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# Wiley Creek Ripple

A publication for the  
friends and families of  
Wiley Creek Community

## Meet Thomas McCarthy

Please join us in welcoming Thomas McCarthy to Wiley Creek Community! Tom joined us last summer, and he has become the 'father of the neighborhood.'

Tom was born May 18, 1937 to Thomas and Vera McCarthy in Oklahoma City, Okla. He is the oldest of three kids with a younger brother, Ronald and a younger sister, Sharon.

His parents moved to Southern California when he was a baby, but Tom and Ron moved back to Oklahoma when he was seven. They lived with their grandparents on a 380-acre farm, which they helped their grandparents keep up.

Tom loved his childhood working on the farm, and doing regular-boy activities in his spare time. He attended Indian school until he was 14, and then went to live with his dad in Indiana before returning to Oklahoma. When he was 15, Tom moved back to Southern California to live with his mom.

When he was 23, Tom met his future wife, Caroline, through mutual friends. They were married in 1958 and had four children: Marcella, who lives locally, Thomas Jr. and Richard (Richey), who live in California, and David, who is deceased.

Tom has had a variety of jobs, from working at a chrome plating shop to long-haul truck driving to operating heavy equipment. He went to dental school and graduated in 1988 as a dental laboratory technician, after which he worked for a large dental lab, doing the entire process of manufacturing dentures. He enjoyed this work, which was much different than his other occupations.



*THOMAS continues on page 3.*

## January events and outings

Wild Roses perform	Mon. 4
Yvonne Eye Care	Tue. 5
Praise and worship with Frances & Betty	Sun. 10
Piano with Ray Hendricks	Tue. 12
Blue Light Special perform	Sat. 16
Spirit Mountain outing	Mon. 18
Worship in song with Donna & Evelyn	Sun. 24
Ellis Sabin plays the accordion	Tue. 26

### Get your heart checked

Make sure your heart is in good shape as you start 2010! There will be a free screening at Samaritan Lebanon Community Hospital on Saturday, Feb. 6. Call 451-7161 for information.

*"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better person."*

— Benjamin Franklin

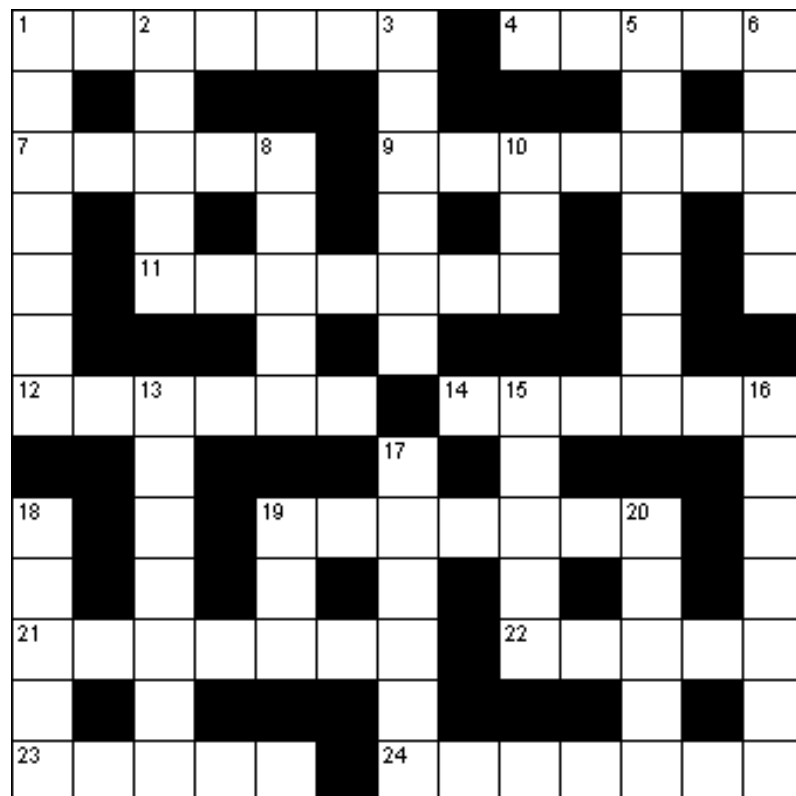
# Crossword puzzle from www.puzzlechoice.com

## Across

- Capital of Lithuania (7)
- Islands, St Kitts and \_\_\_ (5)
- Capital of Morocco (5)
- Texas city (7)
- Canadian province (7)
- South Pacific island (6)
- City on the French Riviera; site of an annual film festival (6)
- Atlanta is the state capital (7)
- City on Lake Eire (7)
- The longest French river (5)
- City on the Nile (5)
- City in north-west Africa and ancient Mediterranean port (7)

## Down

- A state in New England (7)
- Tripoli is the capital (5)
- The world's largest desert (6)
- Independent state within Rome, \_\_\_ City (7)
- Egyptian desert (5)
- Asian country in the Himalayas (5)
- Country, initially (3)
- Capital of Nova Scotia (7)
- The world's highest waterfall, \_\_\_ Falls (5)
- Popular beach on Australia's Gold Coast, \_\_\_ Paradise (7)
- Capital of Colombia (6)
- Capital of Afghanistan (5)
- State of southwestern India (3)
- Northern Territory town in central Australia, \_\_\_ Springs (5)



## Join us for a trip to Spirit Mountain Casino!

Join us on **Monday, Jan. 18**, as we take a trip to Spirit Mountain Casino in Grand Ronde! We will leave at 9:45 a.m. and plan on returning at 4 p.m. While there, we will enjoy the massive buffet at the casino, and we'll amuse ourselves by watching people play the machines. Bring a few quarters if you want to play the machines yourselves!

*THOMAS continued from cover.*

Tom has eight grandchildren and four great grandchildren. Caroline has since passed away.

He moved to Oregon after his mom's passing in 2007, and he enjoys the scenery here, with the forests and fresh air.

Tom is a great addition to Wiley Creek; the staff and residents enjoy his company. He enjoys taking his scooter out along the paths for fresh air or watching the trucks along the highway. We appreciate the help he gives the residents!

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

### Chicken soup, good for more than just a cold

The cold weather is here and many of us are getting sick.

Everyone has heard of eating chicken soup when you are coming down with a cold or the flu, but a recent study states it can do more than just comfort you during illness.

The collagen in chicken legs and boney parts used in soup can prevent and even reverse high blood pressure. It works similar to ACE inhibitors, which are medications used to treat high blood pressure.

The ingredients in chicken soup also have anti-inflammatory properties, which is probably why it makes you feel better when you have a cold or flu.

So with the cold and flu season in full swing, stock your cupboards with chicken soup. A better idea still is to make it yourself and eat it year-round.

## Happy birthday

### Residents

Eunice Lawrence	Fri. 15
Lorene Baldinger	Thur. 21
Martha Rogers	Mon. 25
Diana Yochelson	Tue. 26

### Independents

Molly Mosby	Fri. 1
Robert Mosby	Fri. 8
Dorothy Potter	Tue. 26
Virginia Murray	Sun. 31

### Staff

Patty Nave	Thur. 7
Raenel Jackson	Mon. 11
Mick Canfield	Fri. 15

## Crossword answers

### Across

1. Vilnius 4. Nevis 7. Rabat  
9. Houston 11. Alberta  
12. Tahiti 14. Cannes  
19. Georgia 21. Buffalo  
22. Loire 23. Luxor 24. Angliers

### Down

1. Vermont 2. Libya 3. Sahara  
5. Vatican 6. Sinai 8. Tibet  
10. U.S.A. 13. Halifax 15. Angel  
16. Surfers 17. Bogota 18. Kabul  
19. Goa 20. Alice

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

Psalm 95:7

# A message from the manager

Happy New Year All,

I hope everyone had wonderful and memorable holidays. I know here at Wiley Creek we started our holiday season off on a great note: A deficiency-free state survey! The state surveyors were here in November to review all aspects of care that we provide. They look at technical issues such as documentation, hiring practices and in-service records, as well as actual patient care. They also take into account resident and family satisfaction. Thanks to the wonderful staff and residents here, we were told we are doing it right. That’s how I feel everyday at Wiley Creek but it is very nice to hear it from the “powers that be” too. I know we have dedicated, caring people on our staff, but I want to take this opportunity to thank you for the wonderful support you give back to us at Wiley Creek.

Here’s to another great year for all of us.

Jody Burton, Administrator

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

*Return Service Requested*

5050 Mountain Fir Street  
Sweet Home, OR 97386

**Wiley Creek Community**  
**Samaritan** 