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# Wiley Creek Ripple

A publication for the  
friends and families of  
Wiley Creek Community

## Meet Eva Benson

Please say hello to Eva Benson! Eva joined us in the Wiley Creek Lodge in November.

Eva was born Feb. 3, 1919 to Ross and Edna Kessell in DeSmet, S. D. She is the third of their four children, and their only daughter.

Her father was a farmer and her mother a homemaker. However, the family lost its farm in the Dust Bowl and moved to Sweet Home in 1932, when Eva was 13. Her father took a job with the Railroad Depot.

Eva enjoyed school; in South Dakota, she attended a one-room schoolhouse with a teacher who inspired her to become a teacher herself. She graduated from Sweet Home High School, and then attended Pacific University in Forest Grove for a year before finishing at Oregon State University. She graduated with a bachelor's degree in Home Economics Education, and took her first teaching job at Wolf Creek near Grants Pass.

While in Wolf Creek, Eva met John Benson. John was a tank mechanic in the military, on leave for his father's funeral. After the funeral, John returned to the World War II battlefield in Europe. He and Eva were married after the war.

Eva worked in Wolf Creek for a year and a half, and then took a job working in the Extension Office in Grants Pass as an emergency assistant with an emphasis on food growing, preservation and canning. She also hosted a radio program about food preservation, and she was involved with the local 4-H clubs for canning.

John and Eva settled in Sweet Home and had four children: Carl, now in Anacortes, Wash.; John, now in Seaside; Linda, now in McMinnville; and Sandy, now in Sandy. John worked for the Linn County Fire Patrol, maintaining fire roads for loggers.



*Eva Benson*

*Continues on page 4.*

## August events and outings

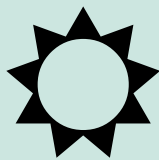
Stan Lasley  
plays the piano Mon. 3

Piano with  
Ray Hendricks Tues. 11

Oregon Coast trip Thurs. 13

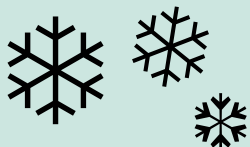
Blue Light Special  
and birthday party Tues. 18

Wild Roses perform Tues. 25



*“Summer is delicious, rain is refreshing, wind braces up, snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather.”*

– John Ruskin



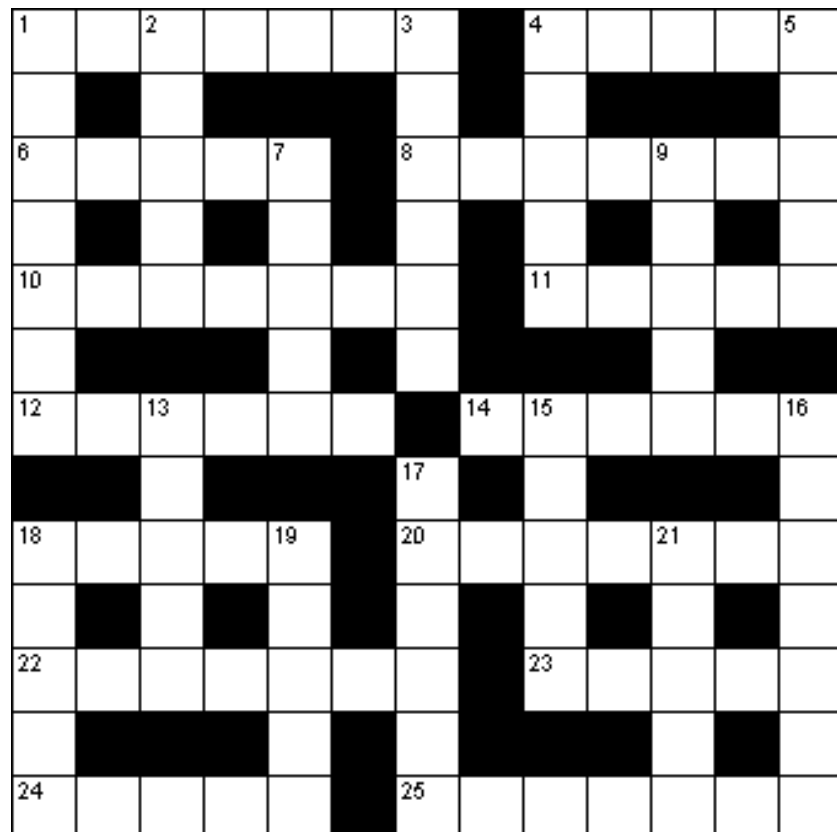
## Crossword puzzle from [www.puzzlechoice.com](http://www.puzzlechoice.com)

### Across

1. American city (3, 4)
4. Italian holiday isle (5)
6. N. African mountain range (5)
8. Capital of Kenya (7)
10. Vienna is the capital (7)
11. Japanese city (5)
12. Sea between Greece and Turkey (6)
14. Canada’s smallest province, Prince \_\_\_\_\_ Island (6)
18. Asian country (5)
20. Capital of Cyprus (7)
22. One of the Balearic islands (7)
23. S. American mountain chain (5)
24. Colorado ski resort (5)
25. State capital of Georgia (7)

### Down

1. Horseshoe Falls in Canada, \_\_\_\_\_ Falls in the US (7)
2. UK country (5)
3. Topeka is the state capital (6)
4. Capital of Egypt (5)
5. Spanish holiday isle (5)
7. Damascus is the capital (5)
9. Nebraskan city (5)
13. African country (5)
15. Capital of Bangladesh (5)
16. Saltwater lake between Israel and Jordan (4, 3)
17. Capital of Turkey (6)
18. Florida city (5)
19. Italian city (5)
21. Khartoum is the capital (5)



## Spend a day with us at the coast!

Join us **Thursday, Aug. 13**, for a day trip to the Oregon Coast. We will do some shopping and have lunch on the historic bayfront at Newport.

## End the summer with a sizzle!

Mark your calendar for our **End of Summer Barbecue on Sept. 1**, from 5 to 7 p.m. All independent and assisted-living residents, and their families, are invited to our country-themed evening of grilled food and fun. Don't miss it!

## Nurse notes Written by Sarah Redfern, RN, WCC

Summer is in full swing and everyone is barbecuing, picnicking and going to potlucks. This is all very fun, but remember to take precautions with food that's left out in the heat of the day.

Food poisoning can happen any time of the year, but a summer day with high temperatures and people eating outside is the perfect environment for it. To avoid food poisoning, make sure you wash all fresh produce, keep perishable foods cold (refrigerate or ice in a cooler), and don't cross-contaminate uncooked foods with raw meats.

Symptoms of food borne illness usually start within 24 to 48 hours and last no longer than

two days. The symptoms are usually similar to the flu and can include muscle weakness, stomach cramps, diarrhea and vomiting, and sometimes bloody stools. The elderly and very young are more susceptible to food borne illness and can be affected more severely, so they should contact their primary care provider earlier to avoid severe illness.

To treat a food borne illness, stay hydrated, avoid caffeinated and dairy products, drink clear liquids only to start, and then resume normal diet as soon as possible. Don't take an anti-diarrheal medication, because your body is trying to rid its self of toxins

and you don't want to trap the organism in your digestive system.

Prevention is the best treatment, so have fun at your outing and keep your food safe!

### Happy birthday

#### Residents

Susie Daniels	Mon. 10
Leona Achilles	Fri. 14
Mercedes Lundquist	Sun. 23

#### Staff

Sandy Riggle	Sat. 29
Myrlene Colley	Sun. 30

## Crossword answers

### Across

1. New York 4. Capri 6. Atlas  
8. Nairobi 10. Austria 11. Osaka  
12. Aegean 14. Edward 18. Tibet  
20. Nicosia 22. Menorca  
23. Andes 24. Aspen 25. Atlanta

### Down

1. Niagra 2. Wales 3. Kansas  
4. Cairo 5. Ibriza 7. Syria  
9. Omaha 13. Gabon 15. Dacca  
16. Dead sea 17. Ankara  
18. Tampa 19. Turin 21. Sudan

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

**Psalm 95:7**

### *Eva continued from cover*

Eva taught home economics at Sweet Home High School for 25 years, retiring in 1978. John passed away in 1958 from a heart attack.

She has done volunteer work with 4-H, the Extension Service, and St. Francis Episcopal Church in Sweet Home. Her hobbies include calligraphy, making greeting cards, sewing, cooking, canning and needlework, as well as playing piano and marimba dancing. She is also a past recipient of the Sweet Home Chamber of Commerce’s Distinguished Citizen Award.

While doing a calligraphy class, Eva suggested they make greeting cards and give the money to Sweet Home Emergency Ministries (SHEM). The class took her up on it and raised more than \$10,000 for SHEM.

Eva moved into an independent cottage at Wiley Creek seven years ago. She started Eva’s Neighborly Neighbors, where Wiley Creek neighbors get together once a month to play games and share stories. She has continued this activity since moving into the lodge.

She is a pleasant lady with many wonderful talents. Stop by and spend some time with Eva!

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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.*

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 **Samaritan**  
Wiley Creek Community

5050 Mountain Fir Street  
Sweet Home, OR 97386

*Return Service Requested*

