**VOL XLIV NO. 10** 

All ads and articles are published on a space available basis.

Friday, May 22, 2015

# **Dial-A-Ride in Woodburn**

by Linda Moro

ave you given up driving your car? Do you need to see a doctor in Portland or Salem, but don't want to drive there? Or can you help someone who needs a ride to a dentist or doctor?

For Woodburn residents who are 55 or older and residents with a disability, the City of Woodburn offers rides to medical appointments outside of Woodburn (for example, to Portland, Salem, Silverton, Lake Oswego, or Oregon City). Dial-A-Ride volunteers provide transportation in their own vehicles, and the City of Woodburn reimburses the volunteers for mileage. Donations are welcome to help support this program, but are not required.

For more information about this service, or if you would like to be a volunteer driver, please call 503-982-7433.

#### Find us on Facebook!

by Marketing Committee

Your Marketing Team has been busy creating a Facebook page for Woodburn Estates & Golf. To view our new Facebook page, you need to be a Facebook user. Search for us on your Facebook page at Woodburn Estates & Golf.

Our Facebook page is dedicated to promoting our lifestyle. This page is a place to share the events of our active 55+ lives as well as posting pictures of our beautiful community. On our Facebook page you can view information about upcoming events and see pictures of recent activities as well as what is happening in your neighborhood. This new Facebook is a way to let the public know we are here and thriving. Those that view our page can see our community has something for everyone 55+ whether you are working or not.

Do you have pictures to share? The only format we ask is that they depict our active lifestyle whether it is pictures of an event (private or otherwise). It doesn't have to always be people. Did you do landscaping? Share a before and after picture. Did you complete a craft project? We'd be glad to post it for you. Do you have a cute pet? Let us know what you have.

The posting will be viewed by the Marketing Committee for content, and then posted. We are generous with what we will add to our Facebook page. All we ask is that it represents our community in a positive manner. If you do not have access to Facebook you can send your pictures to: promotions@woodburnestatesgolf.com.

# From the Desk of the GM

by Sharon Schaub

officer Branden Smith attended the Golf Meeting on Tuesday, May 12, 2015, to speak with Committee Members and Golf Chair, Janice Aiken about the recent vandalism on the golf course and answer questions about camera surveillance and security. Smith assured members the course is being monitored most nights, but did not give away schedules or times keeping the element of surprise when cruising the golf course and our neighborhoods. He also emphasized the importance of calling the police anytime someone hears an unfamiliar or suspicious sound by your house, on the golf course or the street.

The closure of the Health Center will begin on May 26, 2015 with an anticipated completion date of June 19th. All facilities in the Health Center are closed until the demolition is completed. We hope to open the back door of the Exercise Room as soon as all materials are removed. We need to ensure our members are safe and will not interfere with the construction crew. Once the project manager determines it is safe the back door to the Exercise Room will open.

The bulletin boards are back up in the same location after lengthy discussion over the congestion in the hallway when members are viewing the boards and customers of the Country Cottage Restaurant attempt to weave their way to the restrooms or visitors to the library leave by the hall doorway. Please be courteous of others and leave a pathway for people entering the doorways. As Fire Chief Iverson pointed out the hallway is a legal egress in case of an emergency.

We appreciate your cooperation and patience during this construction, and look forward to newly renovated shower rooms, spa and coping around the swimming pool. Updating our facilities, helps improve the value of this Association and the value of your homes.

# "Mr. Relay" Contest

by Becky Butts

en! We need you to help us raise money to find a cure for cancer as well as for treatments. May 28, at Coffee Hour (9:30 in the Auditorium) is your opportunity to do this. (All attendees should **bring your money**!)

Contestants should come in female attire (dress or skirt) with a handbag (VERY important). Money collected in your handbag represents the votes for you for "Mr. Relay".



Please come join the fun and help Relay for Life raise money for a cancer cure. For more information, call Becky at 503-982-3979. Thank you.

# **Bulletin Boards Are Back Up**

by Becky Butts

A fter numerous meetings, discussions, input from Fire Chief Iverson, member's comments and suggestions, the bulletin boards are back in place in the west wing of the Clubhouse. They have been "spiffed up" with fresh paint and are ready for use again. To allow enough space for everyone, it is requested that postings be made on 3x5 index cards, including the date and your member number. Photos are allowed but please keep to a minimum. One photo of a cabinet gives a good idea, and if there is interest, the prospective purchaser will call to see it.

For those who are seeking lost pets, especially cats, a list of shelters you may call to find your kitty is posted on the *News & Views* bulletin board.

Forms for signing up for the Bugle Blast are also available near the *News & Views* office.

# **Please Check the Directory**

by Kathy & Stan Hiller

Several requests by a few residents have caused us to realize that many may not know that the information they ask to be printed in the *News & Views* is already available in the 2015 Woodburn Estates & Golf Directory. One person asked if we would print a map of the community and was sheepishly surprised when I pointed out it is readily available on page 8 of the directory. Recently, golfers have asked for the Golf Schedule to be printed in the newspaper, but it is already in the directory on page 13. Many items of interest for our members are included in the annual directory. Please take some time to familiarize yourself with these helpful pages. Thank you.

Page 4 – News & Views schedule for 2015

Page 6 – Emergency, Social Service, WEG phone numbers and info

Page 7 – Woodburn Churches

Page 8 – Street Map of Woodburn Estates & Golf

Page 9 – Welcome page

Page 10 – Board of Directors

Page 11 – Staff employees

Page 12 – Golf Pro Chuck Siver

Page 13 – 2015 Golf Tournaments
Page 92 – 2015 Schedule of Activities & Events

Page 93 – List of activities

Page 94 – Thank you to sponsors of 2014 golf tournaments and other events

## 2015 News & Views Schedule

In June, News & Views will publish as follows:

Copy due by 9:30 a.m. Thursday, June 4th Thursday, June 18th Publication Date Friday, June 12th Friday, June 26th

Thank you, everyone, for your cooperation.

# **Neighborhood News**

#### **Coffee Hour for June**

by Connie Lum

June 4 - (1) Dance, Dance, Dance children (2) Heritage School Children

June 11- Kim & Terry - music

June 18 - Linda Wheeler - music

June 25 - Dee Smith - music

The school children will be on summer break after their performance in June. They will return on September 17. We will have our own talent show in July. Get ready!

Reminder: When the program starts, please cease talking. Everyone who participates in the program has worked hard to bring this to you. If you and your friends want more time to visit, we are ready for you to arrive at 8:30 a.m. Thank you!

#### Ministry to the Sick and Homebound

by Lorraine Gianella

Holy Communion can be brought to the sick or anyone who is unable to come to church. To arrange this service for yourself or for a loved one, please contact St. Luke Parish Office at (503) 981-5011. Thank you.

La comunión puede ser llevada a una persona enferma que no pueda venir a la iglesia. Para poder organizar este servicio para usted o para un ser querido favor de contactar la oficia parroquial de San Lucas (503) 981-5011. Gracias.

# **Gentle Yoga Classes are ON!**

by Kathy Hiller

My apologies to John P. and those who had signed up for the Gentle Yoga classes that did not get off the ground. There wasn't a place within our clubhouse that met the needs that John had specified.

However... Dorel Myhre has come out of retirement and has agreed to lead Gentle Yoga Classes in the auditorium from 9:30 a.m. to 10:30 a.m. on Mondays and Wednesdays, beginning on June 1. (Wednesday's time is tentative – we are still checking with the Zumba Gold class that uses the Auditorium from 10 a.m. - 11 a.m.) While she says she may not be able to do all the poses, she will guide the classes in the techniques of this good-for-your mind and body exercise.

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#### News & Views

Office Phone: 971-338-6131 • Email: nv@woodburnestatesgolf.com Website: woodburnestatesgolf.com

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Volunteers are always needed to help with preparation of copy, proofing, and delivery. Each of the 70+ carriers should have an alternate. Please email, if possible, all photos, articles, free ads, or reports. Hard copies are not preferred. If email is not an option, please submit your information to the N&V office during our office hours or use the mail slot in our door. All submissions must include name and member number. Thank you.

Those who had signed up, and anyone else who wants to join in, is most welcome. Bring your yoga mat and wear your comfortable clothes and be prepared to enjoy this class. We follow the Walking Club that uses the auditorium from 8:50 to 9:30 a.m. for their walking and they have graciously invited anyone who comes in early to yoga to join the walking to get warmed up.

# **Joyful June for Music Makers**

by Cathy Williams

A lot was accomplished at our May meeting. Glenda McLean offered to be on the nominating committee for new officers. In just a few minutes, after some lively discussion, Bob Trojak was elected President and Glenda McLean became Secretary/Treasurer. Faithful LaVerne Morris will be Vice President again. She may have work to do as Bob announced that he is often called out of town to work. Our officers are all accomplished accordionists.

Monday, June 1, is a potluck! Ralph & Doris Kruse are cooking pulled pork and baked beans. You bring a side dish, your own table service, and be at the auditorium by 1 p.m. The theme of the variety show that Bonnie has planned is "Love and Patriotism" – original and exciting.

This is our last meeting until September 14 – the *second* Monday – due to Labor Day. We are all grateful for the hard-working officers and volunteers who make this group possible. Thank you and have a great summer!

#### Plant Sale Thank You

by Becky Butts

Thanks to everyone for supporting the Relay for Life plant sale to raise money for cancer research. Thank you for all your help.

#### Woodburn Garden Club

by Anonymous

June 2nd, Garden Club meets at 11:30 a.m.

## **Woodburn Estates Dance and Social Club**

by Bill Coleman, Chairman

"Pajama Jam"

Do you look forward to coming home after a busy day and jumping into your comfy clothes and relaxing? Well, you'll feel right at home sharing in the fun at the Woodburn Estates Dance and Social Club's "Pajama Jam" party on Saturday, June 13, 2015.

Whether you actually wear pajamas or not, you're welcome to join in a casual evening of dancing and fellowship at the Woodburn Estates & Golf Auditorium, located at 1776 Country Club Road in Woodburn. The fun begins at 7:00 p.m. sharp as our house band, "Billy & the Rockets" lets it all hang out performing a few comfy, cozy rockin'/doo-wop tunes.

Your \$8 cover charge allows you into the party plus the opportunity to sample an assortment of snacks and desserts provided by Cascade Park Retirement Center. Also, your admission automatically enters you in the evening's drawing for a number of lovely door prizes. Be certain to take advantage of the chance to win a big cash prize by participating in the evening's 50/50 raffle.

Next up: It's an "Independence Day Celebration" as we kick start the

summer season with our friends, "The Supernaturals" on Saturday, July 11, 2015. The fun starts at 7:00 p.m. so don't let the warm evening slip away without joining in the fun.

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Saturday, May 23, 2015, 2 p.m. to 4 p.m. Woodburn Estates & Golf Conference room 1776 Country Club Rd, Woodburn, OR

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# **Disclaimer**

News & Views is printed for you, the membership of Woodburn Estates & Golf. Articles of common interest do not reflect current Association policy or regulations, or the views of the Board of Directors unless so stated. This paper is made available to all members to provide information and announcements to the membership.

# Wrinkle City Players Has Officially Disbanded

#### by Kathy Hiller

Nobody came forward to take over as the leader of Wrinkle City Players, to replace our previous bundle of energy - Barney Barnes - who passed away a few years ago. We will be disposing of costumes and props to WACA (Woodburn Arts & Communications Academy) one of the quads at Woodburn High School.

We are saving the plays and skits in the News & Views office in the event that WCP is restarted sometime in the future. We will save the two clown costumes for the annual carnival/picnic, and if anyone has donated to our props and would like to get whatever you donated back, please contact Kathy Hiller at 971-338-6131.

# CaringBridge

#### by Carol Wellington

CaringBridge became a new acquaintance of mine on April 19, 2015. The introduction came in the form of an e-mail which stated that the husband of a good friend of mine had suffered a serious brain stem stroke. The e-mail also stated that the husband did not want his condition discussed on Facebook. The staff at Salem Hospital introduced my friend to a website called *CaringBridge* and she introduced me to CaringBridge. The CaringBridge website http://www.caringbridge.org/ is available to anyone at any time at no cost.

During the following week, daily journal updates were written by the family and made available to friends and family, some of whom were nearby and some who were living in another city, state, or continent. All of these communications were made possible via the *CaringBridge* website. These daily updates and reports comprised the last chapter of this man's great life as husband, father, grandfather, brother, son, friend.

Curiosity prompted me to ask where the idea of CaringBridge originated. Google referred me to an article written by the founder, Sona Mehrig. She reported that the site began in 1997 after a friend of Sona's gave birth to a premature baby named "Brighid". Sona explained how that first site "allowed Brighid's family to communicate information to family around the world, regardless of time or place by posting daily journal entries." A guest book connected to the site gave concerned friends and loved ones the ability to send messages of hope and support.

The concept of CaringBridge appeals to many because of a desire for privacy; yet it allows an individual to share with those whom he or she chooses. Additional information about CaringBridge can be found on-line, at a hospital, or at the reference desk of your local library.

As the founder of CaringBridge states: "I have learned how essential the power of community is in the healing process."

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# St. Monica's Circle

#### by Ryllis Linday

The highlight of our May 4th meeting was the children's visit. Katie Stuart brought her entire 2nd grade class from St Luke's school to entertain us. Every child sang songs, read poetry, and stories. The class ended with a song, "Catholics Come Home", by Ryllis Linday who wrote the words and her grandson, Nicholas Linday, wrote the music.

Rita Girard led us in prayer and invited us to lunch. Becky Butts had made sandwiches before she left for a trip with her daughter. Rita made a delicious lime Jell-O and fruit salad, potatoes, pickles, and three kinds of cake for dessert. There was a spice pumpkin cake, a white cake with red berries, and a chocolate cake. The pickles went fast. Rita knew that, so she brought a bowlful of them and they all disappeared. The lunch was lovely, as the children sat with the members to visit.

The decorations consisted of colorful flowers and napkins on a white tablecloth. A large bouquet was placed on the food table next to an angel. It was very attractive and everyone enjoyed the festivities. While the children sat with the members, several of the children's mothers joined Katie Stuart.

Becky was headed for New York, so Rita filled in as President. After she led us in the flag salute and prayer, there were two "thank you" notes to read. One was from Leona Weakland, who appreciated the visit from Katy Taylor, Becky Butts, and Rita Girard. The other note was from St Luke's School thanking us for the financial gift that we gave them.

Gertrude Rees gave her report on linens. Toni Perry & Rita Girard are responsible for them in May; Gertrude Rees & Becky Butts for June; Barbara Campbell & Marilyn Conway for July. Toni and Rita will serve rolls and coffee on May 17th in Rubis Hall. Anyone may stop in and help anytime.

It was time for Betty Judevine's report for the Sunshine committee. Peggy Matter had her birthday on May 3rd. Marilyn Conway's birthday is May 18th. It was reported that Shirley Wilcoxson fell in church. A card was sent to her. Phyllis Allman's funeral was held on May 16th at 3:30 p.m. at St. Luke's. Members of St. Monica's will meet at the front of the church and will sit together.

For the new year, Ryllis reported that Becky Butts would return as President; Barbara Campbell would be Treasurer; and Toni Perry would be Secretary. Katy Taylor will help whenever she can.

Rita concluded the meeting with prayer. Our June meeting will be installation of officers. There will be no meetings in July or August, but we will meet again on September 7th. We welcome anyone who would like to visit us anytime.



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## **Tuesday**

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Wednesday (Comfort Night)

Macaroni & Cheese Chef's Choice Comfort Special

Thursday (Pasta Night)

Lasagna

Chef's Choice Pasta Friday (Seafood Night)

All-You-Can-Eat Fish & Chips

Chef's Choice Seafood Dinner

Saturday (All About Beef Night)

Herb Crusted Prime Rib

Chef's Choice Steak Special

Sunday

Baby Back Ribs

Chef's Choice Stir Fry

#### **Daily Soup Specials**

Daily Hamburger Veggie Daily Chef's Choice Friday Clam Chowder

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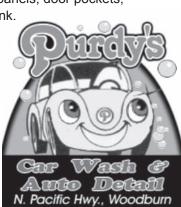
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# Memorial Day - May 25, Monday **Mixed Golf Tournament Sponsor**

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The menu is by Gary's BBQ on Wheels:

1/4 Barbecue Chicken Baked Potato Fruit Salad Bread or Rolls and Butter Dessert

Please bring your own plates and eating utensils.

4/20 through 5/20 - Entry fee is \$16.00 each.

May 25 at 5:00 pm – Dinner fee is \$16.00 each (Note – Caterer needs 7 day notice) Beverages - Water – Pop – Beer

**Game format:** 

me format: Shotgun start 8:30 am.
2-person MODIFIED alternate shot (players tee off each hole) 9 Drives each player
This is a handicap Event – Handicap - 50% of each player.

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Must have 5 games played before event to establish handicap to play.

Golf Green Fees are \$20.00 paid by "all you can play" Golf Fee Package, Punch Card or Cash at Signup.

Pay at Sign up



# May 30, 2015 - Saturday Men's Horse Race **Golf Tournament**

Sign up:

Now, until May 29. \$4.00 entry fee each Game format:

2-man Alternate shot. Betting 8am to 10am Teams rules at 10am Teams start at 10:30am No practice that day





**Blind Draw for Partner** 

There may be more than one group depending upon the number of teams.

There are no limits to the number of teams for the Horse Race.

Pay at Sign up



#### **Estates Scramble –** June 13, Saturday

#### **Mixed Golf Tournament Sponsors Hubbard Chevrolet & Legacy Financial**

The menu is by Gary's BBQ on Wheels: Boneless Pork Ribs Red Potatoes

Fruit Salad or Tray

<u>Please</u> bring your own plates and eating utensils. Beverages – Water – Pop – Beer

Sign up:

5/27 through 6/8, Entry fee is \$16.00 each.

June 13 at 5:00 pm – Dinner fee is \$16.00 each. (Note: Caterer needs 7 day advance notice)

Game format:

4 Person Mexican Scramble, Minimum 3 drives, Max 6 Drives -HDCP: 20% - 15% - 10% - 5% - of A, B, C, D Players Shotgun start at 8:30 am.





Cash at Sign up.

Must have 5 games played

Golf Green Fees are \$20.00

paid by "all you can play" Golf fee package, Punch Card or

before event to establish handicap to play.

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Pay at Sign up



# **June 20, 2015 - Saturday** Women's Horse Race **Golf Tournament**

Sign up:

Now, until June 19 \$4.00 entry fee each

Game format:

2-woman Alternate shot. Betting 8:am to 10:am Teams rules at 10:am Teams start at 10:30 am No practice that day





There may be more than one group depending upon the number of teams.

There are no limits to the number of teams for the Horse Race.







# **Family Golf Days**

#### by Diana Lindberg

Put this on your "to do" list! FREE Green Fees to all Residents and Associates Families. This year we have two days! Saturday and Sunday, July 11 and 12, starting at 2:00 p.m. More information will be coming in future *News & Views*.



# **Sundowners Golf News**

#### by Allan Lindberg

Sundowners Golf will be starting its regular playing season Monday, June 1. Sundowners is a 9-hole golf competition that plays each Monday through the last Monday in September, which this year will be on September 28.

All players are welcome. The entry fees for the entire season will be \$5, with all money collected to go for awards at the season end banquet. Questions about Sundowners Golf, call Allan Lindberg 503-804-3982. This is a fun competition and a great way to get acquainted with players of all abilities.



# **Golf Course Vandalism**

#### by Kathy Hiller

Sometime during the night of April 23 or 24, one or more persons vandalized the southern portion of our golf course. The cups on holes 12 through 17 had

been dug up, flags were thrown, and a larger circle was dug into the surface of these six greens.

A reward fund is being established for information leading to the arrest and conviction of whoever was responsible for this damage. Tim O'Larey and crew did a great job repairing the greens to the point of being hardly noticeable but it took two days of their efforts and their regular duties had to wait.

#### Don't be a Couch Potato

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# **Woodburn Estates & Golf Activities**

2015	Event Description/	Comments
2015	Event Description/ All Events	Comments
Tue, Jun 02	Ladies B-9 - 4-Lady Scramble, cPick, Shotgun	8:30 a.m.
Wed, Jun 03	Ladies - ONES play reg game, count holes 1-6-7-8-9-11-16-17-18	
Thu, Jun 04	2-man team, 1 gross, 1 net per hole	
Fri, Jun 05	<b>Tournament:</b> Rose-A-Rama - Practice Round - AM	
Sat, Jun 06	<b>Tournament:</b> Rose-A-Rama SE mbr + guest outside of SE - shotgun	8:30 a.m.
Tue, Jun 09	Ladies F-9 - ONES count all holes begin w/ letters (1, 6, 7, 8, 9)	
Wed, Jun 10	Ladies 18 invite 9-hole for 2-person scramble, shotgun	
Thu, Jun 11	2-man Alternate Shot, gross & net	1-7 shotgun
Sat, Jun 13	<b>Mixed Tournament:</b> Estates Scramble - 4-person Mexican scramble, maximum 6 drives. HDCP is 20%-15%-10%-5% of A-B-C-D players	2-7 shotgun
Sat, Jun 13	PJ Party Dance with Billy & the Rockets	
Tue, Jun 16	<b>Championship:</b> Ladies B-9 Women Handicap (1-2), LG, LN	
Wed, Jun 17	<b>Championship:</b> Women Handicap (1-2), paired by Hdcp, shotgun	8:30 a.m.
Thu, Jun 18	4-man net, White/Gold, cPick - sign up by Wed. 10 a.m., shotgun	9:00 a.m.
Sat, Jun 20	<b>Tournament:</b> Women's Horse Race - 10 a.m. start. No practice.	Horse Race
Tue, Jun 23	<b>Championship:</b> Ladies F-9 Women Handicap (2-2) LG, LN	
Wed, Jun 24	<b>Championship:</b> Women Handicap (2-2), paired by net, shotgun	8:30 a.m.
Thu, Jun 25	<b>Championship:</b> Men Handicap (1-3) All net, flighted	no practice
Fri, Jun 26	<b>Championship:</b> Men Handicap (2-3) – was Spring Handicap	no practice
Sat, Jun 27	Summer Picnic by Cascade Park Picnic 11 a.m 1 p.m., \$5 at the Gazebo	
Sat, Jun 27	Championship: Men Handicap (3-3)	no practice
Tue, Jun 30	Ladies B-9, 3-Clubs & Putter	

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\$34, 99	\$ <i>39,99</i>	
Sorry, coupons for new clients only.		

# Woodburn High School Golf Team

by Stan & Kathy Hiller

Stan and I happened to be at the Pro Shop on Saturday, May 16, when some young fellows started showing up with their coach, Bill Mickle (pronounced "Michael"). I walked over and spoke with three of the young men, Reggie Reyes, Steven Martinez, and Gabriel Hernandez, who were waiting with their coach for the other two team members, brothers A J and Steven Martinez. They said they were at our course to practice and I was impressed with their tee shots off the first hole. Stan captured them with his camera and you can see them all with their coach in the accompanying photo. I know I'll be watching for their names in the golf section of the *Statesman Journal* and *Woodburn Independent*.

Photo credits: Ken Leonard

# Coffee Hour Entertainment

by Kathy Hiller

Coffee Hour Coordinator, Connie Lum, always has wonderful entertainment lined up at every Coffee Hour. April 30, Linda Wheeler sang for us again. She is here quite often and we never tire of listening to her sweet voice. The following week, Noteables from Salem brought their chorus to perform familiar old tunes which were favorites from when many of us were young, falling in love, getting married, raising families. They sang some patriotic songs as well. We appreciate the time and effort that Connie puts into the Thursday Morning Coffee Hours. If you've never attended, please join us when you can.

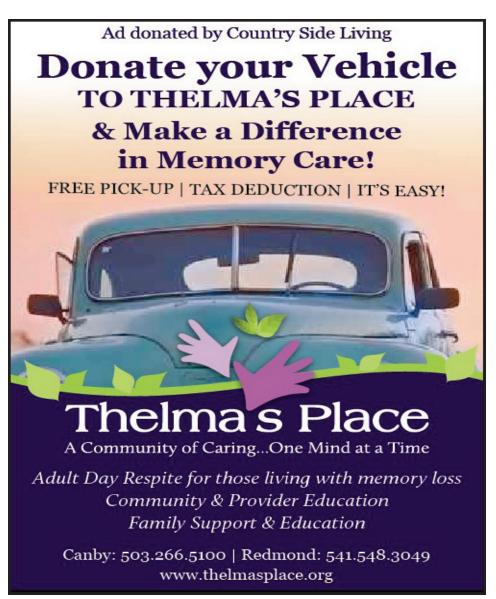
Photo credits: Ken Leonard



May 16, 2015 Woodburn High School Golf Team: (L-R) Reggie Reyes, Steven Martinez, Alex Garcia, A J Martinez, Gabriel Hernandez (future captain), Coach Bill Mickle



Becky Butts, Mary Bowling, Rita Girard, and Pat Petersen







Linda Wheeler at April 30 Coffee Hour

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# Signs a Senior Loved One's Needs Are Changing

#### Submitted by Ty Burlingham, owner of Right at Home

Dad sometimes leaves the garage door up all night with his keys in the car. Mom stays in the same outfit for days and limits her bathing. Uncle Henry's desk is stacked with piles of bills, health insurance letters and bank statements—all unopened. At first, these behaviors seemed a bit out of the ordinary, but now you are beginning to wonder if something is shifting in your senior loved ones' health and daily care needs.

The warning signs of when aging affects a family member may be gradual at first, but can quickly cause larger challenges. If you bring up the subject to your older adult, he or she may just brush off the topic by stating, "I'm fine. There is no need to worry." Recognizing true limitations of aging is not always clear-cut, but it may be time to seek outside help if you notice these differences in older adults:

- Atypical behavior, such as increased agitation, speaking loudly or little talking at all.
  - Communication and relationship changes with family and friends.
  - Disengagement from social interactions.
  - Neglect of personal care.
  - Poor nutrition, or weight loss or gain.
- Forgetfulness evidenced by unwashed laundry, scorched or dirty cookware, or piles of unopened mail.
  - Missing important appointments and events.
  - Financial mismanagement, such as unusual purchases or unpaid bills.
  - Spoiled food that accumulates in the home and is not tossed out.
  - Noticeable smell of urine or feces in the home.
  - A growing collection of nicks and dents in the car.
  - Confusion and uncertainty with accomplishing regular tasks.
  - Difficulties with balance, walking or mobility.

To help you better understand your loved one's limitations and whether it's time to enlist the help of a professional caregiver, it's important to know where to

start and how to navigate the questions and concerns.



- House Washing
- Window Cleaning inside and outside or just outside
- · Awning Washing
- Pressure Washing– driveways, sidewalks, patios

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"For many families, there comes a time for 'the conversation' with their senior loved one about needing help with everyday activities," explains Ty Burlingham, Owner of Right at Home in Woodburn. "Fortunately, it's a relief to know that experienced home healthcare professionals understand which aging and health changes warrant caregiver help and when and how to take more purposeful steps to support your aging loved one."

More than 16 percent of the American population is caring for someone aged 50 years or older, and

almost three-fourths of adult caregivers rely on assistance from family members, friends or neighbors. No one family caregiver can do it all. As your older loved one's condition begins to flux, here are suggestions for helping you move from guarded concern to appropriate action:

- Document changes you notice in your senior loved one. Are there specific tasks he/she can no longer perform? Is your loved one confused about medication dosages, or does he/she let prescriptions expire or not fill them at all? Accompany your senior to doctor appointments so you can hear the medical information firsthand and speak directly with your loved one's physician.
- Involve siblings and significant decision-makers. It is important to share the facts of your loved one's care needs with your siblings and your elder's medical and legal power of attorney representatives. If relationship tensions of self-interests exist, now is the time to put these differences aside and focus on what's best for your aging senior.
- Plan for a direct, yet loving conversation with your older loved one. Think about what your family hopes to accomplish through your dialogue with your senior. Appoint someone to lead the conversation. Use open-ended questions. Be sensitive to not overwhelm or ambush your aging loved one. Listen without judging or doling out advice.
- Stay flexible on next steps. Your family may need continued conversations over time to determine the best care for your senior. The time in-between will allow for gathering additional resources or delegating care responsibilities.

As you observe signs of your loved one's needs changing and plan to talk with your senior, Burlingham recommends Right at Home's *RightConversations*<sup>SM</sup> as a practical guide of tips and ideas for effective communication in the family caregiving process. *RightConversations* supplemental tools include the Information Journal to help gather the senior adult's personal, medical, insurance and financial information; the Communication Planner to record details to include in conversations with your aging loved one; and the Family Action Planner to organize care assistance needed and track delegated tasks for family members or service providers.

While it can be troubling to see forgetfulness, lapsed hygiene and other signs of aging affect your older loved one, the good news is that many seniors are actually relieved their families notice and care. In many cases, the elderly loved one can remain independent at home with the support of family members and professional in-home caregivers.

Changes in your older loved one's daily comfort and safety are not to be ignored, but explored—all with caring solutions that encourage the health and well-being of your aging senior in the current days ahead and for years to come.

#### **About Right at Home**

Founded in 1995, Right at Home offers in-home companionship and personal care and assistance to seniors and disabled adults who want to continue to live independently. Local Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client's home. Right at Home's global office is based in Omaha, Nebraska, with franchise offices located in 45 states nationwide and throughout the world. For more information on Right at Home, visit Right at Home at http://www.rightathome.net/about-us or read the Right at Home caregiving blog at http://www.rightathome.net/blog. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit http://caringnews.com.

# About Right at Home of Woodburn

The Woodburn office of Right at Home is a locally owned and operated franchise office of Right at Home, Inc., serving the communities of Marion, Clackamas, Polk & Yamhill Counties. For more information, contact Right at Home of Woodburn at www.rah-midvalley.com, 971-983-3103 or by email at info@rah-midvalley.com.



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# **Moosehead Lake (A True Tale)**

#### by Gloria Osborn

In the far northern reaches of Maine there is an enormous lake – actually it is more like an inland sea – called Moosehead Lake because of its shape. It spreads over a vast territory and from the air its shoreline looks so convoluted and irregular that it reminds one of the antlers of a moose. Contrary to the perceptions of many Americans, there are still places in the East that have been barely touched by the civilizing (read that "destructive") hand of man. This is one of those places. Perhaps it is because much of the territory in the region is the domain of paper companies who use its natural resources for their own purposes. There are undoubtedly more moose and bear and other wild creatures in the area than there are humans. The nearest town of any size is Greenville.

When we were living in New Hampshire, my late husband and I were prone to seeking out remote parts of the eastern states. We were backpackers and canoeists and often combined the two activities. On this particular adventure we threw the backpacks in the car, tied the canoe to the top and headed for Moosehead Lake. That first night we pitched our tiny backpacker's tent in the campground at Greenville, and the next morning we headed for the big lake. Our destination was on the far side of one of its "antlers".

It was a gorgeous day, with bright sunshine and only a very slight breeze. Since we planned to be gone several days, we first checked in with the female ranger so that she would know we were on the lake. By the time we had the canoe loaded with the two heavy backpacks and with us aboard there wasn't a lot of freeboard. But...so what? The the sun was shining, the water was calm and we were eager to get started.

There is something wonderfully relaxing about gliding over the water with only the slurping sound of the paddles parting the water. It felt as if we were the only two people in the world – just us, and an occasional fish breaking the surface of the water, and a few birds decorating the sky. I'll never know how many miles we traveled before we noticed a freshening of the wind and a few clouds scudding across the sun. By that time we could have been in the middle of an ocean because we couldn't see land in any direction. Still, there was no cause for alarm. Was there?

Unfortunately, that answer was "yes". Within the space of about a half hour that "slight breeze" turned into a howling gale, and the "calm" water became a roiling cauldron of vicious and choppy waves...and it started to rain. We struggled to keep heading into those waves, knowing that if they hit the heavily loaded canoe broadside it would capsize and we would be goners. But how long could we keep up that struggle? Water splashed over the sides of our little craft, and now the fact that there was so little freeboard became a critical issue. Once again it seemed we were the only two people in the world, but by this time I was terrified and I admit it.

I don't really know how long we were tossed about in that maelstrom, but I remember looking to my left and seeing a tree. A tree! Out in the middle of this "ocean" of water? Was I hallucinating? I pointed it out to my husband and he saw it too, so maybe it was really there. I guess the nautical term is "tacking", but in any case we slowly worked our way closer to the tree, which turned out to be anchored to a tiny island. As we approached the island we could see that there were half a dozen trees on that speck of land. It seemed like a miracle.

As soon as we were close enough, my husband jumped into the hip deep water and dragged the canoe up onto the land. Land! Terra Firma! I had never appreciated solid ground so much before. The island was tiny, probably no more than a half acre in size, but right then it was the most precious bit of land I had ever seen. The terrain wasn't flat but was raised several feet in the middle, which was good as we dragged ourselves and our backpacks to the other, or lee, side where there was some protection from the wind. It wasn't easy to get the tent pitched but eventually we crawled inside, safe and sheltered from the wind and

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We stayed there for three days while the storm raged outside. We didn't actually suffer privation because we had dry clothes and food in the backpacks, and the ground wasn't too lumpy under our sleeping bags. But...we were far from the shore and who knew how long we would be marooned? We had the comfort of knowing that if we didn't return in a reasonable time, the ranger would alert a rescue effort.

On the morning of the fourth day I woke up early and listened. Then I nudged my husband awake. "What do you hear?" I asked. He listened, and then turned to me with a big grin. "Nothing! I don't hear anything!" The storm was over. I'm sure we set a personal speed record breaking camp and packing the canoe. We were no longer interested in reaching our original intended destination. Our goal was to get back to the shore and to get there as quickly as possible.

I'd like to say that the return trip was easy, but not so. Three days of fierce wind had roiled up the lake to its very bottom and now, instead of choppy waves, there were huge swells. Our fragile craft was swept down into the trough of one only to be lifted high on the crest of another. We weren't in great danger but I was mighty uncomfortable. At one point my husband, who was at the back of the canoe, said something to me. He insisted that I responded by saying "Shut up and keep paddling!" I can't believe I said that, but that was his story and he stuck by it.

Eventually we reached the shore and our car. After packing up we drove to the ranger's station to report our safe return.

The ranger looked at us with wide eyes and an expression of horror on her face. "Oh my Gawd! I forgot you were out there!"

#### **Protect Yourself When Out And About**

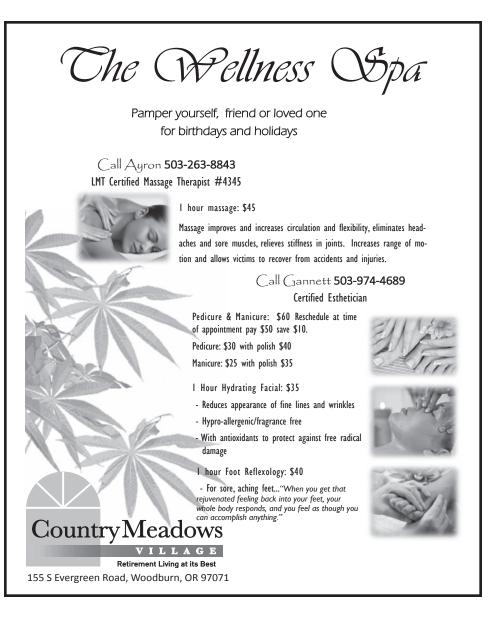
by Patty Soza

One of the most rewarding aspects of dog ownership is being able to explore the Northwest with your dog. Unfortunately, the more active you are on trails, in parks and even in your own neighborhood, the more risk you face with irresponsible owners

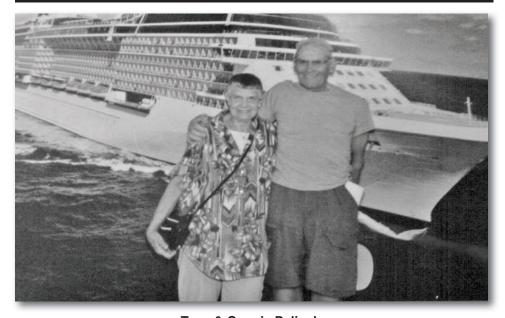
Off-leash walks are a very controversial subject among dog owners. Some feel they have the right, no matter what the laws indicate, to take walks off-leash. It is usually these same owners who cause problems for others.

There's the problem of poop not being picked up, wildlife being slaughtered, or the dog going missing and possibly needing rescue; but the most frightening part is the risk of being bitten or having your own dog severely injured.

Countless people recount incidents in which owners insisted their dog was friendly, when the dog's body language clearly indicated otherwise and things escalated. To protect yourself, it's become necessary to carry pepper spray. Carry a cell phone or a camera to photo ID an owner and their dog if you have a run in with them, and don't hesitate to get their information if need be.



#### **Travelers Photo**



**Tony & Connie Polinsky** 

#### by Tony Polinsky and Kathy Hiller

In July 2104, Tony & Connie Polinsky, along with their daughter and son-inlaw, Cecelia & Steve Richmond, went on a cruise to Alaska. This is what Tony says about that trip:

"The Celebrity cruise ship Solstice that we were on is 1,041 feet long, has 16 decks, and 8 glass elevators mid ship plus two others aft. The ship had 3,100 passengers and a crew of 2,000. In Ketchikan, we took a float plane ride over the Tracy Arm Fjords and we landed on one of the lakes where we got out and went into the water which was surprisingly warm.

Out of Juneau was the helicopter ride out over the glaciers where the helicopter landed so we could walk out onto the glacier. At Skagway, we took the White Pass Railroad trip to the Canadian border and back to Skagway for a barbecued salmon feast.

The trip was topped off with a stop at Victoria, British Columbia, and the best part of the day at Butchart Gardens. This was our third Alaska cruise but by far, the best one. I guess, as the saying goes, 'Practice makes perfect'."

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## Free Ads

Next Publication of NEWS & VIEWS June 12, 2015

#### Deadline for Articles, Thursday, June 4, 9:30 a.m.

NOTICE: When submitting free ads be sure to include your MEMBERSHIP NUMBER.

FOR SALE: Farm fresh brown eggs. \$3 a dozen. 503-982-0448.

FOR SALE: 250 pieces 12x12 tile. Brand new. Brownish/beige. \$1 per tile. Moving, call 503-409-5984 to make an appointment to see.

FOR SALE: Large oak all wood hutch with leaded glass \$350. Sofa (khaki and sage green with pillows to match) Call for appointment 503-409-5984.

FOR SALE: 2 plots at Restlawn Funeral Home Memory Gardens & Mausoleum in Salem, OR. Asking \$5,000. Call 503-981-8583.

FOUND: Jewelry item near corner of Astor & Dogwood on Mother's Day. Call 503-982-5135 to identify and claim.

GARAGE SALE: 1708 Sallal Rd, Fri & Sat, May 22 & 23, 9 a.m. to 3 p.m.

GARAGE SALE: 762 S Columbia Drive, Fri & Sat, May 29 & 30, 8:30 a.m. to 4pm. Many items. Downsizing from two homes to one home.

PACK RATS' GARAGE SALE: 633 W Clackamas Circle, Sat & Sun, May 23 & 24, 9 a.m. to 3 p.m. Lawn mower, Dryer, Computer Desk, Cedar Chest. Some of almost everything.

LOST: Missing cat\*. Short hair black female. Last seen near Vanderbeck Lane. Call Pat or Jack 503-951-1842.

LOST: Missing cat\*. Orange & white tabby. "Tuffy" is 5 years old, 7 pounds, and needs medication. Escaped thru dog door as we were moving in. Last seen near Princeton Rd. Owner is heartbroken. Please call Debrah 602-663-0477 or 503-312-3347.

WANTED: I am looking for an OA meeting in the Woodburn area that is associated with the HOW program. Can anyone please help me? I could certainly use some support. Thank you very much. If there are no HOW meetings, I would be willing to attend a regular OA meeting. Call Vivian 503-982-5540.

\* Please refer to the article Pet Owners, Beware (May 8, 2015) on page 1 of the News & Views.

# In Memory of ...

Weber, Dorothy – May 16, 2015

Two previous members... Bohren, Walt – March 27, 2015

Pattock, Bob – April 23, 2015

2nd Annual Community-wide Garage Sale!				
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Address:				
Phone:				
I will be participating in the commu I times and dates:	unity garage sale, and prefer these			
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[ ] Friday, August 7	[ ] a.m. to [ ] p.m.			
[ ] Saturday, August 8	[ ] a.m. to [ ] p.m.			
[ ] Sunday, August 9	[ ] a.m. to [ ] p.m.			

Clip and return to the News & Views office mail slot. If you have any



Saturday, **May 23** 

8:30a Ping Pong Players – DH 9:00a Crafts - Craft Room

2:00p Introduction to Essential Oils OPEN TO ALL – Conference Room

3:00p Water Volleyball – Swimming Pool

Sunday, May 24

2:00p Music Jammers- DH/Kit

4:00p Private Party – Aud

Monday, May 25

7:00a Mixed Tournament (1 of 7) Memorial Day – Golf Course

8:00a Water Exercise – Swimming Pool 8:00a Fit For You Exercise – Aud 8:30a Estates Quilters – Craft Room

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 Fover

10:00a Lady Putters – Ladies Lounge 10:10a EZ Bridge Club – Blue Room

11:00a Zumba Gold – Aud

2:00p Ladies Poker – Card Room

5:00p Mixed Tournament Dinner (1 of 7) Memorial Day – Aud/DH/Kit

6:30p Water Volleyball – Swimming Pool

Tuesday, **May 26** 

8:00a Water Exercise – Swimming Pool

8:30a Ping Pong Players – DH 9:00a Bicycle Club – by Mailbox

9:30a Men's Golf Club Exec Board -Country Cottage

10:00a Tuesday Morning Crafters Club -Card Room

11:00a Uke Group Beginners – Craft Room

12:30p Tuesday Afternoon Bridge – Blue Rm

1:00p Uke Group Advanced – Craft Room

1:30p Board Meeting – DH

3:30p Water Volleyball – Swimming Pool

5:30p Tuesday Night Poker – Card Room 6:00p Dup Bridge Swiss Pairs – Blue Room

6:00p Line Dancing Beginners - Aud

7:00p Line Dancing Intermediate – Aud

#### Wednesday, Thursday, Saturday, Friday, **May 29 May 30 May 27 May 28**

8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise – Aud

8:30a Ping Pong Players – DH 8:50a Walking Club Indoors – Aud

9:00a Walking Club Meeting – Blue Room

9:00a Woodcarvers – Craft Room 9:30a Blackjack – Card Room

10:00a Zumba Gold – Aud

10:30a Metaphysical Book Readers - Blue Rm

12:00p Ladies Pool – Pool Room

12:30p Pinochle Double Deck – Blue Room 1:00p Golden Squares Workshop – Aud

1:00p The Painted Ladies – Craft Room

4:00p Rules Meeting – Conference Room

6:00p Wed. & Thur. Eve Pinochle – Blue Rm

7:00p Bingo – DH

8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters - Craft Room

9:00a Bicycle Club – by Mailbox

9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open -

Refreshments 10:00a COFFEE HOUR PROGRAM - Aud/

DH/Kit

12:00p 4th Thurs Pinochle – Blue Room 12:30p Chicago Bridge Group – Card Room/ DH Foyer/Kit

2:00p Estates Chorus – Aud

6:00p Wed & Thurs Pinochle – Blue Room

6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool 8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH

8:50a Walking Club Indoors – Aud

9:00a Walking Club Meeting – Blue Room

9:45a Bible Study – Craft Room 1:00p Bunco – Craft Room

1:00p Bridge Friday Party – Blue Room

5:00p Family – DH

7:00a Men's Horse Race – Golf Course

8:30a Ping Pong Players – DH

9:00a Crafts – Craft Room

3:00p Water Volleyball – Swimming Pool

7:00p Golden Squares A 1 or 2 Dance – Aud

# Sunday, **May 31**

4:30p Ballroom Dancing Beginners – Aud 6:30p Ballroom Dancing Intermediate – Aud

#### Monday, Tuesday, Wednesday, Thursday, June 4 June 1 June 2 June 3

8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise - Aud

8:30a Estates Quilters – Craft Room

8:50a Walking Club Indoors – Aud

9:00a Ladies Pool – Pool Room

9:00a Walking Club Meeting - Blue Room

9:30a Gentle Yoga – Aud

10:00a Lady Putters - Ladies Lounge 10:00a St Monica's Circle – DH/Kit

10:10a EZ Bridge Club - Blue Room

11:00a Zumba Gold – Aud 12:00p Monday 3 Table Dup Bridge – Blue

Room 1:00p Ladies Poker – Card Room

1:00p Music Makers Meeting – Aud

3:30p Sundowners – Gazebo

6:00p Mktg/Pub/Web – Conf Room

6:30p Water Volleyball – Swimming Pool

11:30a Woodburn Garden Club – DH/Kit 11:00a Uke Group Beginners – Craft Room 12:30p Tuesday Afternoon Bridge - Blue Rm

9:30a Tai Chi – Aud

Room

1:00p Uke Group Advanced – Craft Room 3:30p Water Volleyball – Swimming Pool

10:00a Tuesday Morning Crafters Club - Card

10:00a Mens Golf Monthly Meeting - DH

5:30p Tuesday Night Poker – Card Room 6:00p Dementia Care Group - Conf Room

6:00p Line Dancing Beginners – Aud 6:30p Card-Making Class - Craft Room

7:00p Line Dancing Intermediate – Aud

8:00a Water Exercise – Swimming Pool 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH 8:00a Fit For You Exercise - Aud 9:00a Bicycle Club – by Mailbox 8:30a Ping Pong Players – DH

8:50a Walking Club Indoors - Aud 9:00a Woodcarvers – Craft Room

9:00a Walking Club Meeting - Blue Room

9:30a Blackjack – Card Room 10:00a Zumba Gold – Aud

12:00p Ladies Pool – Pool Room

12:30p Pinochle Double Deck – Blue Room

1:00p Golden Squares – Aud

1:00p The Painted Ladies – Craft Room

1:00p Writer's Group – Card Room 4:00p Rules Meeting – Conf Room

6:00p Wed. & Thur. Eve Pinochle – Blue Rm

7:00p Bingo – DH TBD Gentle Yoga – Aud

9:00a Bicycle Club – by Mailbox 9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open -Refreshments 10:00a COFFEE HOUR PROGRAM - Aud/ DH/Kit

8:00a Water Exercise – Swimming Pool

All Day News & Views Copy Deadline

8:30a Estates Quilters – Craft Room

12:30p Bridge Dup 1st Thursday – Blue Rm

12:30p 1st Thur Party Bridge - Card Room/ DH Foyer/Kit

2:00p Estates Chorus – Aud

6:00p Wed & Thurs Evening Pinochle – Blue Room

6:00p Advanced Line Dance - Aud 6:30p Water Volleyball – Swimming Pool

#### 7:00p Golden Squares – Aud/Kit/Aud Foyer Saturday, Friday, Monday, June 5 June 6 June 8

7:00a Rose-A-Rama Women's Practice

Round – Golf Course 8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise - Aud

8:30a Ping Pong Players – DH 8:50a Walking Club Indoors - Aud

9:00a Walking Club Meeting - Blue Rm

9:30a Tai Chi – Aud

9:45a Bible Study – Craft Room 10:00a Red Hat Group – Blue Room

1:00p Bunco – Craft Room 1:00p Bridge Friday Party – Blue Room

6:00p Ladies Rose-A-Rama (set up) – DH

6:00a Ladies Rose-A-Rama – Aud/Kit 7:00a Ladies Rose-A-Rama Scoring Round -

Golf Course 8:30a Ping Pong – DH

9:00a Crafts – Craft Room

3:00p Water Volleyball - Swimming Pool

# Sunday, June 7

4:30p Ballroom Dancing Beginners - Aud 6:30p Ballroom Dancing Intermediate - Aud 8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise – Aud 8:30a Estates Quilters - Craft Room 8:50a Walking Club Indoors – Aud

9:00a Ladies Pool – Pool Room 9:00a Walking Club Meeting – Blue Room

9:30a Gentle Yoga - Aud 10:00a Monday Swiss Pairs Bridge -Card Room/DH Foyer

10:00a Lady Putters – Ladies Lounge 10:10a EZ Bridge Club – Blue Room

11:00a Zumba Gold – Aud 11:00a Golf Committee - Conf Room 2:00p Ladies Poker - Card Room

3:30p Sundowners - Gazebo 6:00p Mktg/Pub/Web - Conf Room 8:00a Water Exercise – Swimming Pool 8:30a Ping Pong Players – DH

9:00a Bicycle Club – by Mailbox

9:30a Tai Chi - Aud

Tuesday,

June 9

10:00a Tuesday Morning Crafters Club -Card Room 11:00a Uke Group Beginners – Craft Room

12:30p Tuesday Afternoon Bridge – Blue Rm 1:00p Uke Group Advanced – Craft Room

3:30p Water Volleyball – Swimming Pool 5:30p Tuesday Night Poker - Card Room

7:00p Line Dancing Intermediate - Aud

6:00p Dup Swiss Pairs – Blue Room 6:00p Line Dancing Beginners - Aud

#### 6:30p Water Volleyball - Swimming Pool Wednesday, Thursday, Friday, June 12 June 10 June 11

8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise – Aud 8:30a Ping Pong Players – DH

8:50a Walking Club Indoors - Aud

9:00a Woodcarvers – Craft Room 9:00a Walking Club Meeting – Blue Room

9:30a Blackjack – Card Room 10:00a Zumba Gold – Aud 12:00p Ladies Pool - Pool Room

12:30p Pinochle 5 Handed – Blue Room

12:30p Pinochle Double Deck – Blue Room 1:00p Golden Squares – Aud

1:00p The Painted Ladies – Craft Room 4:00p Rules Meeting – Conf Room

6:00p Wed. & Thur. Eve Pinochle – Blue Rm

7:00p Bingo – DH TBD Gentle Yoga – Aud 8:00a Water Exercise – Swimming Pool 8:30a Estates Quilters - Craft Room

9:00a Bicycle Club – by Mailbox

All Day News & Views Publication 8:00a Water Exercise – Swimming Pool

8:00a Fit For You Exercise - Aud 8:30a Ping Pong Players – DH

9:30a EZ Bridge Club – Blue Room 9:30a COFFEE HOUR/Doors Open -8:50a Walking Club Indoors – Aud Refreshments 9:00a Walking Club Meeting – Blue Room 10:00a COFFEE HOUR PROGRAM - Aud/ 9:30a Tai Chi – Aud DH/Kit 9:45a Bible Study – Craft Room 12:30p Chicago Bridge Group – Card Room/ 10:00a Red Hat Bunco – Blue Room DH Foyer/Kit 1:00p Birthday Party - Gazebo 1:00p Bunco - Craft Room 2:00p Estates Chorus – Aud 6:00p Wed & Thurs Evening Pinochle – Blue 1:00p Bridge Friday Party – Blue Room 6:00p Advanced Line Dance – Aud 6:30p Water Volleyball – Swimming Pool

# **Life Lessons Written by** a 99-Year-Old Man

Submitted by Kathy Hiller

Ty great-grandfather is 99 years old, and living almost a century has taught him a thing or two. Andy Anderson's life story is one for the big screen he met my great-grandmother on a Saturday, and they married on the following Saturday. They stayed together until my grandma took her last breath 67 years later. In between those 67 years, they had two children, adopted another son, and were the greatest party throwers in the county (we have the pictures to prove it).

Without going to college, Andy worked his way to the top; he became the corporate manager of the dairy department of Safeway for the entire country. He earned the nickname Mr. Cheese, which eventually turned into Grandpa Cheese among the family – a name that has admittedly gotten a few brow raises. My point is, Grandpa Cheese has taught me a lot about life. I could think of no better person to give the world a few life lessons than him. Here's what he has learned in his 99 years.

- 1. Always maintain a good sense of humor.
- Never be too good to start at the bottom.
- 3. Exercise every single day, even when you don't feel like it.
- 4. Don't spend more money than you make.
- 5. Drink orange juice every day.
- Love at first sight is not a fable.
- Having a bad job is better than having no job at all.
- Eat around the mold; don't go wasting food.
- Your family is the most precious thing you will ever have in life.
- 10. Eat sausage every day it worked for me.
- 11. Your life is delicate, and if you neglect yourself, you'll spoil. That's what cheese taught me.
  - 12. Don't ever be afraid to be your true self.
- 13. Everyone has too many clothes. Wear what you have and quit buying more.
  - 14. You must be able to forgive, even if it's difficult to do.
  - 15. Save your money now and spend it later.
- 16. Love is not always easy; sometimes you have to work at it.
- 17. Find something comical in every single situation.
- 18. If you're faced with a problem, don't delay trying to figure it out. But if there's no way to figure it out, you have to forget about it.
- 19. Make sure you're doing what you love; don't be afraid to follow those dreams you have for yourself.

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- 20. Education is important, but not necessary. Life can be an education in itself.
  - 21. Explore your world and stay curious.
  - 22. Try not to take yourself so seriously.
- 23. My full name is William Bradford James Anderson, and my initials always remind me to ask myself, "Why be just anybody?"
- 24. Have common sense. Think about the most reasonable answer to every situation. If you don't have common sense, you're a bust.
- 25. Life is a gift that you must unwrap. It's up to you to determine if what's inside will lead you to happiness or dismay. You have the power to make that decision for yourself.

If you're wondering what Grandpa Cheese is up to these days, he's riding his motorized scooter around Benicia, CA, and "planning on what I'm going to do when I start to get old," he says.

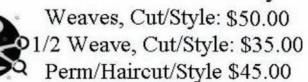
Source: http://www.msn.com/en-us/lifestyle/smart-living/25-life-lessonswritten-by-a-99-year-old-man/ar-AAaj2tC



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