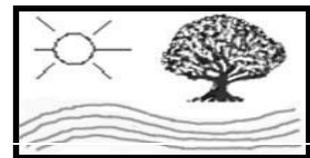


# The Acorn



## Linus Oakes Retirement Village



November 2016

### ADMINISTRATOR'S CORNER

The Halloween fun is over and I hope everyone did not over indulge on candy, because before we know it, it will be time to over indulge on turkey. With the holidays fast approaching everyone here will be busier than ever. From all the decorations that go up, to the menu planning and food preparation the amount that is accomplished every year is amazing. I hope everyone is looking forward to all the decorations and fun events this holiday season as much as I am. Last month at our Quarterly Residents Meeting we discussed various safety topics as part of fire safety month. A quick reminder for everyone is to know and have their physical address readily accessible in case of an emergency. This is also necessary when ordering services such as phone or internet. If you have any questions please call the office for assistance. If you have not taken a look at November's activities calendar please take the time. We have some on campus live music this month and also an instruction class for all you Apple folks out there. So bring your I pads, I phones and Mac books and get some hands on instruction. This should be a great learning opportunity. I wish everyone a fantastic November and a wonderful Thanksgiving

~ Mike Ryan, Administrator



### TRUDYISM: Acquire an attitude of gratitude.



Trudy calls Sally if she would like to go grocery shopping for Thanksgiving.

Sally: Why shop? Aren't

you having your usual feast in the dining room?

Trudy: Of course. Don't you remember I asked you to come?

Sally: No . . .

Trudy: Well, I meant to. Blame it on my memory. Please say yes and join our table. We'll eat at noon.

Sally: (laughs) I'd love to. But you still haven't told me why you're buying food for dinner.

Trudy: I'm helping with dessert for the mission and I need to buy stuff for pies. It's a lot of work, but I don't mind.

Sally: I used to complain about all the work the holidays were, but I miss that now. Thanksgiving is not a very thankful time for me anymore.

Trudy: I know what you mean. But sharing with the less fortunate is a way of showing gratitude for our abundance. Seeing the joy on each face makes me happy. That's what it's all about.

Sally: I used to enjoy making sweet potato pie. My husband loved it.

Trudy: Why not make those for the mission? I could really use your help. We could take them down to the mission for their dinner.

Sally: So when did you say you're picking me up to go shopping?

Submitted by  
~ Arvilla and Bonnie



### So I got my concealed gun permit yesterday...

...and went over to the local Bass Pro Shop to get a small 9mm pistol for home protection.

When I was ready to pay for the gun and bullets, the cashier said "Strip down, facing me."

Making a mental note to complain to the NRA about the gun control wackos running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out she was referring to how I should place my credit card in the card reader!

I've been asked to shop elsewhere in the future. They need to make their instructions to seniors a little clearer.

I still don't think I looked that bad.

~Submitted by  
Roland Shanklin

## Bio for Aleta Campman

Aleta's favorite quote is a maxim she tries to adhere to in her everyday life: "Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons." (The first lines of the *Desiderata* by Max Ehrmann)

Part of the wait staff, Aleta began working at Linus Oakes last fall. She enjoys serving the residents and likes her co-workers and all the staff.

Born in Roseburg, Aleta attended local schools and graduated from Roseburg High School in 2012. Her goal is to attend college and receive a Bachelor's degree in Illustration and/or animation.

She began drawing at a young age and participated in the Chalk Walk for several years and was awarded 2<sup>nd</sup> and then later 1<sup>st</sup> prize. She also painted in acrylics and oils in high school.

Her hobbies are drawing, doodling and sculpting. She likes to read and write. In her free time she enjoys being out in nature.

Aleta lives at home with her parents; sister, Alanna who is attending Beauty College; and brother, Gunnar who goes to Roseburg High School.

A fun fact about Aleta is her love of adrenaline pumping amusement park rides, especially the roller coaster.

Submitted by  
~ Arvilla Newsom

## Ponderisms



Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in"?. But it's only a "penny for your thoughts"? Where's that extra penny going to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Doesn't it make you wonder?

Submitted by  
~Lloyd King

## Grateful & Blessed: Things learned at Linus Oakes

Be grateful daily for the little, good, and simple things  
– these are what matter most;

View each day as a gift to be spent wisely;

Treasure the look of love that passes between husband and wife after 69 years of marriage;

Feel the heart twinge for the tears in the eyes of the widow, when speaking of her husband, gone now for six years;

Experience intense pride and respect for the war veterans, who have seen much, and speak little;

Be blessed by the surrounding beauty of this special little village;  
the beauty of the landscaping, the beauty of the people, the beauty of life.

~ Written by Regan Tucker



## Amanda

Eleven years ago Amanda began working at Linus Oakes, first as a busser and individual care giver. She soon earned a spot at the front desk. She is also the smiling wine server on weekends and for special events.

Actually her official title could be Hug Distributer, as she spreads warmth to all who need a little extra attention.

Amanda was born in Roseburg, attended school here and then graduated from UCC with a major in psychology and a minor in music.

She developed a love of reading when as a young girl her grandfather read Grimm Fairytales. She learned the history and meaning behind the tales. Today she prefers mysteries, especially Agatha Christy. Her favorite books are "Then There were None" and "Alice in Wonderland."

In her spare time she enjoys editing stories and screen plays. She recently edited a play for a friend who went on to win first prize in a Douglas/Lane County contest and is looking forward to attending the performance.

Amanda's other pursuits are yoga and dancing. At the age of six she began ballet lessons and then for the following years added modern dance. She participates in cabaret, belly dancing and burlesque; sometimes entertaining residents at local rehabilitation facilities. She also takes part in a musical theater group in Sutherlin.

Food served in a Bento box (Japanese) is a favorite.

Amanda enjoys cooking foods with an Asian flair.

Her favorite quote is "Beware of dragons because you are crunchy and good with ketchup." She is looking forward to a future trip to Seoul, Korea, possibly next year or 2018.

~Submitted by  
Arvilla Newsom

---

## Brain Teaser

Problem:

A man has to get a fox, a chicken, and a sack of corn across a river.



He has a row boat, but it can only carry him and one other thing.

If the fox and the chicken are left together, the fox will eat the chicken.

If the chicken and the corn are left together, the chicken will eat the corn.

How does he do it?

**Answer on pg. 4**



## EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves, and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap, or a hand pump, or a well. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on our table in the fifties... was elbows!



**TOP 25 SAYINGS WE'D LIKE TO SEE ON THOSE OFFICE INSPIRATIONAL POSTERS**

- Rome did not create a great empire by having meetings; they did it by killing all those who opposed them.
- If you can stay calm, while all around you is chaos...then you probably haven't completely understood the seriousness of the situation.
- Doing a job RIGHT the first time gets the job done. Doing the job WRONG fourteen times gives you job security.
- Eagles may soar, but weasels don't get sucked into jet engines.
- We put the "k" in "kwality."
- Artificial Intelligence is no match for Natural Stupidity.
- A person who smiles in the face of adversity.... probably has a scapegoat.
- Plagiarism saves time.
- If at first you don't succeed, try management.
- Never put off until tomorrow what you can avoid altogether.
- TEAMWORK....means never having to take all the blame yourself.
- The beatings will continue until morale improves.
- Never underestimate the power of very stupid people in large groups.
- We waste time, so you don't have to.

- Hang in there, retirement is only thirty years away.
- Go the extra mile. It makes your boss look like an incompetent slacker.
- A snooze button is a poor substitute for no alarm clock at all.
- When the going gets tough, the tough take a coffee break.
- INDECISION is the key to FLEXIBILITY.
- Succeed in spite of management.
- Aim Low, Reach Your Goals, Avoid Disappointment.
- We waste more time by 8:00 in the morning than other companies do all day.
- You pretend to work, and we'll pretend to pay you.
- Work: It isn't just for sleeping anymore.

Submitted by ~Grace Stinnett

\*\*\*\*\*  
 \*  
 \*  
 \* "You are never too old to  
 \* set another goal or to  
 \* dream a new dream."  
 \* ~C.S. Lewis  
 \*  
 \*  
 \*\*\*\*\*

**Brain Teaser Answer:**

The man and the chicken cross the river, (the fox and the corn are safe together), he leaves the chicken on the other side and goes back across.

The man then takes the fox across the river, and since he can't leave the fox and chicken together, he brings the chicken back.

Again, since the chicken and corn can't be left together, he leaves the chicken and he takes the corn across and leaves it with the fox.

He then returns to pick up the chicken and heads across the river one last time.



**BIO on Michael Rash**

Michael joined the wait staff this year where he shows his unique ability to take drink and dessert orders, remembering without writing them down. He also recalls individual preferences from previous meals.

Michael is a true Oregonian, born in Roseburg and raised in Myrtle Creek. He now lives in Winston with his wife, son and their three cats.

Music and church play a big part in Michael's life. At nine years old he began playing the piano. His grandmother, who moved here from Birmingham, had a great influence on his music, teaching him to sing hymns in church.

He likes to play card games, has enjoyed bowling, and collects hot wheels. He enjoys research on Google, reading self-help articles.

Michael says he loves being around seniors and likes their wisdom. He thinks of the residents as surrogate grandparents for his own grandmother who passed away before he came to Linus Oakes.

"One day at a time" is how Michael approaches life. His goal is never judge others, unless you judge them with kindness.