August is here and so are the triple digit temperatures. But all of this heat cannot keep Linus Oakes from having fun. I know everyone had a great time during our “Graffiti Cruise Day”. All of the beautiful cars, great music, and root beer floats made for a fantastic afternoon.

Also, a big thank you to everyone that took time out of their day and attended our last Quarterly Residents Meeting. I really enjoy sharing our latest news and hearing from everyone. Your participation is greatly appreciated.

Our transition to CHI Living Communities is in full effect. Behind the scenes has been a flurry of activity. Everyone has learned many new processes and procedures. From new computer software, phone systems, accounting procedures, human resources, and employee responsibilities, our Linus Oakes staff has been learning quickly and adjusting to our new systems extremely well. Congratulations, to all of our staff for stepping up to the task and continuing to do an excellent job.

Lastly, thank you to all of our wonderful residents for your patience during our recent transition. We have had a few technical difficulties getting our monthly statements distributed on time and some issues with our phone system. We have diligently been working to resolve these issues and should have them all solved soon.

I wish everyone a cool wonderful August.

Sincerely,
Mike Ryan

The Clothesline Said So Much

A clothesline was a news forecast
To neighbors passing by.
There were no secrets you could keep
When clothes were hung to dry.
It also was a friendly link
For neighbors always knew
If company had stopped on by
To spend a night or two.

For then you'd see the fancy sheets
And towels on the line;
You'd see the company table clothes
With intricate design.

The line announced a baby's birth
To folks who lived inside
As brand new infant clothes were hung
So carefully with pride.

The ages of the children could
So readily be known
By watching how the sizes changed
You'd know how much they'd grown.

It also told when illness struck,
As extra sheets were hung;
Then nightclothes, and a bathrobe, too,
Haphazardly were strung.

It said, "Gone on vacation now"
When lines hung limp and bare.
It told, "We're back!" when full lines
Sagged
With not an inch to spare.

New folks in town were scorned upon,
If wash was dingy gray,
As neighbors raised their brows,
And looked disgustedly away.

But clotheslines now are of the past
For dryers make work less.
Now what goes on inside a home
Is anybody's guess.

I really miss that way of life.
It was a friendly sign
When neighbors knew each other best
By what hung on the line!

Submitted by Larry & Lloyd King

Bio for Makaila Frey

February marked a year since Makaila began working in the dining room. She says she has enjoyed getting to know the residents. Born and raised in Roseburg, she is a senior at the high school.

When she was in the 7th grade she spent nine days in Japan in an exchange program. She traveled with her family to El Salvador to meet extended family. She enjoyed a trip to Florida to visit Disney World. She would like to continue traveling and see the world, especially Thailand, and New Zealand. She enjoys visiting science museums. She used to like going to concerts.

Makaila's goal is to obtain a master's degree in Early Childhood Education. She is off to a good start, already earning credits at UCC. She works at the day care at high school, earning high school and college credits. Along with this experience, she gets a salary. She plans to attend school in Eugene after getting her degree from UCC.

Her favorite quote is “Stand for what you believe in even if it means standing alone.”

Submitted by Arvilla Newsom
Facts, Fiction & The Kitchen

Jolene says requests for low sodium has been heard and the soup stock will be low or no sodium base. Also the canned fruit, either in juice or water has a low sodium content.

Staff news: Erin is transferring to the kitchen.

Keep them coming!!

Everyone has a story. If you have something you would like to share, please bring it by the front desk before the 25th of each month and we will put it in the Acorn. Your participation is greatly appreciated and enjoyed by all. Thank you.

Extraordinary Living Conference

Keynote speakers Susan Rochester and Paula Ursey, both UCC Associate Professors, show us why, no matter what our age, “The Best is Yet to Come” when they address the Extraordinary Living Conference at UCC on September 8, registration and check-in begins at 8:00 a.m.

Topics at the conference include sessions on Simple and Proven Ways to Longevity & Vibrancy and Adapting Your Life to Your Abilities as well as health topics such as Dementia Care, Navigating through Medicare and the Treatment for Knee/Hip Arthritis and Joint Replacements. Plan to attend and get details by calling UCC at 541-440-4668.

Yard Work

An elderly Italian man lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, since the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,
I am feeling pretty sad, because it looks like I won’t be able to plant my tomato garden this year. I’m just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.
Love,
Papa

A few days later he received a letter from his son.

Dear Pop,
Don’t dig up that garden. That’s where the bodies are buried.
Love,
Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Pop,
Go ahead and plant the tomatoes now. That’s the best I could do under the circumstances.
Love you,
Vinnie....

Submitted by Roland Shanklin

An Irish Blessing

May you always have work for your hands to do.
May your pockets hold always a coin or two.
May the sun shine bright on your windowpane.
May the rainbow be certain to follow each rain.
And may God fill your heart with gladness to cheer you.

Submitted by Pat Dishman

The Garden Grows Wild

I have a garden that is wild with flowers

It is wildest when it has abundant showers

Showers of water and love and rain
Even a little water from the drain
That’s used to help the fields of grain

Spring forth and sing their sweet refrain
Of joy to the earth

Written by Hellen Cassidy
A HORSE CALLED EXCALIBUR

In 1980 I returned to Roseburg (my place of birth) to volunteer at Ruby House, an AIDS Hospice in nearby Winston, Oregon. One of the patients, an unfortunate young man with AIDS, owned a two year old quarter horse named Excalibur. The man's days were numbered and he wanted to find a good home for Excalibur before he died. A sad situation.

I did not want a horse! (The last time I had ridden a horse was age 7, when I was dragged across a field and ended up in the hospital.) But, (reluctantly) I bought his horse and arranged to board him at a ranch out in Melrose. The first thing I did was shorten his name from Excalibur to "Cal". Then began the very scary riding lessons from the owner of the ranch. I was terrified! Fortunately Cal tolerated me. I had a good teacher and a good horse!

Sadly, the fellow with AIDS soon passed away. Shortly before his passing, I visited him in the hospital and told him that "Cal" was in good hands. He misunderstood, and sobbed, "Oh NO, you renamed my horse Cow" I kept repeating "Cal". I think he finally understood.

Cal lived a good, long life. He was a fantastic animal. Cal and I joined the Douglas County Sheriffs Posse, rode many Trail Rides and did camping trips together ... even some Rodeo competition. He "tolerated" me ... but eventually fell in love with a young girl that took riding lessons at the ranch. I handed over the reins to her and soon moved back to San Diego.

I have great memories of Cal. Also, my riding instructor and I remain best-of-friends to this day!

Submitted by
Roland Shanklin, July 2017

Nurse Toni

Toni began working at Linus Oakes at the beginning of 2017, filling a necessary role promoting health and wellbeing for the residents. She says she loves the people and what she does. With her friendly and caring personality she assists individuals: helping with medications and refills, taking blood pressure, changing bandages, checking skin problems and other needs. She enjoys making house calls and getting to know her clients.

Before coming to Linus Oakes, Toni served for five years as a hospice nurse. Prior to that she worked in the ICU for thirteen years. Toni's work as a Lamaze coach for unwed teens prompted an interest in nursing. She enrolled in prerequisite classes at Rogue Community College. She passed the NLN (National League of Nurses) exam and was invited to continue training at UCC and graduated in 1993 as a registered nurse. She completed her clinicals at the VA under nursing instructor Sandy Hendy.

Toni appreciates her new reduced work schedule which allows her to spend time with her four grandchildren. She enjoys making house calls and getting to know her clients. Before coming to Linus Oakes, Toni served for five years as a hospice nurse. Prior to that she worked in the ICU for thirteen years. Toni’s work as a Lamaze coach for unwed teens prompted an interest in nursing. She enrolled in prerequisite classes at Rogue Community College. She passed the NLN (National League of Nurses) exam and was invited to continue training at UCC and graduated in 1993 as a registered nurse. She completed her clinicals at the VA under nursing instructor Sandy Hendy.

Toni appreciates her new reduced work schedule which allows her to spend time with her four grandchildren. Toni has two sons who have served in the military. The oldest, Justin David Breshears, is an MA, currently stationed at Norfolk, Virginia. His wife, Katie just deployed to Saudi Arabia. Evan Ray Breshears served for four years on a mine sweeper and is now at home in Montana.

Living in Lookingglass, Toni and her husband, Virgle Osborne own and operate Twin Peaks Offroad, (racing, four wheel drive and accessories.) They enjoy going on cruises, the Bahamas and the Mexican Riviera. Their first trip was to Alaska and they look forward to a return trip soon. Besides traveling, they compete in jeep races over several weekends in the summer. Toni has many other interests, including horseback riding, gardening, and line dancing. Formerly, she and her then seven year old son belonged to the Rogue Rhythm Cloggers in Grants Pass. They performed at county fairs and once at the Portland Opera House.

Toni’s favorite quote is “Live and let live.” Residents are welcome to visit Toni in her office (9am to 3 pm) or call her at 541-677-4871. If you are unable to reach her, please call the front desk for assistance.

Linus Oakes
Upcoming Events

August

10th Medford Shopping
24th Lunch at Diamond Lake
31st Seven Feathers

September

4th Labor Day Picnic
7th Cooper Ridge Winery
13-15th Lincoln City
21st Crater Lake
24th Live On Stage
-Steven Vanhauwaert

Submitted by
Roland Shanklin, July 2017
**This & That**

* Grandpa started five miles a day when he was 60. Now he’s 97 and we have no idea where he is!
* “You wouldn’t worry what others think of you if you realized how seldom they do.” ~ Eleanor Roosevelt
* What’s the difference between ignorance and apathy? ~ I don’t know, and I don’t care!
* I’ve never met a dollar bill with a first name, let alone a conscious! ~ Elwood P. Suggins
* In Walmart the other day, me an mom became separated. I’m looking up and down the aisles when a young clerk asks, “may I help you?” Yes, thank you, I’m looking for a little lady about so tall with gray hair. He answers, “Oh, I think you’ll get lucky here!” ~ Elwood P. Suggins
* “The Great Generation has ATM, email, and smart phones. They are the canaries in the mine of frustration!”
* Turn you face to the sun and the shadows fall behind you.
* I can live with my arthritis, My dentures fit just fine, but oh how I miss my mind! ~ A Grown Up
* I didn’t make it to the gym today…. This makes seven years in a row!
* There will be no pockets in your shroud! ~ an old book

**Submitted by Sam Coomer**

**Never Lonesome**

Yes, I’m getting on. I’ll admit that the years are piling up—but I still manage to stay pretty active, and I’m able to report that in spite of a sag here and a wrinkle or two there, I don’t lack for male companionship: I manage to pay attention to six gentlemen every day!

As soon as I wake, Will Power helps me out of the bed. When he’s gone to work, I go see John. I know then that it’s time to be with Philip Magnesia. Bless him! He’s always there, so strong, yet so mild and gentle! And he never gripes, like lots to do. It’s such a relief to have him!

Soon, Charley Hors comes along, and when he leaves, Arthur Itis stays with me the rest of the day. He doesn’t like to stay in just one place, though, so he takes me from joint to joint.

After such a busy day, I’m really tired and am really very glad to prepare myself to a big evening with Ben Gay. He’s so good in bed!

Some people wouldn’t like the life I lead, but at least I’m never lonesome!

**Submitted by Margret Krewson**