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Wiley Creek Ripple

A publication for the
friends and families of
Wiley Creek Community

Meet Fern Elizabeth Wernicke



Fern is an active bowler and pinochle player, and enjoys following high school sports.

Join us in saying hello to Fern Elizabeth Wernicke, who moved to Wiley Creek Community earlier this summer! If you're looking for someone to play game of pinochle with, Fern is your gal.

Fern was born April 14, 1923 in Carrington, N.D. Her father, Matthew, worked at the general store in Bordulac, N.D., where she grew up. Her mother, Helene, took care of the home.

She was the second of three sisters, and they had an active childhood. The girls built snow houses and played outside in the winter, even when it was 45 degrees below zero. They spent summers playing sports and working in the large family garden.

Her family spent many evenings together, knitting and crocheting, singing and playing the piano, especially during the frigid winters.

After high school, Fern went to beauty college. She followed her sisters to Long Beach, Calif., where she worked as a beautician for six years, followed by 15 years at Bank of America.

She met Harold (Hal) Wernicke in 1956 through a work friend, and they were married two years later.

Hal worked for Carrier Corporation. He and Fern had twins, Dale and Carol, whom they raised in Ontario, Calif., and Fern took care of the house. But after Dale and Carol graduated from junior high school, Hal retired and the family decided to move to Oregon.

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Sept. events and outings

Wild Roses perform	Mon. 6
Yvonne Eye Care visits	Tue. 7
Don Loux to sing	Tue. 7
Oregon Garden trip with lunch	Mon. 13
Blue Light Special perform	Mon. 20
Ellis Sabin plays the accordion with birthday party	Tue. 28

A day in the Garden

Sign up now for our Sept. 13 outing to the beautiful Oregon Garden in Silverton. This is one of the best times of the year to visit the Garden, with its final stages of color and texture of summer in its 20 gardens. A tram will provide transportation around the 80-acre grounds free of charge with paid admission, which is \$9 for seniors. We will bring lunches from our kitchen to enjoy at their picnic grounds. There is also a snack bar and gift shop. We will load the bus at 9:45 a.m.

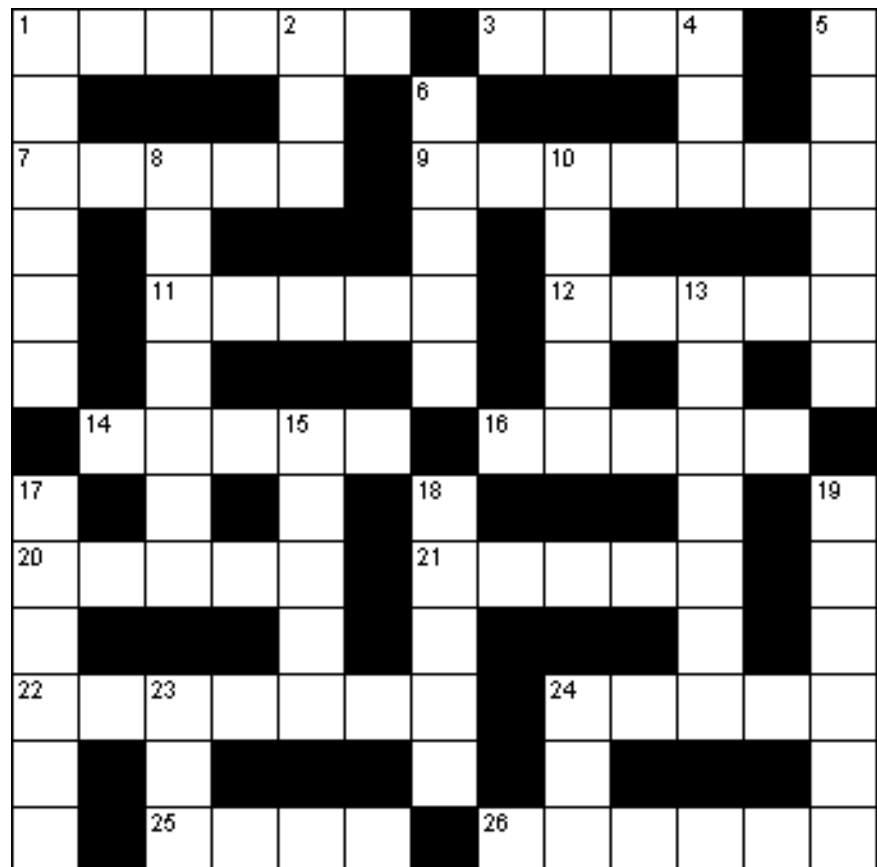
Crossword puzzle from www.puzzlechoice.com

Across

- Long-tailed primate (6)
- Crustacean (4)
- Large wading bird (5)
- Burrowing rodent (7)
- Large ungulate with fleshy snout (5)
- Could be a Bactrian or dromedary (5)
- Large Asian feline (5)
- Short-legged omnivorous animals (5)
- Plant pest (5)
- Young nocturnal bird of prey (5)
- Large American butterfly (7)
- Doglike mammal (5)
- Aquatic bird (4)
- Tropical American arboreal lizard (6)

Down

- Shellfish (6)
- Moose (3)
- Nocturnal mammal (3)
- Aquatic or land reptile (6)
- Carnivorous fish (5)
- Large flightless bird (7)
- Parrot (5)
- Sirenian mammal (7)
- Type of duck (5)
- Large food and game fish (6)
- Lepidopterons (5)
- African antelope (6)
- Old horse (3)
- Pig (3)



Are you enjoying the Wiley Creek produce?

Here's a note from our great nutrition staff: "Hi, Wiley Creek residents! I thought you would like to know that our garden is doing great! We are using our lettuce, cucumbers and zucchinis in our meals right now. Hope everyone is enjoying our Wiley Creek harvest!"

Employee of the month

Roxy Paddock: Keep 'em laughing. . .

If you've found yourself laughing more at Wiley Creek in this past year, chances are it's because Roxy Paddock is making you laugh. Roxy has been working as a resident aide at Wiley Creek for a year now, and her great nature and sense of humor have earned her Employee of the Month! Make sure you congratulate Roxy the next time you see her.

Nursing notes Written by Sarah Redfern, RN, WCC

Urinary incontinence

I often hear people say, "I can't drink anything after dinner or I will be up all night going to the bathroom." But this is a faulty idea.

A healthy bladder is a well-hydrated one. By cutting back on fluids, the urine becomes more concentrated, irritating the bladder. This lays the groundwork for bladder infections.

In addition, the muscles that keep the urine in the bladder can get dehydrated and not be able to close down as well if you don't take in adequate fluids. Lack of fluids can also lead to constipation, which can place pressure on the bladder and cause frequent voiding.

So even though it may seem backwards, have a big glass of water before you go to bed. It may take a week or so, but you could find yourself in the bathroom less at night and in bed getting some much-needed sleep.

Happy birthday

Residents

Ann Massey Sat. 18

Staff

Susan Bullock Mon. 13

Roxy Paddock Fri. 24

Sandy Riggle Wed. 29

Birthday celebrations

We celebrated two amazing birthdays with parties in August: Susie Daniels turned 100 and Genevieve Rice turned 99. These gals are truly amazing.

Crossword answers

Across

1. Monkey 3. Crab 7. Stork
9. Hamster 11. Tapir 12. Camel
14. Tiger 16. Swine 20. Aphid
21. Owlet 22. Monarch 24. Hyena
25. Gull 26. Iguana

Down

1. Mussel 2. Elk 4. Bat 5. Turtle
6. Shark 8. Ostrich 10. Macaw
13. Mantee 15. Eider 17. Salmon
18. Moths 19. Impala 23. Nag
24. Hog

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

Psalm 95:7

FERN continued from cover.

After touring the state for two weeks in a travel trailer, Fern and Hal chose Sweet Home. They purchased an 11-acre parcel along Wiley Creek outside town, hand-cleared it, and enjoyed their home and garden for 20 years.

Fern loves flowers, especially rhododendrons. She enjoyed growing a big garden, canning, knitting, crocheting, embroidering and quilting, and being outdoors. She and Hal were involved in a rock club, AARP and the Sweet Home Senior Center.

They also enjoyed camping with their trailer all over Oregon, venturing to a new spot each weekend. Hal enjoyed fishing; Fern would keep him company and knit.

Hal and Fern moved into Sweet Home due to his health issues. He passed away in 1994, and Fern continued living in Sweet Home for several years on her own. She also traveled with a friend.

She's most proud of clearing three acres of her Wiley Creek property by hand, and preparing wood for the woodstove. In her later years, Fern has been very active with bowling and pinochle. She enjoys following most of the high school basketball, baseball and track events, and she likes to do crosswords and puzzles.

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

Sweet Home, OR 97386
5050 Mountain Fir Street

Wiley Creek Community
Samaritan 