

Look inside...

Events and outings

Pumpkin patch outing

Visit the new library

Nursing notes

Wiley Creek Ripple

A publication for the
friends and families of
Wiley Creek Community

Meet Sylvia Brandt

We're pleased to have Sylvia Brandt with us here at Wiley Creek Community. Sylvia joined us in January, and she says that she couldn't ask for anything better.

Sylvia was born Sept. 13, 1920 in Walterville, Ore. to Frank and Clara Vaughan. Frank was a farmer and logger, and Clara was a seamstress and a homemaker. Sylvia was the middle of three children. Although her brother had polio, Sylvia has fond memories of her childhood.

She grew up and lived in Walterville until her late teenage years, at which point she moved to Eugene to attend business college. Following college, she worked at First Interstate Bank in Eugene, then at a restaurant in Harrisburg.

In the summer of 1938, Sylvia was working in a hop field, picking hops and a young man named Robert Brandt was throwing hops at her. That began a two-year courtship, and the couple was



Sylvia enjoys knowing so many Wiley Creek residents.

married in 1940. Sylvia and Bob had two children: Jack Robert and Ellen Jeannine, who have given them two grandchildren and two great-grandchildren.

Bob was in the National Guard and was stationed around the U.S. during World War II. They lived in Tacoma, Wash., California, South Dakota and Texas during his military career.

Following the war, the family moved to Foster. Bob wanted to go into business for himself, and

he owned Bob's Grocery in Foster for a few years.

Starting in 1954, the family spent their summers at Clear Lake Resort, which they managed for 11 years. In 1965, they left Clear Lake and Bob went to work for the post office in Sweet Home.

Sylvia also worked at a propane gas place, a liquor store and a restaurant in Sweet Home. When they weren't working, they enjoyed camping, gold panning and traveling around the country to visit relatives.

Continues on page 4.

October events and outings

Russell and Larry perform	Thur. 1
Stan Lasley plays piano	Mon. 5
Squarenders dance	Mon. 12
Outing for pumpkins	Fri. 16
Blue Light Special and October birthday party	Tue. 20
Tour Lebanon Public Library and lunch at Senior Center	Mon. 26
Ellis Sabin plays the accordion	Tue. 27

Autumn is a second spring when every leaf is a flower.

– Albert Camus

Please give us a call at (541) 367-1702 if you would like to be removed from the mailing list or if you have a friend or family member who would like to receive the Ripple.

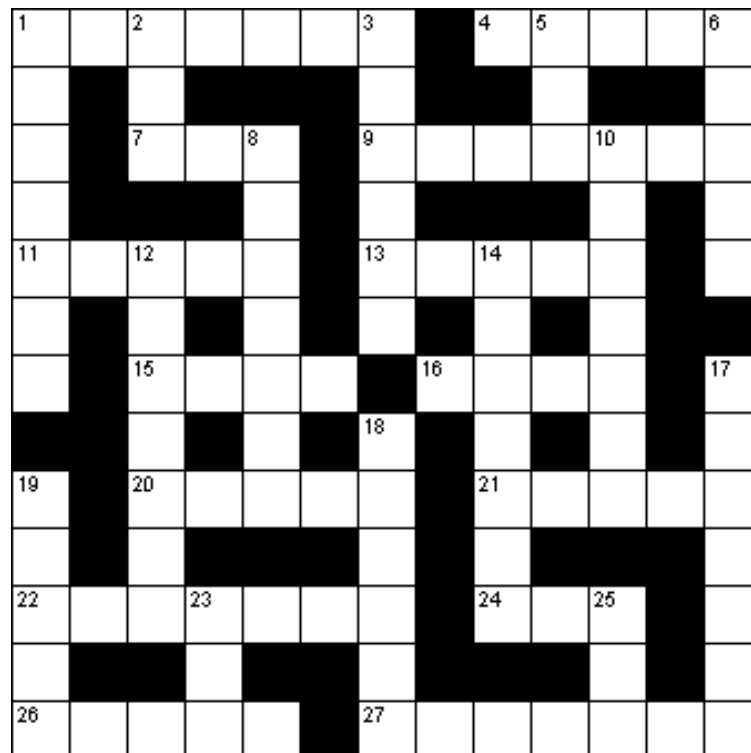
Crossword puzzle from www.puzzlechoice.com

Across

- Meat from a deer (7)
- Utensil (5)
- Measure of rum (3)
- Food produced without synthetic fertilizers, pesticides or hormones (7)
- Small juicy fruit (5)
- Cubes made of sugar; should never be found in custard (5)
- Grains used as food, either polished or unpolished (4)
- Decapod crustacean (4)
- Small very thin pancake (5)
- Light sponge, ___ cake (5)
- Quick bread (7)
- Beer (3)
- Variety meat (5)
- Layered pasta with sauce, cheese, meat or vegetables (7)

Down

- Used as a condiment or food preservative (7)
- Edible hard-shelled seed (3)
- Ribbonlike pasta strip (6)
- Small vegetable (3)
- Tortilla chip topped with cheese and chili-pepper and broiled (5)
- Kind of syrup (7)
- Attached to the muzzle to feed an animal (7)
- Downy fruit resembling a small peach (7)
- Dessert wine from Sicily (7)
- Cornmeal mush (7)
- Breakfast food prepared from grain (6)
- Freshwater game and food fish (5)
- Drinking vessel (3)
- Came before or after the chicken? (3)



Join us at the pumpkin patch!

During the month of October we will celebrate all things autumn. On Friday, Oct. 16, we will drive to a farm stand to get pumpkins for everyone to carve or paint. Afterward, we will have lunch at the Mallard Creek Golf Course, take in the fall scenery and maybe drive through a couple of covered bridges.

Bounds of books await at new library!

Join us Monday, Oct. 26 at 11 a.m., as we take a special trip to the new Lebanon Public Library. We will start with lunch at the Lebanon Senior Center, with a choice of tuna, pasta or chicken divan bake. After lunch, we'll walk over to the library, which is right next to the senior center.

Please let Annette know by Monday, Oct. 19 if you'd like to go so she can make the lunch reservations. A donation of \$3.50 for this trip would be appreciated.

Nurse notes Written by Sarah Redfern, RN, WCC

Flu season is upon us.

This year we have the added threat of the swine flu (H1N1). This flu is very similar to any other flu virus: It is a respiratory virus and is spread by an infected person coughing or sneezing around others. The virus can live for 48 hours on objects, and if you touch an object with the virus on it, then touch your eyes or mouth, you may become infected.

The best way to protect yourself is to wash your hands often and use lotion so your hands remain healthy. Keep your hands away from your face when in public areas, and get your flu shots.

Keeping your immune system healthy by eating well, getting the right vitamins, sleeping well and exercising will help keep you from getting the flu. If you get it, your symptoms will be less severe.

The symptoms for the H1N1 flu are like most flu viruses: fever, cough, chills, fatigue, nausea, vomiting, diarrhea and all-over aches. The big difference is that this is a new flu virus so most people don't have immunity, and those that have underlying conditions such as heart disease, diabetes or respiratory conditions are at risk for severe illness.

The good news is, senior citizens who get H1N1 aren't getting as sick as younger people, so seniors

might have some immunity to the virus from a past bout with a similar virus. However, it's important that you still get your seasonal flu shot.

If you get the flu, stay away from groups of people, for up to at least 24 hours after symptoms have resolved. It may take a week or more for symptoms to go away.

Drink lots of fluids, rest, and treat your fever and aches with acetaminophen. If you have a fever that is over 103 degrees Fahrenheit, or it lasts several days, if you are unable to keep anything down for more than two days, have any difficulty breathing or chest pains, call your health care provider.

Crossword answers

Across

1. Venison 4. Spoon 7. Tot
9. Organic 11. Grape 13. Lumps
15. Rice 16. Crab 20. Crepe
21. Angel 22. Oatcake 24. Ale
26. Tripe 27. Lasagna

Down

1. Vinegar 2. Nut 3. Noodle
5. Pea 6. Nacho 8. Treacle
10. Nosebag 12. Apricot
14. Marsala 17. Polenta 18. Mush
19. Trout 23. Cup 25. Egg

*“For He is
our God and we
are the people of His
pasture, the flock
under His care.”*

Psalm 95:7

SYLVIA continued from cover

Their son Jack was an Oregon State University alumnus who went into the military. He was stationed in Washington D.C., but he was killed in a car accident in Illinois on his way home before being shipped to Korea.

Bob passed away in 1997. Sylvia’s daughter Ellen lives in Marcola.

Sylvia says she enjoys Wiley Creek because she knows so many residents, some of whom worked for her and Bob at Bob’s Grocery. Sylvia is a sweet, happy resident always with a pleasant smile and kind word to say.

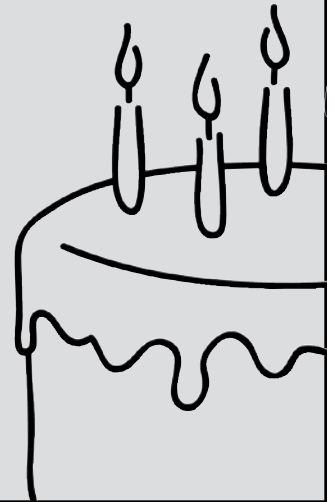
Happy birthday

Residents

Muriel Farnsworth	Tues. 6
Bernard Yochelson	Sun. 11
Estelle Plunket	Mon. 19

Staff

Sherry Kilgore	Tue. 6
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Samaritan Wiley Creek Community considers and admits residents without regard to race, religion, color, nationality and gender. We comply with the Fair Housing Act.



Samaritan
Wiley Creek Community

5050 Mountain Fir Street
Sweet Home, OR 97386

Return Service Requested

