



# Happy Birthday

## February Birthdays & Anniversaries

February 6th	Shawna C. (B)
February 7th	James S. (A)
February 13th	Charlene R. (B)
February 17th	Nicole V. (A)
February 6th	John S. (B)
February 7th	Joyce S. (B)
February 24th	Jim P. (B)
February 26th	Bob W. (B)
February 10th	Jan R. (B)
February 11th	Ruth C. (B)
February 19th	Connie K. (B)
February 26th	Darrell P. (B)
February 26th	Grace W. (B)
February 17th	Doris C. (B)
February 20th	Paige J. (B)
February 14th	Phyllis G. (B)
February 26th	Fred S. (B)
February 20th	Ann C. (B)
February 22nd	Bob G. (B)
February 1st	Joyce T. (B)
February 16th	Harry W. (B)
February 7th	Wilma P. (B)
February 5th	James L. (B)
February 2nd	Nina T. (B)
2 Years	Vicki S. (A)
2 Years	Jan S. (A)
2 Years	Lois D. (A)
7 Years	Elizabeth E. (A)



## Wendy's Corner

### A Note From Wendy

Hello!  
 Hopefully our time in "exile," so to speak, is coming to an end. This new newsletter format is going to allow me much more time to spend on doing things with you. Which, by the way, is what I love most about my job. I am looking forward to bingo and crafts and cooking demonstrations and games, scenic drives and going out to lunch, etc., etc. This newsletter will come out once per month. And we will still deliver to you the menus and a Wendy's Corner every week, plus any other news that is pertinent. We have endured a very long year of separation. One we will not soon forget. So, here's to getting back to normal, whatever that looks like now, very soon. Happy February!!!

Sincerely,  
 Wendy



## Healthy Ways To Cope With Stress

No doubt the uncertainty surrounding the pandemic has created stress and feelings of worry and anxiety. But there are steps you can take to manage those emotions.

The Centers for Disease Control and Prevention recommends several ways to take care of your emotional and physical health that will help you cope.

- Take breaks from watching, reading or listening to news stories and scrolling through social media posts.
- Eat healthy, well-balanced meals.
- Exercise regularly.
- Practice deep breathing, stretching or meditating.
- Get plenty of sleep.
- Make time to unwind with activities you enjoy.
- Connect with others and talk with people you trust or community- and faith-based organizations. While social distancing measures are in place, consider connecting online or through phone calls and video chats.

For more information and resources, go to the CDC's website at [CDC.gov](https://www.cdc.gov).




## Director's Corner

Happy February!

I can't believe this month I have had the pleasure of working here for one year. What a year it was, too! We didn't get to have my mimosa meet & greet (still haven't) and COVID-19 took so much from us all; however, I discovered a passion I had that I didn't know I had. A passion for working with the senior community, for being a part of something bigger than myself—battling a pandemic.

This past year taught me so much; you all taught me so much. Thank you! February brings us a bit closer to spring, a bit closer to more sunshine and hopefully more smiles and outdoor activities. This month you will see our amazing maintenance team continue to spruce up the exterior of our community little by little—making those necessary repairs and touch-ups throughout so we continue to shine as a community. If you see them outside, be sure to let them know how much you appreciate them.

Sincerely,  
 Nicole Vanleerdam  
 IL Director

## Resident of the Month

### Turns 100 This Month



Wilma Phares Born February 7th, 1921, two miles south of Palisade, Nebraska. She grew up on a 100-acre farm in a two-story, five-bedroom home. Wilma started schooling at the age of 7, and graduated high school in the spring of 1939. Richard Phares proposed

to her after spending every day with each other one summer in Palisade while Richard's ship was docked. One night they were going to a dance and they stopped at a railroad crossing where he asked her to marry him. She replied that she would never marry a sailor, and he said he planned to get out of the Navy when his four years were up. In the end he won her heart and they were married. They went on to live a very full life, had two children, Karen and Steve. Wilma has had an amazing fulfilling life. Happy 100th Birthday, Wilma!!

## Let's Get Crafty

We're making valentines and other holiday crafts this month, and we invite all of you to join us ((virtually)) for a love-ly time! Please see the calendar for details. Craft baggies will be delivered for those who are interested.



## IL EVACUATION PLANNING IN CASE OF EMERGENCY

IF YOU HAVEN'T ALREADY, PLEASE RETURN THE FORMS DELIVERED IN THE MAIL ON JANUARY 11TH. THE INFORMATION ON THOSE FORMS ARE VERY IMPORTANT FOR US TO HAVE AND KEEP ACCURATE AT ALL TIMES.

IF YOU HAVE MISPLACED THESE FORMS OR NEED ANOTHER COPY, PLEASE REACH OUT TO THE RECEPTION DESK AT 503.902.6890 AND WE WILL GET NEW FORMS DELIVERED TO YOU. IF YOU NEED ASSISTANCE FILLING OUT THE FORMS, WE CAN ALSO ARRANGE THAT AS WELL.



# Word Search

Category: Months and Birthstones

Y	A	M	D	O	D	L	A	R	E	M	E
S	J	D	P	D	T	D	S	G	G	T	D
D	Z	A	P	O	T	S	A	D	U	D	L
F	L	R	N	C	J	R	U	R	S	R	S
E	D	E	D	U	N	D	Q	G	A	G	Y
R	F	B	F	E	A	U	D	E	U	L	R
I	Y	M	T	S	O	R	P	S	U	A	A
H	B	E	D	I	S	S	Y	J	S	P	U
P	U	C	S	O	C	T	O	B	E	R	R
P	R	E	B	M	E	V	O	N	N	I	B
A	D	D	M	A	R	C	H	D	U	L	E
S	E	P	T	E	M	B	E	R	J	D	F

Word Search Solutions:

1. January
2. February
3. March
4. April
5. May
6. June
7. July
8. August
9. September
10. October
11. November
12. December
13. Emerald
14. Garnet
15. Opal
16. Pearl
17. Ruby
18. Sapphire
19. Topaz
20. Turquoise

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## February 2021

### IN THE LOOP

Welcome to our new newsletter format! We hope you find this template easy to navigate, clean, clear and enjoyable to read. The newsletter will run once a month; however, Wendy will continue sending short weekly updates on current happenings on campus as well as weekly menus will be delivered. Remember if you have any contributions to our monthly newsletter to continue sending those to Wendy.



### Share a Connection

"Laughter is the shortest distance between two people." —Victor Borge

### Keeping You Informed

As you know, we are continuing to closely monitor the evolving situation caused by COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, we are limiting nonessential visits, large community gatherings, and resident outings. Know that we have screening protocols in place to ensure residents are in good health, and team members and essential outside care providers and vendors are being screened as well. If you have any questions, we will be happy to speak with you.

## Staff Directory

### Independent Living Staff

- Nicole Vanleerdam - Director of IL
- Dyrel Alleman - Administrative Assistant
- Wendy Phelps-Chapman - Activities Director
- Destiny Edwards - Kitchen Manager
- James Slagter - Maintenance Supervisor

### Office Hours

Monday-Friday ..... 9am to 6pm  
 Saturday & Sunday ..... 9am to 6pm

### We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.



Happy Valentine's Day

HAVE A SWEET HOLIDAY FILLED WITH LOVE!

