Hubbard, OR 97032
( 1.5 miles North of Woodburn)
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503-267-9970
Dealer \#3693


## Neighborhood Walk About

## by Lettie Zimmerman

This morning, my husband John, and I explored the southern border of The Estates. Vast fields of corn and vegetables extend the view of greenery for houses on the east side of S. Cascade Drive and the south side of Santiam Drive. What a wonderful way to connect with our fertile Willamette Valley. As we walked, we shared the streets with a few cars, early morning walkers, a couple of bike riders and, on S. Columbia Drive, a trike rider stopped to visit. He moved here from Salem on the recommendation of friends who also live in the neighborhood.

On Santiam Drive we stopped to admire an abundant English flower garden. A voice from behind the trellis invited us to come and visit. Bob explained that his wife Dawn is the designer of the gardens and he is the builder. Both moved from England years ago but retain their charming speech. They moved to The Estates a year ago and are still personalizing the home and yard. Bob is a model train enthusiast and may use part of their garage to set up his track. They appreciate the beautiful view of the golf course from their back patio, and they play the course regularly.

Dawn also makes character dolls. She recently took some dolls to the


Therapy Doll
chemotherapy center as a gift to the patients. The dolls can serve as "therapy dolls" - to absorb patient's anger, pain, tears, fears, and also generate smiles and hope.

Bob and Dawn are fun-loving and laugh easily. They enjoy card games and would like to find people who play the card game, Hand and Foot (a version of Canasta). If you're interested, you may leave a message with News \& Views (971-338-6131) and we'll pass it on to them.

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9-hole \& 18-hole Women's Club Champions


9-hole Champion Nancy Reed, 18-hole Champion Susan Gsell

2. Rita Girard
3. Judy Fredricks

18-Hole Winner: Susan Gsell GROSS
Flight 1

1. Rosa Nichols
2. Carol Bettandorff
3. Barbara Briskey Flight 2
4. Nell Crawford
5. Gloria Bourne
6. Terri Smith

Flight 3

1. Penny Sealy
2. Sharon Price
3. Karen Morris

NET
Flight 1

1. Ali Pye
2. Georgia Kehr
3. Sherry Manier

Flight 2

1. Janice Aiken
2. Mickey Harrison
3. Christina Morris

Flight 3

1. Joanne Delnick
2. Judy Scholer
3. Louise Davidson


## Ladies' Golf Club Meeting \& Luncheon

Monday, September 15, 2014
11:30 a.m., Dining Hall
Pulled Pork Sandwiches
Coleslaw
Dessert
Punch, Coffee, and Tea
** \$8.00 **

RSVP for lunch with check made payable to Women's Golf Club of The Estates by Wednesday, September 10th
Place check (or cash if you wish)
inside an envelope with your name and event on it, in the hallway slot located outside the Ladies Golf Lounge.

QUESTIONS? Call Penny Sealy 982-2420 or 939-6005

## Labor Day September 1, Monday Mixed Golf Tournament Sponsor Cascade Park

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The menu by Gary's BBQ on Wheels:
    Turkey w/Dressing
    Mruted otatoes
    Meas and Ham Salad
    Reas, & Butte
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Please bring your own plates and eating utensils to the Auditorium
Sign up: $8 / 11$ through $8 / 25$, entry fee is $\$ 15.00$ each - Shotgun start at 9 am
Dinner - September 1 at 5:00 pm - Dinner fee is $\$ 15.00$ each
Game format:
4-person Scramble, and minimum 4 drives each,
HDCP percentages: $20 \%, 15 \%, 10 \%, 5 \%$
HDCP percentages: $20 \%, 15 \%, 10 \%, 5 \%$ of $\mathrm{A}, \mathrm{B}, \mathrm{C}, \mathrm{D}$ players.
Make
Make your own 4-some
Must play 5 games
before event
before event
estab
establish
Handicap to play.
MUST PAY WHEN
SIGNING UP


GOLFERS -
Be at Hole One for group shot of carts and players -
Picture will be taken at 8:30 if you want to join in.


Men's Golf Club Meeting

## Estates Men's Golf Club General Meeting August 5, 2014

The meeting was called to order by President Fred Bourne at 10:00 a.m. in the Dining Hall, followed by the Pledge of Allegiance.

Roll Call A quorum of officers and committee chairmen was affirmed
Fred Bourne, Len Westphal, Jim Worley, Clint Hansen, Stan Hiller, Allan Lindberg, Paul Eaton, Bob Price and Gene Balfour.

PresidentFredBournecongratulated Chuck Stein as the 2014 Men's Club Champion. There has been a lot of talk about the handicap system and the idea of using what the snowbirds use down south. I (Fred) personally tested several months of data and found it just will not work here.

Vice President Len Westphal had nothing to report.

Treasurer Jim Worley gave our current balance of $\$ 3,468.13$. Your golf credit on the books can be used for food and drink items sold only in the pro shop. The only drawback, it will take longer to apply as he must find you in the credit book and make the necessary line item entry.

Mixed Tournament Allan Lindberg said the mixed tournament is coming along fine with paid sponsors, the getting of door prizes, pop and beer to finish out the year. Also be sure to stop in with our sponsors and thank them. Allan raised concern about the switching of tickets and asked that you call to let him know that you switched. In some cases, people have given their ticket to a guest and they forget to bring the ticket for the dinner. The meals have been a concern about the quantity and Allan and Diana are keeping track, so there really is no excess. The shotgun start seems to be working out well, along with the pictures by Ken Leonard and the slide show by Stan Hiller.

Handicap Clint Hansen said the course is in great shape compared to last year at this time due to the new irrigation system along with Tim's help and everyone agreed. Clint said he put together a "private match play" and he thought it was very successful. The "club match play" had some complaints, but overall it worked out. There were a lot of comments pro and con on the "club match play". Also each of us need to watch your score per hole for your own stroke allocation. I am totally satisfied with our current handicap system, which allows you to go to any course and have a fair handicap. It was developed in 1988 and is the world's largest handicap system still in use today.

OGA Rep Paul Eaton said the OGA is constantly sending emails to play
other courses at reduced rates.
Rules Gene Balfour stated the many different legal ways you can mark your ball when on the green.

Membership Stan Hiller reported no change in the bag tag total.

Sunshine Bob Price said he sent one card and asked if there were any more that should be sent.

Publicity President Fred asked if someone was still going around to make sure the golf flyer containers are being replenished and if any tweaking needs to be done. Allan commented that the flyer needs to be tweaked, but the flyers are still good. Len Westphal said we should have some type of coupon to attract golfers. Paul said we need to be careful about what we give away without being too costly and age will still limit this coupon. Allan said he thought the age limit should be 50 , the same age as our associate.

## New Business:

Gene said he is having problems hitting the ball like he used to and wonders why he could not play from the "forward tees" on men's play day and still be counted. Clint said he can do this and still be fair to all players. Gene would like to see more players play from the forward tees. Let's keep more golfers golfing by allowing us to play from the forward tees.

Tony Pye said that Charbonneau would like to get about 12 guys together for a match play. Fred said it will have to played sometime in September.

Paul Eaton asked what does it really mean when we have a "computer pick". Clint said a true computer pick is done totally by the computer, but you can have many variations on how the pick is done by the computer. The horse races are done manually.

Paul then asked about the 90 degree rule we are using. It was commented that we should not drive down the fairway, but use the 90 degree rule to the nearest rough or cart path and continue forward toward the green.

Russ Krussow wanted to know why we aren't doing the KP and skins game on Thursday. Also can it be 50 cents instead of a dollar? Clint said as long as we define the game in advance there is no problem.

President Fred Bourne moved that our meeting be adjourned. Motion passed at 10:23 a.m.

Stan Hiller, filling in for Chuck Johnson.

Approved by President Fred Bourne.



Downed Tree on \#6 Fairway


A big portion of a pine tree came down on fairway \#6.


Golf Course Superintendent Tim O'Larey contemplates where to start.


No damage to the homeowner's patio, but scary anyway.

## by Kathy Hiller

the nearby homeowner, the branches
As you can see from the photos, Tim O'Larey had his hands full when a very large pine tree split nearly in two on the sixth fairway. Luckily for grazed their patio roof, leaving only some debris. The golf course crew had it all cleaned up in short order.

## Full Service Car Wash

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$\$ 14.00$ every Friday, Saturday, and Sunday, 9a-5p


No appointment necessary!
 volunteer work for him. Thank you to Schwan's and Lori who passed out ice cream! We had 13 sites this year, the Best in the City!! (See photos) It was a great night for all.


1215 Stanfield Rd hosted by Stan \& Joanne Richardson
375 W Clackamas Circle hosted by Jerry \& Mary Danielson

## J <br> Foursom <br> GOLF CARS

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763 Oregon Way hosted by David \& Betty Bunnell



1367 Vanderbeck Lane hosted by Marjie Sloan \& Addie Miller


1585 Princeton Road hosted by Donna Smith


1700 Rainier Road hosted by Nancy Dale \& Lorrie Cox


2237 Umpqua Road hosted by Mary Bauer


2039 Heather Way hosted by Dolly Yarnell


Senior Estates Mobile Park
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## Feeding Robie's Dog

by Donna Wood of The Estates Writers' Group

Robie needs eye surgery. At the last retirees' luncheon she stated that she would like a ride to the hospital and for someone to walk and feed her dog while she was laid up. That recalled to my mind the last time I volunteered to feed her dog!

Robie and I worked together for a few years and lived in adjoining neighborhoods. Once, when she had to be away overnight, she asked if I would be so good as to feed her dog a very beautiful and large, white longhaired Alaskan huskie. I was happy to do it. When the time came for the first feeding, I went to the door with the key she had given me. I could hear the dog on the other side of the door, looking forward to human company! But, alas, I could not get the key to work in the lock! What to do?

I went a few blocks over to the home of our mutual friend, Virginia, and told her my plight. She went back with me to Robie's house, but also could not get the key to turn. We could hear the

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dog getting more excited. We tried the key on the back door. Same outcome. Then we took a wooden bench along side the house and moved it under each window to see if any were unlocked and would open. No luck. We needed help. Over to the Sellwood fire station we went and told them our problem. They responded by pulling a ladder truck up into the driveway and raising a ladder to an upstairs window that was open a crack. Just as a fireman had his leg over the sill, another fireman managed to turn the key in the lock. We were in, but a little too late. After thanking the firemen, we cleaned up the mess, fed the dog and let him out for a run.

All the while all of this was going on, not one neighbor came over to ask what was happening. We did not even see one neighbor peek out their window. When Robie returned, we told her she had better move out into another neighborhood, as her neighbors did not care about her and would never be of any help.

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Don and Kathy Shade 503-981-5358

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Tournament winners (clockwise from top left): John Brendle, Judy Scholer, Tony Pye, and Rita Girard

## Submitted by The Men's Club

Several men and women age 80 and over - as of August 2014 - participated in a golf tournament on Monday, August 4, in a 9 -hole stroke play format. McCully Realty sponsored the event as in the past several years. Be sure to thank Jim White for his continued sponsorship.

Men's Division Winners each won
$\$ 20$ in voucher credit:

Low Gross - John Brendle (40) Low Net - Tony Pye (43-14 = 29)

Women's Division Winners each won $\$ 20$ in voucher credit: Low Gross - Judy Scholer (52) Low Net - Rita Girard (69-14 = 35)

All other players received $\$ 8.50$ each in voucher credit. Congratulations to all.


## Let's Do Better with Antipsychotic Medications for Dementia

by Christy Turner, owner of CTC Dementia Care Management

One of the big problems with treating dementia effectively is that doctors typically get one 50 -minute class on depression, delirium, and dementia in medical school. (Yes, one class combining all three topics, lasting less than an hour). Once in practice, doctors see their patients with dementia for about 15-20 minutes in the course of an office visit. If you are the primary care partner, it's likely you have more experience with the day-today ins and outs of dementia than the doctor does

Let's look at the top three reasons why people with Alzheimer's disease are put on antipsychotic medications, check the facts, and explore alternatives.

1. "The doctor said this medication is for dementia." Currently, there are only four medications approved for treatment of dementia: Aricept (donepezil), Exelon (rivastigmine), Razadyne (galantamine), and Namenda (memantine). Any other drug is NOT approved for the treatment of dementia.
2. "The doctor said this will make him stop having behaviors." Because dementia-related behaviors are attempts to communicate, it's much more effective to identify what is causing the behavior and then fix the underlying cause.
3. "The doctor said this will help her sleep." Instead of using an antipsychotic to achieve sleep, try these ideas: Is the person getting so much sleep during the day that sleeping during the night is difficult? If so, start gradually reducing nap times by 5-10 minutes until they're about 30-60 minutes long. If a person doesn't feel a sense of purpose or have something to look forward to during

the day, daytime sleep can become the default mode and disrupt nighttime sleep. Establish a bedtime routine and stick to it. Allow extra time to get through the routine (about 1.5-2 times as long as it would take you to do it) and provide cueing and assistance as needed. Check the environment. Ensure the temperature is comfortable (people with dementia often are colder than we are). Try soft music as a background noise, and introduce a nightlight for an added sense of security. Full days lead to good sleep. Exercise, household chores, leisure pursuits... these all create a full day. Be mindful though, of the difference between a "full" day and an over stimulating one. Overstimulation, just like under-stimulation, can lead to nighttime sleep difficulty.

Christy Turner is the owner of CTC Dementia Care Management, a geriatric care management company specializing in helping people affected by Alzheimer's disease and other dementia. Christy facilitates an Alzheimer's Caregiver support group held at Woodburn Health Center on the 3rd Monday of each month from 2 p.m. to 3:30 p.m. - the next meeting is September 15. Christy can be reached at 503.530.6181.

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For more information, visit www. ctcdementiacaremanagement.com.

Alzheimer's disease or a related dementia affects nearly 5.3 million people in the United States and over 80,000 people right here in Oregon. It places tremendous physical, emotional, and financial stress on the person with the disease. That stress can be felt even stronger by family members and loved ones who must often assume the role of caregiver.

To provide local support for residents of Woodburn and the surrounding area whose lives have been dramatically affected by this disease, Willson House of Salem sponsors 3 FREE monthly dementia support groups in Marion County.

- The Estates conference room on the 1st Tuesday of each month from 6:30 p.m. to 8 p.m. Lorrie Cox


## Diane Horton's Sales

Estates, Moving, and Garage
503-982-1134
503-951-0174 (cell)
I price to sell, not to keep! 1601 Princeton Rd., Woodburn, OR 97071

meets with caregivers of a loved one with Frontotemporal Dementia (FTD). She can be reached at 503.989.1986 and has specific information about antipsychotic medication for those with FTD.

- Woodburn Health Center on the 3rd Monday of each month from 2 p.m. to 3:30 p.m.
- Silverton Hospital on the 3 rd Tuesday of each month from 2 p.m. to 3:30 p.m.

By attending a support group, an in-home caregiver will be better prepared to continue their awesome task of providing 24 hour care, 7 days a week, to their loved one with Alzheimer's disease or other dementia. Visit www.umrcsalem.org for more information about Dementia caregiver support groups.

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## Thank Yous

Kudos to Frank and the Maintenance Personnel - Recently the pool was shut down for two days due to an unfortunate accident. I was hesitant to return to the pool. My fears were dispelled after talking to Frank Jameson who patiently explained step-by-step what he was doing to make the pool safe. He meticulously checked it and the hot tub repeatedly during the closure. He also discussed the pool certification process he had completed. After his explanation, I returned without hesitation after it was reopened feeling confident in the process and safety of the water. The volleyball group only missed one session on Saturday. Thanks, Frank, for the wonderful work you and the crew do and the careful attention to detail shown during the recent experience, which could have been a lot worse.

The Volleyball Group

Thank you to everyone for a special 90th birthday party on August 7 at Coffee Hour. I was overwhelmed with the good wishes, cards, hugs, and attendance. You are all my family and I love you dearly. I want to give a special thanks to Connie Lum, and my kitchen crew - Helen Wilson, Glenna McKay, Bill Larson, Pete Petroski, Don Robarge, and the gentlemen who poured coffee and tea. Thanks also to the ladies from my church. A special thank you also to the Jim \& Alan Show for the good old-time music.

Edna Hobbs

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## Next Publication of NEWS \& VIEWS

September 12, 2014
Deadline for Articles, Thursday, September 4, 9:30 a.m.
NOTICE: When submitting free ads
be sure to include your MEMBERSHIP NUMBER.

FREE: 2 climbing roses. You dig. Call 503-951-0827, 8 a.m.-1 p.m. only. Leave message.
ESTATE SALE: 1460 Umpqua Road, Friday \& Saturday, August 22 \& 23, 9 a.m.-3 p.m. Sofa, chairs, dining set, hutch, tools, sporting goods, tons of miscellaneous household items. ESTATE \& GARAGE SALE: 577 S. Columbia Drive, Friday \& Saturday, August 29 \& 30, 9 a.m. -4 p.m. Furniture, clothes, bedding, housewares, dog stuff, misc.

GARAGE SALE: 1894 Country Club Road, Friday \& Saturday, August 29 \& 30, 9 a.m. -4 p.m. Crafts, books, tools, miscellaneous \& wonderful stuff!
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FOR SALE: 2 Snow tires with rims, used one winter. Great tread. Cooper Weather Master S/T P215/75R15. \$50. Call 503-269-8174.
FOR SALE: Tire Chains 13 inches wide, 5 feet long. $\$ 60$ New, asking \$15. Call 503-269-8174. FOR SALE: 1 Michelin tire - XGT4 radial P215/70R15 \$5. Call 503-2698174.

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## Book Review - Orphan Train

## by Carol Wellington

News media has been filled with stories of children trying to come to the United States to begin a new life free of the dangers they faced in their homelands. Their plight has captured the attention of many Americans. How can the problem be solved in a humane and economically feasible way?

The book "Orphan Train" by Christine Baker Kline, which has

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captured most of my recent reading time, relates to our country's similar problems in 1929. An immigrant from Ireland, Vivian Daly, traveled from Ellis Island via the Orphan Train to Minnesota. The author very eloquently describes the fictitious lives of Vivian as well as other immigrant orphans of that era. The book is based on historical moments in the United States between 1854 and 1929.

I would recommend this book to anyone who wishes to have a better understanding of today's children along our southern border who want to gain access to the United States.
[Carol submitted her book review at the prodding of the Writers Group. The "News \& Views" would encourage others to submit reviews of books that they have read and recommend. Ed.]



| Saturday, August 23 | Sunday, August 24 |
| :---: | :---: |
| 8:30a Ping Pong Players- DH | 2:00p Mens Golf Club - Gazebo |
| 2:00p Mens Golf Club - Aud/Kit | 2:00p Music Jammers - Kit/DH |
| 3:00p Water Volleyball - Swimming Pool |  |

## $\begin{array}{cc}\text { Monday, } & \text { Tuesday, } \\ \text { August } 25 & \text { August } 26\end{array}$ <br> August 25

8:00a Water Exercise - Swimming Pool
8:30a Estates Quilters - Craft Room 8:50a Walking Club Indoors - Aud 8:50a Walking Club Indoors - Aud 9:00a Ladies Pool - Pool Room
9:00a Walking Club Meeting - Blue Room 10:00a Bridge Dup Swiss Pairs - Card Room \& DH Foyer
10:00a Lady Putters - Ladies Lounge
10:10a EZ Bridge Club - Blue Room
11:00a Zumba Gold - Aud
2:00p Ladies Poker - Card Room
3:30p Sundowners - Gazebo
6:30p Water Volleyball - Swimming Pool

8:00a Water Exercise - Swimming Pool 8:30a Ping Pong Players - DH 9:00a Bicycle Club - by Mailbox 9:00a Bicycle Club - by Mailbox
9:30a Men's Club Executive Board Meeting Country Cottage
10:00a Tuesday Morning Crafters Club Card Room
11:00a Ukulele Group Beginners - Craft Rm 12:00p Tuesday Afternoon Bridge - Blue Rm 1:00p Ukulele Group Advanced - Craft Rm 1:30p SEGCC Board Meeting - DH 3:30p Water Volleyball - Swimming Pool 5:30p Tuesday Night Poker - Card Room 6:00p Duplicate Swiss Pairs - Blue Room

| Wednesday, August 27 | Thursday, August 28 | Friday, August 29 | Saturday, August 30 |
| :---: | :---: | :---: | :---: |
| 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 8:50a Walking Club Indoors - Aud <br> 9:00a Woodcarvers - Craft Room <br> 9:00a Walking Club Meeting - Blue Room <br> 9:30a Blackjack - Card Room <br> 10:30a Metaphysical Book Readers - Blue Rm <br> 11:00a Zumba Gold - Aud <br> 12:00p Ladies Pool - Pool Room <br> 4:00p Rules Meeting - Conf Room <br> 5:15p 1st Time Line Dancers - Aud <br> 5:45p Intermediate Line Dancing - Aud <br> 6:00p Wed. \& Thur. Eve Pinochle - Blue Rm <br> 7:00p Bingo - DH | 8:00a Water Exercise - Swimming Pool <br> 8:30a Estates Quilters - Craft Room <br> 9:00a Bicycle Club - by Mailbox <br> 9:30a EZ Bridge Club - Blue Room <br> 9:30a COFFEE HOUR/Doors Open Refreshments <br> 10:00a COFFEE HOUR PROGRAM - Aud/ DH/Kit <br> 11:15a Estates Chorus - Aud <br> 12:00p 4th Thursday Pinochle - Blue Room <br> 12:30p Chicago Bridge Group - Card Room/ DH Foyer/Kit <br> 1:00p Card and Board Games - Conf Room 6:00p Wed \& Thurs Pinochle - Blue Room 6:30p Water Volleyball - Swimming Pool | 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 9:00a Walking Club Meeting - Blue Room <br> 9:45a Bible Study - Craft Room <br> 1:00p Bunco - Craft Room <br> 1:00p Bridge Friday Party - Blue Room <br> 1:00p Dulcimer Group - Conf Room | 8:30a Ping Pong - DH <br> 3:00p Water Volleyball - Swimming Pool <br> Sunday, August 31 |


| Monday, September 1 | Tuesday, September 2 | Wednesday, September 3 | Thursday, September 4 |
| :---: | :---: | :---: | :---: |
| 8:00a Water Exercise - Swimming Pool <br> 8:30a Estates Quilters - Craft Room <br> 8:50a Walking Club Indoors- Aud <br> 9:00a Ladies Pool - Pool Room <br> 9:00a Walking Club Meeting - Blue Room <br> 10:10a EZ Bridge Club - Blue Room <br> 11:00a Zumba Gold - Aud <br> 12:00p Monday 3 Table Dup Bridge - Blue Room <br> 1:00p Ladies Poker - Card Room <br> 1:30p Music Makers Meeting - Aud <br> 3:30p Sundowners - Gazebo <br> 5:00p Mens and Ladies Golf Club Dinner Aud/Aud Foyer/DH/DH Foyer/Kit <br> 6:30p Water Volleyball - Swimming Pool | 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 9:00a Bicycle Club - by Mailbox <br> 10:00a Tuesday Morning Crafters Club - Card Room <br> 10:00a Mens Golf Monthly Meeting - DH <br> 11:00a Ukulele Group Beginners - Craft Room <br> 12:00p Tuesday Afternoon Bridge - Blue Room <br> 1:00p Ukulele Group Advanced - Craft Room <br> 1:00p Woodburn Garden Club - DH/Kit <br> 3:30p Water Volleyball - Swimming Pool <br> 5:30p Tuesday Night Poker - Card Room <br> 6:00p Dementia Care Group - Conf Room <br> 6:30p Card-Making Class - Craft Room | 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 8:50a Walking Club Indoors - Aud <br> 9:00a Woodcarvers - Craft Room <br> 9:00a Walking Club Meeting - Blue Room <br> 9:30a Blackjack - Card Room <br> 11:00a Zumba Gold - Aud <br> 12:00p Ladies Pool - Pool Room <br> 1:00p Golden Squares Workshop - Aud <br> 1:00p Writer's Group - Card Room <br> 4:00p Rules Meeting - Conf Room <br> 5:15p 1st Time Line Dancers - Aud <br> 5:45p Intermediate Line Dancing - Aud <br> 6:00p Wed. \& Thur. Eve Pinochle - Blue Rm <br> 7:00p Bingo - DH | All Day News \& Views Copy Deadline <br> 8:00a Water Exercise - Swimming Pool <br> 8:30a Estates Quilters - Craft Room <br> 9:00a Bicycle Club - by Mailbox <br> 9:30a EZ Bridge Club - Blue Room <br> 9:30a COFFEE HOUR/Doors Open - <br> Refreshments <br> 10:00a COFFEE HOUR PROGRAM - Aud/ DH/Kit <br> 11:15a Estates Chorus - Aud <br> 12:30p Bridge Dup 1st Thurs - Blue Room <br> 12:30p 1st Thurs Party Bridge - Card Room/ DH Foyer/Kit <br> 1:00p Card and Board Games - Conf Room 6:00p Wed \& Thurs Pinochle - Blue Room <br> 6:00p Advanced Line Dance - Aud <br> 6:30p Water Volleyball - Swimming Pool |


| Friday, September 5 | Saturday, September 6 | Monday, September 8 | Tuesday, September 9 |
| :---: | :---: | :---: | :---: |
| 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 9:00a Walking Club Meeting - Blue Room <br> 9:45a Bible Study - Craft Room <br> 10:00a Red Hat Group - Blue Room <br> 1:00p Bunco - Craft Room <br> 1:00p Bridge Friday Party - Blue Room <br> 1:00p Dulcimer Group - Conf Room | 8:30a Ping Pong - DH <br> 11:00a Country Meadow BBQ - DH/Aud/Kit <br> 3:00p Water Volleyball-Swimming Pool <br> 7:00p Swing Time Dance - Aud <br> Sunday, September 7 | 8:00a Water Exercise - Swimming Pool <br> 8:30a Estates Quilters - Craft Room <br> 8:50a Walking Club Indoors - Aud <br> 9:00a Ladies Pool - Pool Room <br> 9:00a Walking Club Meeting - Blue Room <br> 10:00a Monday Swiss Pairs Bridge - Card Room \& DH Foyer <br> 10:00a St. Monica's Circle - DH Kit <br> 10:00a Lady Putters - Ladies Lounge <br> 10:10a EZ Bridge Club - Blue Room <br> 11:00a Zumba Gold - Aud <br> 11:00a Golf Committee - Conference Room <br> 2:00p Ladies Poker - Card Room <br> 3:30p Sundowners - Gazebo <br> 6:30p Water Volleyball - Swimming Pool | 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 9:00a Bicycle Club - by Mailbox <br> 10:00a Tuesday Morning Crafters Club Card Room <br> 11:00a Ukulele Group Beginners - Craft Room <br> 12:00p Tuesday Afternoon Bridge - Blue Room <br> 1:00p Ukulele Group Advanced - Craft Room <br> 3:30p Water Volleyball - Swimming Pool <br> 5:30p Tuesday Night Poker - Card Room <br> 6:00p Dup Swiss Pairs - Blue Room |


| Wednesday, September 10 | Thursday, September 11 | Friday, September 12 |
| :---: | :---: | :---: |
| 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 8:50a Walking Club Indoors - Aud <br> 9:00a Woodcarvers - Craft Room <br> 9:00a Walking Club Meeting - Blue Room <br> 9:30a Blackjack - Card Room <br> 11:00a Zumba Gold - Aud <br> 12:00p Ladies Pool - Pool Room <br> 1:00p Golden Squares - Aud <br> 4:00p Rules Meeting - Conf Room <br> 5:15p 1st Time Line Dancers - Aud <br> 5:45p Intermediate Line Dancing - Aud <br> 6:00p Wed. \& Thur. Eve Pinochle - Blue Room <br> 7:00p Bingo - DH | 8:00a Water Exercise - Swimming Pool <br> 8:30a Estates Quilters - Craft Room <br> 9:00a Bicycle Club - by Mailbox <br> 9:30a EZ Bridge Club - Blue Room <br> 9:30a COFFEE HOUR/Doors Open Refreshments <br> 10:00a COFFEE HOUR PROGRAM - Aud/ DH/Kit <br> 11:15a Estates Chorus - Aud <br> 12:30p Chicago Bridge Group - Card Room/ DH Foyer/Kit <br> 1:00p Card \& Board Games - Conference Rm <br> 6:00p Wed \& Thurs Evening Pinochle - Blue Room <br> 6:00p Advanced Line Dance - Aud <br> 6:30p Water Volleyball - Swimming Pool | All Day News \& Views Publication <br> 8:00a Water Exercise - Swimming Pool <br> 8:30a Ping Pong Players - DH <br> 9:00a Walking Club Meeting - Blue Room <br> 9:45a Bible Study - Craft Room <br> 10:00a Red Hat Bunco - Blue Room <br> 12:00p Fall Tea - DH/DH Foyer/Kit <br> 1:00p Bunco - Craft Room <br> 1:00p Bridge Friday Party - Blue Room <br> 1:00p Dulcimer Group - Conf Room |

My Life and Death


## by Betty White

Twas born on a dark and dreary April afternoon in the deepest, darkest part of a _garage on Sallal Road. The only person who knew I was here was the person who buried me in the dirt. She had no idea what she had created! As I grew, she had to move me from pot to pot and then, finally, to the ground where I could grow and grow and grow!!

I am a 12-pound Cossack kohlrabi. I am amazing and very delicious. You can trim my limbs and root, and then place me in water in a bowl where I will absorb water and become very juicy. I am good in salads, raw, or cooked like a turnip, or mashed like mashed potatoes.

Oh, what a thought to be cooked and eaten!! Bwaahaahaahaahaa!!!

## A Word to the Wise

## From an Unhappy Golden Squares Member

De sure you label your food if you must leave it in The Estates kitchen D refrigerator. The Golden Squares left 27 pieces of pie on a Monday night fully expecting to eat it the following Wednesday afternoon. Alas, it all disappeared. Upon inquiry in the office, the surveillance camera was accessed and the culprit was shown throwing some pie away!

It seems that an organization (not to be mentioned here) thought it was theirs, so they ate it! We, of course, take some of the blame because we failed to reserve it with a note, but we had been doing this for more than ten years with a note. So now you are forewarned. If the culprit feels like making atonement, that's the equivalent of three and a half pies. It would be nice if one of them is PECAN.


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## golf funnies

"A husband and wife are on the 9th green when suddenly she collapses from a heart attack!
"Help me dear," she groans to her husband.
The husband calls 9-1-1 on his cell phone, talks for a few minutes, and picks up his putter and lines up his putt.

His wife raises her head off the green and stares at him.
"I'm dying here and you're putting?"
"Don't worry dear," says the husband calmly. "They found a doctor on the second hole and he's coming to help you."
"Well, how long will it take for him to get here?" she asks feebly.
"No time at all," says her husband. "Everybody's already agreed to let him play through."

A gushy reporter told Phil Mickelson, "You are spectacular. Your name is synonymous with the game of golf. You really know your way around the course. What's your secret?"

Mickelson replied, "The holes are numbered."


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