



Independent Living at



590 SE Conifer Cir • Sublimity, OR 97385 • (503) 902-6890

March 2021

# 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

**Emergency Cell: 503-932-7420**

**Sloper Cafe: 503-902-6922**

## In the Loop

We have been working on the new garden area and there is still more to come. 5 of the old beds in the worst condition have been rebuilt already. This month we will be adding some raised beds as well. We hope to have this completed by the beginning of April. At the request of one of our gardeners, we will be putting numbers on the beds which will make it less confusing for new residents to find their bed. If you still have not requested / claimed your garden bed, I will need you to do so ASAP.

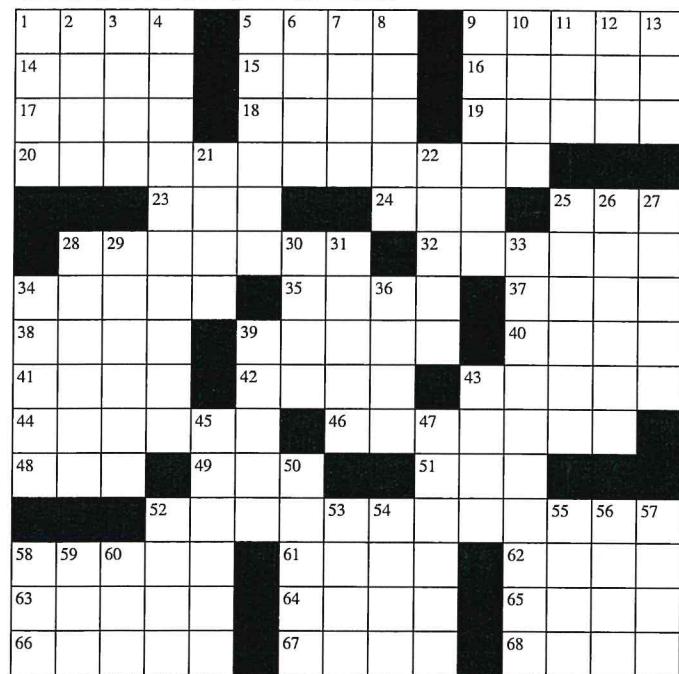


## Wendy's Corner

Hopefully, you have all had your first COVID vaccination. That is to say, those of you who wish to get it, anyway. Some of you may even have had your second one. This means we are one huge step closer to being able to gather for activities. I would love to have some feedback on what you miss the most and what activities you would like to see come back first. I miss driving the bus full of residents over to the casino, and to the coast, and to Sisters. I also miss Bingo and throwing parties and playing games. But most of all, I miss all of you!!! I cannot wait to be able to see you every day and have fun. So here's to 2021 getting better every day. We have the first day of spring to look forward to this month as well as great St. Patrick's Day dinner.

Happy March, Wendy

## Crossword Puzzle



### ACROSS

1. Spaces
5. In \_\_\_; even
9. Hurriedness
14. Landed
15. Moving vehicles
16. Overturn
17. Unexceptional
18. Curves
19. Lets
20. Intimate and candid
23. Verily
24. Fem. title
25. Early third-century year
28. Hypersensitivity to some substance
32. Shallow spots
34. Hernia site
35. Of planes: pref.
37. Victory signs
38. Jungle beast
39. Done in
40. Famous twin
41. This: Sp.
42. Viscount's superior
43. Incensed
44. Teeter-totter
46. Dogs and hens?
48. Georgia, once: abbr.
49. Become firm
51. Letters on a postage stamp

### DOWN

1. Wide cut
2. African lily
3. Tower site
4. Plots
5. 2009 movie for Sigourney Weaver
6. Poi source
7. Linear measure
8. Curvy letters
9. Shout of triumph
10. In \_\_\_; pouting
11. McCain, for one: abbr.
12. Explosive letters
13. Sullivan and Bradley
21. High school student
22. Felonious offense
25. Shakespearean hero
26. Golf shoe features
27. Outflow
28. Comes up
29. Plunderer
30. Celebration
31. Periods of time
33. Future dieters
34. Actress Sharon
36. Irritate
39. Underground drain
43. "\_\_\_ Wonderful Life"
45. Deputies
47. City in Arizona
50. Malicious writing
52. Article of clothing
53. Word with head or knowledge
54. Othello's downfall
55. TV's "American \_\_\_"
56. Make eyes at
57. Indispensable item
58. Not well-lit
59. "\_\_\_ to Billy Joe"
60. Last of twenty-six



HSS7899

# Director's Corner

## March Updates

Hello All!

As we enter in to spring we will be getting full swing into our outdoor projects. You may see some new concrete around our pond, as well as some other improvements to our pond's landscape. You will see our amazing maintenance crews building new garden boxes in our community garden areas and your yards and greenery areas receive thatching and aerating. We will also be working on a nice surprise for some new fun outdoor activity space for you all. Keep your eyes peeled for the construction of the new spaces!

Cheers!

Nicole Vanleerdam



# Happy Birthday

## March Birthdays

Date	Name
3rd	Jerald Small
8th	Veryl Peters
12th	Phil Willett
13th	George Karakey
16th	Bettie Munger-Johnson
18th	Carmie Hansen
19th	Harold Kimmel
19th	Glenn Yutzie
20th	Flossie Randels
22nd	Kathleen Gray
22nd	Jean Schwarz
26th	Vicki Gibson
27th	Doris Miley
27th	Roy Podrabsky
28th	Sue Sheppard

## Resident Anniversaries

2 Yrs	..... The Podrabskys
2 Yrs	..... The Aldine / Janzens
2 Yrs	..... The Geschers
2 Yrs	..... The Ashlocks
4 Yrs	..... Larry McCarrey
4 Yrs	..... Patricia Davis
4 Yrs	..... Len & Geri Back
5 Yrs	..... Sandra Ricker
9 Yrs	..... Dorothy Wells

## Welllderly Week

Celebrating seniors who are young at heart, Welllderly Week begins March 15.



## An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

## Stay Safe From IRS Scams

With federal taxes due next month, it's prime time for phony calls from people pretending to be IRS employees. Don't be alarmed if you receive an unexpected phone call, voicemail or email demanding that you pay money. If the IRS needs to contact you, it will always mail you a letter first. Additionally, the IRS will never ask for payment details over the phone, or pressure you to pay tax bills with a prepaid debit card or gift card.

## Thanks, Doc!

National Doctors' Day is March 30.

## Globetrotting Online

The next best thing to being there, traveling online is a way to get away. Many of the world's top tourist destinations are using technology so virtual travelers can visit and interact with locales. Use the search terms "virtual tour" with the name of a famous site or attraction and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian Pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

## Geography 101: Blarney Castle

Each year, thousands of visitors flock to this medieval fortress in County Cork, Ireland, and most of them have one goal: kissing the Blarney Stone. But it's no simple task. After climbing steep spiral staircases to the top of the castle, they must lean backward and hang upside down in order to touch their lips to the historic stone. Legend says that those who carry out the custom will be awarded eloquence, or the "gift of gab," and never be at a loss for words.



## St. Patrick's Day Dinner

Please join us for our special St. Patty's Day meal. Whether it is in person or delivered to your home, it is sure to please.

This year's menu includes:

- Traditional Corned Beef
- Cabbage
- Rosemary Red Potatoes & Baby Carrots
- Wheat French Bread
- Pistachio Bundt Cake
- Non-Alcohol Green Punch
- \$12.50
- Beer Available on Request



## Help Keep Our Community Safe

Thank you for following our community's infection control measures to help keep everyone safe.

- Wear your face mask - covering your nose and mouth - when in the common areas and during activities.
- Keep your distance from others, staying 6 feet apart.
- Wash your hands often.
- Do visiting outside.

## Positive Thought

"Be the best version of yourself in anything you do. You don't have to live anybody else's story." —Steph Curry



## Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.

## Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.