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Wiley Creek Ripple

A publication for the
friends and families of
Wiley Creek Community

Meet Clara Palmer

Please say hi to Clara Palmer, who joined us at Wiley Creek Community last spring!

Clara was born on June 28, 1915 to Jacob and Caroline Reimer in Tulsa, Okla. Jacob was a farmer and Caroline a homemaker; Clara was the third of their five kids.

The family worked hard on the farm, but Clara enjoyed her childhood. Some of her fondest memories are of the treats her parents would bring back from town when they went to trade cream and eggs for supplies.

Clara's parents worked hard farming in constant dust bowl conditions. She attended a country, one-room schoolhouse from the first through seventh grade.

During her mid-teen years, the family moved to Oregon, just before the major Dust Bowl hit.



They settled in the Woodburn area and later bought a farm in Chico, Calif.

Clara met her husband, Joe Palmer, through family friends and church activities. Joe was a heavy construction operator for the highway department. After they were married, the couple traveled for his work. During slow times he also did farm work.

Joe and Clara moved to Oregon in 1969, renting a house in Sweet Home before buying farm property outside Lebanon. Joe built their home and all the buildings on their farm, where they grew fruit trees and raised cattle. Clara enjoyed being a homemaker, sewing clothing for their daughter Judy, raising food for canning and gardening for enjoyment. Clara and a neighbor worked at the Stayton Cannery.

After Joe passed away, Clara continued on with the farm for 25 years. Clara enjoyed doing all the work herself, from livestock to gardening. Today, Judy lives in Vancouver, Wash., but she and her husband are planning to move to the family farm. Judy has one son, David, who is married and lives in Southern California.

CLARA continues on page 3.

February events and outings

Stan Lasley plays the piano	Mon. 1
Yvonne Eye Care	Tue. 2
Piano with Ray Hendricks	Tue. 9
Outing to Harrisburg Museum	Tue. 16
Resident Council meeting	Fri. 19
Blue Light Special perform	Sat. 20
Ellis Sabin on the accordion	Tue. 23

In memory

Loren Burrell passed away on Dec. 13, followed by Fay Albert on Dec. 22. Please join us in offering condolences to their families and loved ones.

"Away in a meadow all covered with snow

The little old groundhog looks for his shadow

The clouds in the sky determine our fate

If winter will leave us all early or late."

— Don Halley

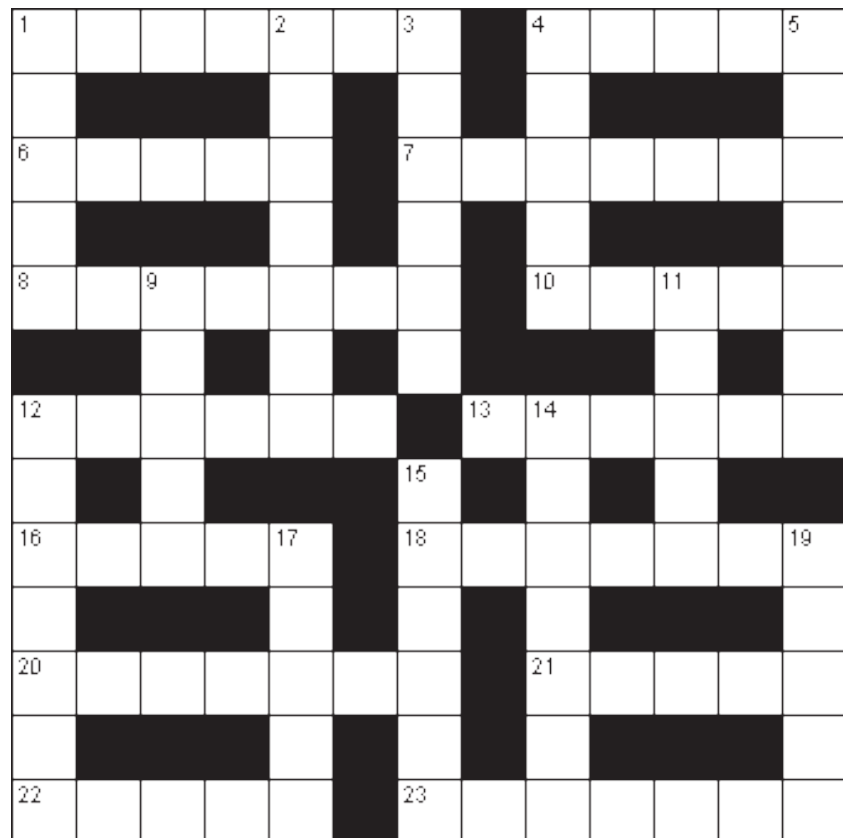
Crossword puzzle from www.puzzlechoice.com

Across

1. State capital of Georgia (7)
4. Egyptian dam (5)
6. Italian isle (5)
7. Montgomery is the state capital (7)
8. Grand Canyon State (7)
10. Japanese city (5)
12. Capital of 16 across (6)
13. Capital of the Philippines (6)
16. European country (5)
18. Capital of Algeria (7)
20. North American mountain range (7)
21. Egyptian desert (5)
22. Tripoli is the capital (5)
23. Washington city (7)

Down

1. Capital of Ghana (5)
2. Capital of Kenya (7)
3. Biblical Mount (6)
4. San Antonio mission (5)
5. Falls (7)
9. Asian country (5)
11. Australian town, __ Springs (5)
12. French wind (7)
14. State capital of Maine (7)
15. Topeka is the state capital (6)
17. Currency of Nigeria (5)
19. French river (5)



Remember your heart this month

As we observe Heart Health Awareness Month in February, consider this quote from Nietzsche: "The thousand mysteries around us would not trouble but interest us, if only we had cheerful, healthy hearts." So take some time to get your heart checked, and have a great month!

CLARA continued from cover.

Clara's spoon collection started with her mother. Her grandson David, who is in the military, brings Clara spoons from everywhere he travels around the world.

She enjoys the outdoors, whether it's walking, gardening, being at one with nature—any excuse to be outside, rain or shine. Clara is an independent, considerate, soft-spoken lady, and we really enjoy having her at Wiley Creek. Be sure to ask her about her spoon collection some time.

Nursing notes Written by Sarah Redfern, RN, WCC

I have seen more and more prescriptions go across my desk for vitamin D lately. People also ask me, what does vitamin D do for them?

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium and maintain a balance of calcium and phosphorus. Everyone knows calcium and vitamin D help keep your bones strong, but vitamin D also helps with heart disease and inflammation. It has also been linked to diabetes and cancer prevention.

So how do we naturally get vitamin D, and why is it needed in supplement form for so many of us? The skin makes it naturally when exposed to sun, but due to cancer and side effects of other medications, many people avoid the sun.

Foods like fish oils and dairy products have vitamin D in them, and many dairy products are fortified with it.

Americans as a whole eat or drink less dairy as they age and avoid the sun more and more, leaving them at risk for vitamin D deficiency. So ask your doctor to check your vitamin D level and talk to him about how to get more naturally or in supplement form.

Happy birthday

Residents

Eva Benson	Wed. 3
Eunice Clark	Sun. 28

Independents

Edna Williams	Tue. 1
Celeste McIntire	Sat. 6

Staff

Amanda Ferebee	Tue. 23
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Special announcement

If you'd like to stop receiving the Ripple, we will be glad to remove your name. Simply call Annette at (541) 367-1702 or mail us a note. Thank you.

Crossword answers

Across

1. Atlanta 4. Aswan 6. Capri
7. Arizona 10. Osaka 12. Madrid
13. Manila 16. Spain 18. Algiers
20. Rockies 21. Sinai 22. Libya
23. Seattle

Down

1. Accra 2. Nairobi 3. Ararat
4. Alamo 5. Niagara 9. India
11. Alice 12. Mistral 14. Augusta
15. Kansas 17. Naira 19. Seine

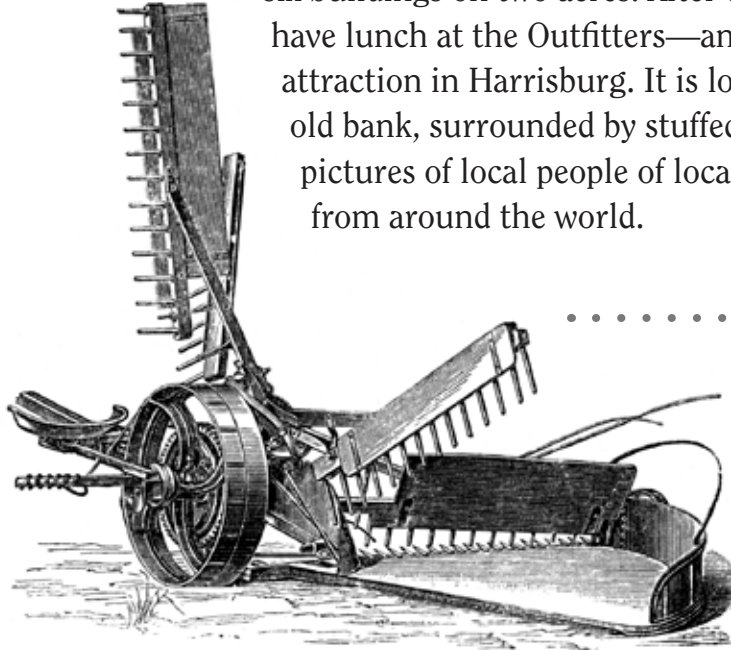
*“For He is
our God and we
are the people of His
pasture, the flock
under His care.”*

Psalm 95:7

Step back into history with us in Harrisburg

Join us on **Tuesday, Feb. 16**, as we visit the Harrisburg Area Museum. We will have a guided tour in order to acknowledge its vastness and collection. This museum has extensive collections featuring the historic farming community through the preservation and exhibition of written records, histories, and displays. There are

six buildings on two acres. After the tour, we will have lunch at the Outfitters—another unique attraction in Harrisburg. It is located inside an old bank, surrounded by stuffed animals and pictures of local people of local areas and also from around the world.



..... • *Antique
harvesting
machine*

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

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