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Wiley Creek Ripple

A publication for the
friends and families of
Wiley Creek Community

Meet Theresa Withrow

Please help us wish happy birthday to Theresa Withrow, who joined us last spring at Wiley Creek Community! We have enjoyed seeing her at our activities.

Theresa was born Dec. 16, 1923, in Bellview, Ore., near Ashland, to Leonard and Nancy Parks. She was the seventh of eight children, including three brothers and four sisters.

Her family lived in Ashland until Theresa was 12, when the family moved to Lakeview where her father built a sawmill. Her favorite activities were playing the piano, singing, roller skating and ice skating. She also went to many dances during her teenage years.

Theresa met Forest Withrow through their older brothers. They were married in 1941 and had three children: Nancy Elizabeth (Betsy), Forest Thomas (Tommy) and Charles York (Brodie).

Forest served overseas during World War II and Theresa worked at a box factory. She later returned



Theresa enjoys helping others and making new residents feel welcome at Wiley Creek.

to her parents' home in Lakeview. In 1945, the family moved to Red Bluff, where her father built another sawmill.

When Betsy gave birth to her first child in Redding, Calif., Theresa moved there to help and worked for Montgomery Ward as a salesperson. She later worked as a bartender, hotel desk clerk, phone operator and then a caregiver. She really enjoyed being a caregiver, helping people in need, taking care of them, giving to others.

After getting married and having her children, Theresa returned to school and graduated from college at age 60 with honors. Today, she has seven grandchildren and several great-grandchildren.

Betsy died at 55 from cancer. Today, Brodie lives in Red Bluff, Calif., and Tommy lives in Sweet Home.

Theresa moved to Sweet Home this year to be near her son Tommy. She enjoys Wiley Creek, saying

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December events and outings

Yvonne Eye Care	Tue. 1
Singing Christmas Tree in Sweet Home	Sat. 5
Stan Lasley plays piano	Mon. 7
Piano with Ray Hendricks	Tue. 8
Christmas Storybook Land in Albany	Fri. 11
Blue Light Special perform	Sat. 19
Ellis Sabin on the accordion	Tue. 22

In Memoriam

Blake Enos passed away recently. Please join us in offering our condolences to his family and loved ones.

*I sit in my chair and watch
the sky.*

*It makes me wish that
I could fly.*

*When the wind starts to whip,
I feel I'm on a great big ship.*

*The sky is blue or
sometimes grey.*

I don't want it to go away.

– Theresa Withrow

Crossword puzzle from www.puzzlechoice.com

Across

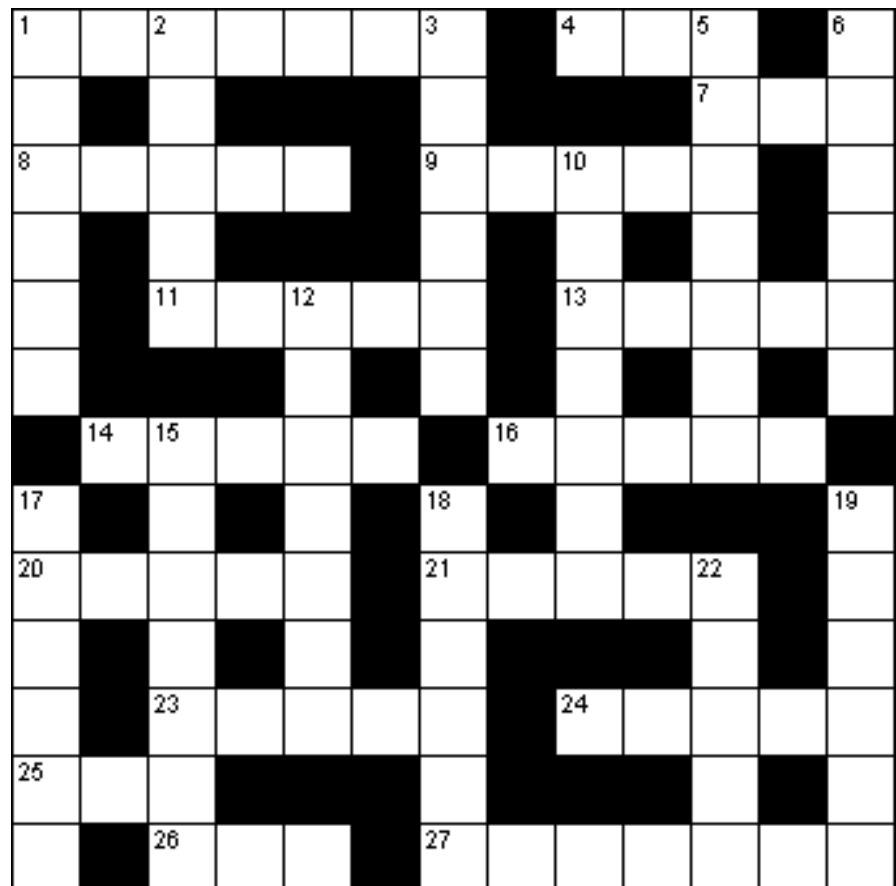
- Vegetable (7)
- Distilled from fermented molasses (3)
- Alcoholic beverage (3)
- Soft part of a fruit (5)
- Luke warm (5)
- Type of syrup (5)
- High quality beef (5)
- Russian pancake (5)
- Type of rice (5)
- Shaped and dried dough (5)
- Cooking juices (5)
- Type of tea (5)
- Joint of cooked meat (5)
- Drink made with juniper berries (3)

- Fowl food product (3)

- Edible jelly (7)

Down

- Beverage made from beans (6)
- Edible fish (5)
- Main course (6)
- Fortified wine (7)
- Obtained from the capsicum plant (6)
- Mild powdered seasoning (7)
- Flapjack (7)
- Baked layers of pasta (7)
- Type of cake (6)
- Fruit punch (6)
- Meat from sheep (6)
- Used to raise dough (5)



Christmas trees and stories come alive!

December will be an exciting month as we visit holiday celebrations around the region! Join us on Saturday, Dec. 5, when we go to the Singing Christmas Tree of Sweet Home performance, and on Friday, Dec. 11, as we visit Christmas Storybook Land at the Linn County Fair & Expo Center in Albany.

For more information, check with Annette in Activities.

THERESA continued from cover.

it's a lovely place with good food, nice landscaping for outdoor walks and enjoying nature. She enjoys the cards games and entertainment also.

She is always interested in anything going on. She is always positive, and she is especially helpful in making new people feel welcome.

Theresa has written a few poems since moving to Wiley Creek. Check them out on pages 2 and 4 of this issue of the Ripple!

Nursing notes Written by Sarah Redfern, RN, WCC

Osteoporosis

I don't know how many times I hear someone say, "I don't want to fall and break my hip." That is a great fear of many senior citizens.

Fifty percent of Americans have broken a bone in their lifetime, and the risk for fractures increases as we age. Due to other health issues, medications, decrease in vision and mobility, many seniors have increased risk from falls and fractures.

Bone density decreases as we age, and 30 to 40 percent of seniors have some level of osteoporosis. There are ways, however, to prevent falls and fractures.

Diet and lifestyle can affect bone density. You can strengthen your bones with a diet high in calcium and vitamin D. On the other hand, tobacco, caffeine and alcohol can weaken bones.

Weight bearing exercises and activities help strengthen bones as well. There are also medications you can take to increase or decrease bone density.

So if you have a fear of falling and breaking a bone, eat a healthy diet high in calcium and vitamin D. Go out for a walk at least three times a week or stand as you are able, don't smoke and limit alcohol and caffeine. Next time you visit your health care provider, discuss getting your bone density checked and if you should be taking any supplements or medications.

Crossword answers

Across

1. Cabbage 4. Rum 7. Ale 8. Flesh
9. Tepid 11. Maple 13. Prime
14. Blini 16. Pilau 20. Pasta
21. Gravy 23. Green 24. Roast
25. Gin 26. Egg 27. Gelatin

Down

1. Coffee 2. Bream 3. Entree
5. Madeira 6. Pepper 10. Paprika
12. Pancake 15. Lasagne
17. Sponge 18. Egg nog
19. Mutton 22. Yeast

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

Psalm 95:7

Poetry by Theresa Withrow

Let there be no sad song for me.

I'm gonna go where I want to be.

*My soul will take wing, and I'll
even hear the angels sing.*

*Yes, I'm gonna go where I want
to be.*

I'll sit in a garden so wondrous fair.

*I'll even see all my loved ones
there.*

*So please don't be sad, cause
don't you see.*

I'm finally here where I wanna be.

*The doves wings are silver,
oh my how they gleam.*

*In the light of day I see a
moon beam.*

*So please don't sigh, no sad
songs for me.*

I'm finally here where I wanna be.

Happy birthday

Residents

Martiel Jeppsen Sat. 12

Calvin Turner Sat. 12

Independents

Marjorie Hutchins Tue. 15

Staff

Ann Staten Wed. 2

Amanda Swisher Tue. 22

Cheryl Morse Wed. 24



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

