

Sea View Senior Living Community
 98059 Gerlach Lane
 Brookings, OR 97415



Sea View Gazette

February 2011

Be My Valentine

February is here and love is in the air, but did you know that, besides Valentine's Day, there are about thirty holidays which are celebrated this month? Some of these holidays are quite unique, and others are just plain bizarre, but you will surely find at least one holiday that appeals to you to celebrate.



How about **LAME DUCK DAY** (for a person who is in a position where he will soon be "shown the door") or **WAVE ALL YOUR FINGERS AT YOUR NEIGHBOR DAY** (the intent of this one is to be friendly and create better relations with your neighbors). Then there is **DO A GROUCH A FAVOR DAY** (make the world a better place and cheer someone up), **NATIONAL CHOCOLATE MINT DAY** (celebrating anything and

everything that is chocolate mint flavored), **BE HUMBLE DAY** (know some people who could use this one?), **INTERNATIONAL DOG BISCUIT APPRECIATION DAY** (be sure and tell your dog), **NO BRAINER DAY** (this day is for me!), **PUBLIC SLEEPING DAY** (your day to sleep in public) and **HOODIE HOO DAY** (on this winter day, people go out at noon, wave their hands over their heads and chant "Hoodie-Hoo"). There is **INTERNATIONAL WORLD THINKING DAY** (everyone should think at least one day out of the year!), **GET A DIFFERENT NAME DAY** (for those who are not fond of the name given to them at birth) and **TOOTHACHE DAY** (I told you some of



these are bizarre!). My favorite is **DON'T CRY OVER SPILLED MILK DAY** (a day to be optimistic, think positive, look on the bright side, and to find something good in everything that happens). I think we should celebrate this day more often.....the world would be a much better place! Check the calendar insert for all of these crazy holidays along with some of the ones you are familiar with.

Groundhog Day



Super Bowl XLV
February 6

Valentine's Day
February 14



Presidents' Day
February 21



Love is blind, but friendship closes it's eyes.





**Join Us At Sea View Senior Living
 For A Really Sweet Time!**
3:00 pm, Sunday, February 20th
**"Bring your Sweetie to
 Taste The Sweets
 & Receive A Special Treat!"**



**Please RSVP by 2/15
 Space is Limited
 541-469-4500**

We're Looking Forward To Seeing You!
www.seaviewseniorliving.com
98059 Gerlach Lane, Brookings, OR 97415

Remarkable Place! Remarkable People! Remarkable Food! Remarkable Fun! Remarkable Living! That's Sea View Senior Living!

A note from our Director Jim Fuller



With winter in full swing, we at Sea View have felt the effects. The flu bug affected not only our residents but over half the staff. A special thank you to all of our residents for your patience and understanding.

We have such a great combination of residents and staff here at Sea View and, with February here, I think we all deserve a BIG BOWL of chocolates. Well, maybe not such a good idea with the New Year resolutions, but they do taste good!!

I am looking forward to the New Year and I hope to meet many "friends" as we continue to grow and become an active part of the Brookings community.

Please - be sure to stop by and visit with me any time. My door is always open!!!

Jim

Jan's Corner

Sail Into Retirement!

Sea View Senior Living is the most unique and complete choice for seniors of all ages and requirements on the Oregon Coast including Independent Retirement Living. The Lodge at Sea View is an ideal option for active seniors who desire a carefree lifestyle!

If you think having a choice of different size suites, full kitchens, balconies, full meal options, weekly housekeeping, utilities paid, worry-free maintenance and repairs, and lots of fun activities to choose from, all packaged into one monthly rate is wonderful, THIS MIGHT BE THE LIFE FOR YOU!

Call or stop by to see why our "Remarkable Residents" say "This is just like living on a cruise ship"!!

Happy Sailing! Jan Ramelli, Community Relations Director



Meet Agnes Webb



Agnes was one of our first residents to move into Sea View back in June of 2010. She was born in Oregon and moved to Eugene, after graduating High School, where she took some

classes at the University of Oregon. From there she moved to Portland where she worked in security at Fred Meyer, as a clerk in several stores and a homemaker. She was married to Gleon Webb for close to 50 years, caring for him the last 25 years of his life as he was disabled. Agnes had one daughter, Bonnie, has two grandchildren and five great grandsons. Four of her great grandsons celebrated her 94th birthday with her this past September, bringing pizza to her apartment here at Sea View.



Agnes used to enjoy sewing, skiing, hunting and fishing but these days she sticks to playing Bingo, enjoying milkshakes and root beer floats in Sea View's own Soda Shop, visiting with pets from the local Humane Society, and joining others on our monthly trip to the Casino. Agnes moved to Sea View from another retirement facility to "try something different." She is an observant, smart woman whose motto is, "Live and let live."



Healthy Living Tips

Senior Health and Medications

One of the foremost senior health issues of the day is prescription medications. Whether the issue is money or drug interaction, every senior citizen needs to use good sense when thinking about medication.

For instance, if your physician prescribes new medications for you, always ask if he has any samples to give you. It is not wise to pay for new medications without knowing you can 'take' them and not have severe side effects. Pharmaceutical companies supply free samples to doctors just for these purposes. Even if getting renewal prescriptions for meds, ask for samples. Make sure your physician knows all of the medication you are taking, because you want to avoid any interaction reactions.



Brightcreek

Memory Care at Sea View



Brightcreek residents, Ann, Pat, Carol and Thelma, help fold laundry. Daily activities, such as life skills, exercise, games, reading, praise & worship, pet therapy, singing and guest musicians, reminiscing and trips to the Soda Shop, keep the residents busy and happy. Another activity that they love is taking short trips on the van with Bill. Every day when you walk into Brightcreek someone will come up and ask, "Is Bill taking us on the van today?" They have been on rides along the coast, to see the sea lions, to see the lights and train at Christmas time, and up river. It doesn't matter where they are headed, you will always find smiles on the van.

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Brightcreek residents also love to try on old hats, scarves, coats, shawls and jewelry. We have a "dress-up" room for our residents to enjoy and many items end up getting permanently adopted. Therefore we have a need to replenish our supply quite frequently and we have a very special lady who keeps an eye out for us and brings us treasures that she finds at thrift shops and garage sales. We would like to say a big THANK YOU to Sharon Martin for everything she has done to help our residents and our staff here at Sea View! We appreciate you!



Happy Valentine's Day!

St. Valentine's Day is an annual commemoration, held on February 14th, celebrating love and affection between intimate companions. It is traditionally a day on which lovers express their love for each other by presenting flowers, offering chocolates and sending greeting cards. It was fashionable to give Valentine's Day cards as early as the 1700's but the woman credited with "branding" Valentine's Day was Esther Howland, whose ornate cards were sold in the U.S. starting in the 1840's. Hallmark sold its first Valentine's Day card in 1913, and clever pop-ups and cut outs replaced the lace and doily creations of the past.



1887



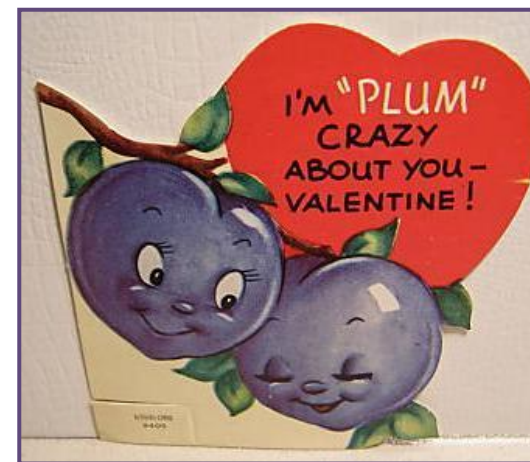
Esther Howland
1850



1920



Hallmark's
1st Valentine's Day Card



The 1950's brought cards with really bad puns and even worse poetry. And then, of course, the candy. Necco made the first batch of Sweethearts conversation hearts in 1902 and began updating the sayings in the 1990's.



1960's