2017 is here. Happy New Year everyone! Time sure is passing quickly. Does anyone remember Y2K? That was seventeen years ago. Wow.

I hope everyone enjoyed their holidays. Now starts the big job of taking all the decorations down. As always, everyone did another fantastic job making Linus Oakes look amazing for the Christmas season. Great job!

This Christmas once again showed the generosity to the employee gift fund was as impressive as ever. Be sure to check out the thank you card from our staff, in the mail room when you can.

Congratulations to Joleen Foster on becoming our new Food Service Manager. Joleen is bringing her enthusiasm, years of cooking experience, and most recently her great Linus Oakes experience to her expanded duties and is looking forward to continue to serve everyone.

Our next quarterly residents’ meeting is scheduled for January 10th at 10 a.m. in the community room. I look forward to seeing everyone there to hear the latest news, share suggestions, and maybe win a raffle prize.

Even though the holidays are over the Linus Oakes calendar is still filled with many activities. The many day trips available are sure to brighten even the coldest winter day. So if you are interested sign up early.

Finally, I would like to wish everyone a happy, safe, and fantastic 2017.

~ Mike Ryan, Administrator

Another Christmas come and gone. Trudy reflects on Christmases past when surrounded by family and friends they celebrated the birth of the baby Jesus. She misses the hustle and bustle that was a part of the festivities.

But she is grateful for this past year. Being involved in volunteering, helping the less fortunate, kept Trudy quite busy. So busy in fact, she didn’t have time for sending out her Christmas cards.

Therefore, Trudy is writing her New Year’s cards to all the people she forgot to send Christmas cards. When the old song comes to mind “Little Things Mean a Lot,” she is reminded of how simple things can bring much comfort. She plans to remember this and give smiles, hugs, and words of encouragement to everyone she meets. Some will need more than this—maybe a meal together, maybe a visit to see how they are doing. This year she will be thinking and doing more for others.

At the same time she will stay healthy herself. An article she read referred to a study emphasizing that a generous spirit lowers stress, reduces blood pressures, and helps with depression; making us feel happier.

~ Lloyd King

“Wine is proof that God loves us and loves to see us happy.”

~ Benjamin Franklin

“Whereas I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

~ Maya Angelou

Submitted by ~ Lloyd King

We need more articles for the Acorn. If you have a story, a joke, a poem, or something you would like to share, please bring it by the front desk.

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In Memory

Anna Giese
May 12, 1915 ~ December 7 2016

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In Memory

Anna Giese
May 12, 1915 ~ December 7 2016
A 17th Century Prayer

Lord, Though knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody’s affairs. Make me thoughtful, not moody; helpful, not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other’s pains but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious that occasionally I may be mistaken.

Keep me reasonably sweet—I do not want to a Saint (some of them are hard to live with) but a sour old person is one of the crowing works of the devil.

Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, O Lord, the grace to tell them so. - Amen.

Author Unknown

Submitted by
~ Lloyd King

Brain Teaser

A poor man walks into a bar and starts talking with a really rich man. The poor man says, “You know, I know every song in the world. I bet all your fortune and possessions that I can find a song with any name you want.” The rich man, laughing, accepts and says that he bets him to find a song with his daughter's complete name in it. Her name is Julie-Monique-Alexandrina. A few minutes later, the poor man exits the bar with the rich man's wallet, car(s) key(s), clothes, etc. He won his bet.

How? Answer on Pg. 4

6 Lessons my Grandpa Taught me

Lesson #1: How to effectively sneak through the house [without the floors creaking] to sneak a few Costco chocolate chip cookies. He was always so proud of this skill.

Lesson #2: Always have Costco cookies on hand. If you frequented my grandparents house, even just twice a year, you would know how important it was that the house be stocked with Costco cookies at all times.

Lesson #3: Be innovative and be creative. He taught me how to make the best paper airplane (one that could win a contest.

Lesson #4: Have fun, but know when to “cool it.” You never heard it often, but when you did, you knew it was serious.

Lesson #5: Dress to impress (especially on holidays). Every Christmas, my grandpa would wear these red plaid pants, it wasn’t Christmas unless he did.

Lesson #6: Naps are always a good idea. Grandpa loved taking naps everyday in his “man cave”. He referred to them as snaps because they were short naps.

“Every moment and every event of every man’s life on earth plants something in his soul.”
~Thomas Merton

In Memory

Maxine Nock
August 28, 1921
~
December 9, 2016
Mystery Bio

She has an addiction to Dutch Brothers, but is allergic to coffee. Her biggest fear is ladybugs, but she likes snakes. She dislikes getting shots, yet she donates blood every two months.

Can you name this member of the dining staff? She loves riddles and serves them up along with drinks and desserts. Have you guessed Chelsea? She joyfully goes about her duties in the dining room. She says the thing she enjoys most about her job is the residents.

Chelsea, born in Portland, is the youngest of her siblings. (seven brothers and eight sisters) When she was eight years old, she moved with her dad to Wasilla, Alaska. She lived there six years before moving to Sutherlin when she was in the ninth grade. Now a senior at Sutherlin High School, she is learning to be an assistant to a special education teacher. She plans to attend college and become a special education teacher in the middle grades.

Though school and working at Linus keeps Chelsea busy, she fits other activities into her day. She enjoys caring for her horse, Quiz. She also has a lovable pit bull named Rue, a gift from her dad eleven years ago.

She plays women’ s softball on her school team. Artistic pursuits are writing and drawing. In her spare time she likes to read. A favorite series is Harry Potter. She would someday like to travel to Australia.

Chelsea’s favorite quote is: “Shoot for the moon and even if you don’t make it you’re still in the stars.”

Submitted by
~ Arvilla Newsom

And God Looked Down upon Seniors…

Most seniors never get enough exercise. So, in His wisdom, God decreed that seniors would become forgetful, that they would have to search for their glasses, keys, and other things misplaced and move around more. And God looked down and saw that it was good.

Then God saw there was yet another need. So God in His wisdom made seniors lose coordination, that they would drop things, which would require them to bend and reach and stretch. And God looked down and saw that it was good.

The God considered the functioning of senior bladders and decided that in His wisdom there might be calls of nature more frequently, requiring more walking to the relief station, which would burn calories. God looked down and saw that it was good.

Seniors were obliged to exercise more from these senior shortcomings and did become more active as a result. So if you find you are required to get up and down more as you age, remember it’s God’s will and in your best interest. So stop muttering under your breath. He can still hear you.

Submitted by
~ Nancy James

"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

- Hal Borland

Blackberry Jam

My Dad lived to be 90, here in Roseburg ... living a modest life ... his only possession was a ten year old Honda, which my Sister and I sold to cover burial expenses. He liked to pick blackberries in the summer and make jam and always had jars of jam in his Honda to give away to friends and family.

One dark Winter night he was driving home from a Senior event. His car spun-out on some ice and ended upside down in the ditch. A witness stopped, dashed over with his flashlight to assist. Dad was ok but covered in blackberry jam ... a shocking sight. The witness thought it was blood. It was one of my Father’s favorite amusing stories.

Submitted by
~ Roland Shanklin

In Memory

Helen Trager
April 27, 1926
~
December 15, 2016
Thanksgiving Trip to Roxy

Many of you remember my Shih Tzu, Roxy. To meet her is to love her; by the time you read this she will have had her first birthday (1/1/17). She is now in Vancouver, WA with my cousins who have a large patio (with doggy door) and large back yard. Roxy has a 13 yr. old Pomeranian she calls her big brother and talks to him; on his part he can’t understand why Jan and Dave brought this yappy female home who tries to get him to play (which he doesn’t do). She has learned from him though. She follows him outside to the tree where he lifts his leg and gets a treat from Dave. Roxy decided that works for him so she now goes out after Gizzy and also lifter her leg to pee so she’ll get a treat - no more puppy pads for her!

When Jan & Dave were decorating the family room for Christmas, they heard Roxy just chattering away in the living room where they had put an angel on the window. When they checked, there was Roxy lying in the middle of the floor talking to the angel.

She doesn’t like the snow but is getting used to the rain a little, loves summer weather when she can run around the yard and gardens, walking around on the wall the fountain and with Gizzy getting behind the row of Cyprus trees by the fence.

I had eight days with her and plan to see her again several times before our cousin’s gathering on Labor Day.

Submitted by
~ Nancy James

10 Lessons my Grandmother Taught Me

1. She taught me to always look your best. It’s not about showing off, it’s about feeling good about yourself.
2. A little bit of perfume dresses any outfit up.
3. Do not get married: But if you choose to, the right one will probably drive you crazy... but will be worth it.
4. Take a minute to have a cocktail.... or if she was drinking her favorite pomegranate martinis, three.
5. Don’t be afraid to hit “max bet.” But make sure it’s at the penny slots.
6. Always keep a tissue in your purse. No matter if it’s balled up from wear, someone will be grateful to have it.
7. A rose made out of frosting tastes way better than the frosting on the cake itself.
8. Traditions are important.
9. Family is important.
10. It’s OK to move away. Visit and visit often. Don’t forget where you came from, but remember that your elders created these opportunities for you to reach your dreams faster.

In Memory

Mickey Deedon
June 18, 1937
~
December 26, 2016

“There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Think good thoughts for the ones who don’t Life is too short to be anything but happy. Falling down is part of LIFE…. Getting back up is LIVING…. Have a great life.”

~Jose N. Harris

“You cannot have a positive life and an negative mind.”

~Joyce Meyer

New Year's Day

A fresh start. A new chapter is waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.

~Sarah Ban Breathnach