



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community

February 2020

Winter Magic

There's something a bit magical about a winter's evening. Despite the cold, wintry days end with a faint tinting of splendor in the skies.

It isn't just because it's time to go in and get warm, either. There is always that. February makes us glad people invented insulation and gravy. The nights are the sweeter for knowing that we did without a significant measure of sunshine today and were still able to forego turning postal on some idiot the state blesses with a driver's license. We know the days will be getting longer now and little by little the sun will return to bless us and our homes and dogs and families.

We once again sharpen our skills by getting to know each other by sight just by the color of the parka we wear. It's winter, when the smoke from the wood fires is like incense to us, when the smell of coffee takes on that special deep-down meaning. This is when coffee smells the way it used to early in the mornings at our grandparents' house.

We don't seem to do February mornings as splendidly as we did in warmer days. There's just something about having that quilt over us for that extra ten minutes that is a delicious morsel of self-pampering to take with us throughout the days to remind us that we are truly special.

But when the sun goes down, that's when the magic happens. Off in the west, the sky sends its burnt orange sky to us. To get the full effect, we need to stand so that a deciduous tree is between us and the sky. And then, there it is, the jewel of a winter day.

With the bare-branched tree against the last fall of light, we see the branches give us a filigree of Spanish lace against a magical sky. For a moment – one bare moment – we are back in our memories to paintings of pirate ships on the sea, to blue and white plates our grandmothers had from Japan, to some beautiful snippets of our past.

It is our daily pay for tolerating the cold.

Meet Our New Staff

Courtney J., Activities Director

Courtney's Scandinavian American family has lived in southern Oregon for five generations. Family members worked in the woods and on fishing boats. Courtney is the mother of two children, Dr. Olav Jaren, head of Neurology at Overlake Medical Center and Allison Barry, an executive recruiter who lives in Victoria, BC, with Courtney's beloved grandson, Alby.

Courtney worked in senior services at non-profit organizations and the government for over ten years. She previously served on the Washington State Governor's Council on Aging. She is trained in counseling psychology, humanities and law. In her former life, she was a teacher and academic administrator. She also managed an historic seaside resort hotel for three years. Courtney studied piano and promises to play for us, bringing us more joy.



Andrew W., Driver

I was born and raised in Eugene. I went to a small college in Bend, OR, to study forestry but got distracted by snowboarding! Sports of almost any kind are of interest to me, whether I'm watching or playing. I love to travel and spent three months this last summer traveling all over Europe. We visited 11 countries and especially enjoyed Spain and Greece. My travels have inspired my cooking -- I love creating all sorts of different dishes, from Mediterranean to Italian to you name it. A new puppy will be joining me soon -- a purebred English bulldog, named Broadus. I can't wait to welcome him to his new home.



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Meet your NEIGHBOR



Dick A.

Richard (Dick) A. was born in 1931 in Mankato, Minnesota, the younger of two boys. His father was a professor at Gustavus Adolphus College (GAC), a Swedish Lutheran college. When he was seven, Dick's mother passed away from tuberculosis. In memory, his mother's death wasn't especially traumatic because she'd already been away from home for at least a year in a tuberculosis sanitarium. Although memories of her are few, he remembers enough to know that she was a good mother. The year following his mother's death, his father remarried. He remembers an idyllic childhood with friends and freedom to wander around town.

In early adolescence, he was so impressed with the family doctor that it gave him the idea to pursue medicine as a career. In high school, he had friends but some were resentful of his dad's position at the college. He played basketball because he was the second tallest in his class but he wasn't necessarily great at sports. Science and math were not his strong suits either. But he went to college at GAC, aided by the reduced tuition for family of faculty. He may not have

been an outstanding student but he worked hard and mastered the art of taking exams. After three years at GAC, he attended the University of Minnesota for medical school, entry made easier by the lack of women at that time. During med school, he worked at a small Baptist hospital for room and board. He left medical school with no debt.

In 1952, during med school, Dick was introduced to his future wife, Joyce, by his stepmother, a strong-willed, first generation Swedish woman who was also a professor (theater) at GAC. His stepmother was smart, opinionated, and if she told him to do something, he did it. She got to worrying while he was at medical school that he would meet some non-Swedish girl, so she hatched a plan. When he came home to visit, he went to see his mother at the college, and Joyce, who was starring in *The Importance of Being Earnest*, was brought downstairs and introduced to him. He was attracted to Joyce but she was living in a dorm of one hundred other women with one phone so Dick had to write a letter to ask for a second date. She wrote back a yes. After a couple of years, and since his own mother obviously approved, Dick wrote Joyce a letter asking for her hand in marriage. She wrote back that she wasn't so sure and went home to confer with her own strong-willed, opinionated, Swedish mother who said, "Okay, I'll make out the invitations." Did Joyce write back with a resounding yes? Nope. She wrote "I guess I'll accept the ring." After sixty-one years of marriage, Dick wishes that he'd kept that letter.

Dick did his residency in internal medicine in Minneapolis. He and Joyce got married during this time. His wife taught chemistry and math at a high school there. At the completion of his residency, not

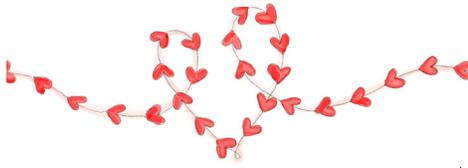
yet having children, they decided to take a trip to Europe. They spent two months in England, Scandinavia, and Germany. One notable memory, though sad, was landing in Berlin just after the wall had gone up. They enjoyed their trip but have never returned to Europe. Once home, they realized they were being suffocated by their families, so they decided that it was time to get out of Minnesota. They lived in Spokane for a year, followed by Portland for a year and then they kind of fell into Eugene. They never really planned on landing permanently in Eugene but they moved here in 1963. Their first son was born in Portland. Sadly, he died this past Christmas from cancer. Dick has another son (with twin daughters—the only grandchildren on both sides) and a daughter who both live in Portland.

Early on, Dick enjoyed his medical practice but in the later years as medicine became more corporate, malpractice insurance became an expensive necessity, and patient care required such a rapid pace, the joy of medicine faded. He retired from medicine 24 years ago. As retirees do, he and Joyce traveled, had fun, enjoyed their freedom, and enjoyed life.

The first signs of Joyce's Alzheimer's came about 15 years ago. Only in the past few years did things grow increasingly difficult. Last summer, Dick moved his wife into a memory facility, sold their home, gave up driving, and moved into the Eugene Hotel. He left one life and came to another. The transition did cause some depression. But he has friends and a support group. "Even the staff here is upbeat and caring," he says. And with his tablemates and other residents, he's beginning to accept and settle into his new life. As he

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Activities & Special Events



Creative Writing with Sallie Saturday, February 1 at 11 a.m. – Resident Kitchen

A group devoted to creative writing will meet on Saturday in the resident kitchen. Led by Sallie, a former hotel receptionist, we will explore a variety of storytelling styles and writing craft techniques. Subject matter is flexible, whether you prefer to write about events from your own life or from your imagination. All are welcome to attend. Come prepared for fun writing activities and imaginative word play. (See back page.)

54th Super Bowl Game and Halftime Tailgate Party Sunday February 2 at 3:30 p.m. – Lounge

Gather in the lounge to watch the big game taking place in Miami this year. During halftime, snacks, hot dogs, beer and soda will be provided. Bring quarters to place your bets. This promises to be a high-energy experience you won't want to miss.

Monthly Preview Monday, February 3 at 2 p.m. – Lounge

Come to the lounge and hear about our new programs and special events scheduled for the month of February.

Make a Joyful Noise with the Eugene Hotel Singers Every Monday at 3 p.m. – Lounge

Come and sing along with your friends and neighbors. Bring a favorite song or just come to enjoy the fun! Music is a universal language – it makes our hearts sing!

Ballroom Dancing with Gwen Tuesday, February 4 at 2 p.m. – Lounge

Our resident dancer will teach you the art of ballroom dancing. No experience necessary. For those who don't know, Gwen's artistic imagination was ignited by a high-school modern dance teacher who would frequently travel to New York City and return extolling the brilliance of the dance performances she attended. This inspired Gwen to become a dancer. She helped develop a television series in music for primary school kids. After a year, a job materialized with the 4J School District that combined her passions of dance and education. In 1986, Gwen was chosen as a Fellow in Dance at the Kennedy Center for the Performing Arts. She's also the dance reviewer for the *The Register-Guard*.

Tea and Poetry Wednesday, February 5 at 2 p.m. – Lounge

If you enjoy listening to poetry or writing it, we hope you'll join us for an hour of delightful verse, tea and light snacks. Participants are welcome to bring a favorite poem or one they have written.

Sandwich Making at First Christian Church Every Thursday at 10 a.m.

Come and volunteer at First Christian Church to make sandwiches in their soup kitchen for the homeless community. Space is limited to three people each trip. Sign-up sheet will be available. It's FUN!

Needle Arts Group First and Third Thursday at 2 p.m. – Lounge

Needle artists unite! Meet in the lounge to work on your project as you visit with other needlework artisans – crochet, knit, quilt, whatever your fancy.

The 92nd Annual Academy Awards Sunday, February 9 at 5 p.m. – Lounge

Ladies and gentlemen, it's that time of year again to don your finest gowns and tuxedos for your walk down the red carpet in the lounge. The 92nd Academy Awards ceremony, which honors the best films of 2019, will be held on February 9 live from the Dolby Theater in Hollywood. Fill out your ballot to see if your favorites take home the coveted Oscar. Champagne and appetizers will make this an especially fun and festive evening.

Chair Massage First and Third Mondays from 12-2 p.m. – Private Dining Room

Licensed massage therapist Lawrence Roper will provide therapeutic neck, shoulder and back massage. You will remain fully clothed while sitting in the special massage chair enjoying the relaxing benefits. The cost is \$10 for 10 minutes. Sign up in the sign-up book; space is limited. Additional time can be arranged for an extra charge.

Bridge Mondays from 1-3 p.m. – Billiard Room

Come to the billiard room and enjoy a friendly game of bridge.

Insomnia Workshop with Deanna English Tuesday, February 11 at 1:30 p.m. –Lounge

Insomnia: The inability to fall

asleep or stay asleep, a prolonged and abnormal inability to get enough sleep. This one-hour class will explore simple ways to begin to address the issue of insomnia. Deanna will discuss lifestyle choices, routines, food, breathing, sleep habits, timing, and possible medical contributors. She will give you a handout of the simplest things you might consider as contributing to sleeplessness, with self-care techniques, as well as habits that could possibly be helpful when committed to and utilized over time.

Women's Group

Wednesday, February 12 at 10:30 a.m. – Library

Join us for a casual roundtable discussion. All are invited to talk about a variety of topics designed to get to know one another better. This month's topic is Gratitude: what are we thankful for?

VALENTINE'S DAY FESTIVITIES

Friday February 14



1:00 p.m. The celebration begins in the Lobby with a piano and violin duet.

1:30 p.m. Valentine's Day Party in the Lounge

The lounge will be full of love during our Valentine's Day Party. We are happy to welcome back the wonderful musical trio *Three of Hearts*. There will be refreshments and "love potion."

4:30-6 p.m. Valentine's Dinner and Music in the Dining Room

Back by popular demand, the barber shop quartet, Social Insecurities, will join us during dinner. Enjoy a delicious dinner and listen to songs you will remember and love.



President's Day

Your Favorite President

Monday, February 17 at 1:30 p.m. in the Lounge

Come share a short story or memory about your favorite president!

National Drink Wine Day

Tuesday, February 18 from 4-4:45 p.m. in the Lobby

Celebrate good wine! Chardonnay, Pinot Noir, Merlot, Cabernet, Pinot Grigio – wines from Oregon, Spain, South American and Australia – sample them all!

Line Dancing with Gwen

Tuesday, February 18 at 2 p.m. in the Lounge

Let's have fun by learning how to line dance with our resident dance instructor, Gwen Curran.

Out to Lunch Bunch:

Olive Garden

Wednesday, February 19 at 11:30 a.m.

Come prepared to enjoy a wide array of pastas and other Italian-American dishes, plus endless salad and breadsticks.

Fika

Wednesday, February 19 at 2:30 p.m. in the Lounge

Fika (pronounced "feekah") is a Swedish noun and verb that translates into "take a coffee break," usually accompanied by something to eat. But fika isn't just a coffee break, it's a moment to slow down and appreciate the good things in life, to umgas, or hang out together. In Sweden, fika is code for "heart to heart." While most Americans take their coffee to go, fika is an important daily ritual for Scandinavians who like to engage in lively conversations with family, friends and colleagues. Come join us for a tiny taste of Swedish Lagom!

Breakfast Brigade – Cornucopia at 17th & Lincoln

Friday, February 21 at 8:30 a.m.

It's Cornucopia for breakfast this month. The menu offers biscuits and gravy, Huevos Rancheros, Hawaiian Loco Moco (Wowee) and the basic breakfast fare.

Mardi Gras Beading with Larena & Willie

Friday, February 21 at 2:30 p.m. – Lounge

Join the beading sisters and learn how to make special Mardi Gras earrings, bracelets and necklaces for the big event! All beads, wire and clasps are provided along with instructions and assistance.

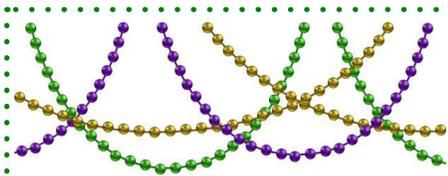
Classical Guitar with

Jake Andresen

Saturday, February 22 at 4 p.m. – Lobby

Join us for an hour of classical guitar in the lobby. An informal and relaxed recital featuring pieces originating in the Renaissance, Baroque, and Romantic periods of music. These lively pieces have been adapted to the guitar and include notable composers from the eras such as J.S. Bach and Domenico Scarlatti.





MARDI GRAS CELEBRATION

Tuesday, February 25

9 a.m. Fat Tuesday Breakfast

This is a day full of fun events that kicks off in the dining room with a delicious pancake, fruit and New Orleans French Toast breakfast. Special music will be provided by Paul Biondi and Gus Russell.

11 a.m. Mask and Hat Decorating

Resident Kitchen

2 p.m. New Orleans-style Music

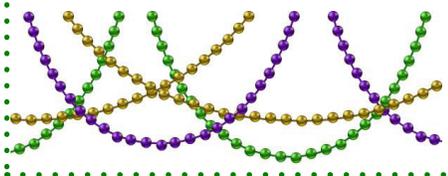
By the Skip Jones Trio in the Lounge

4:30-6:00 p.m. New Orleans

Theme Dinner

Dining Room

Get in the spirit and wear a costume! Mardi Gras colors are green, purple and gold.



Men's Group

Wednesday, February 26 at 10:30 a.m. –Library

Please join us for conversations based on the topic: Do I know you? What is sensitivity and how do we sensitively approach and address others who are not “like me”? In an age of thin skin, what is a respectful attitude to maintain toward others?

Art Dolls - Presentation by Arvilla B.

Thursday, February 27 at 2 p.m. – Lounge

In 1989, Arvilla entered a fabric store in Jacksonville, Oregon, with the hopes of buying a ready-made bed doll. Instead, the shopkeeper convinced Arvilla to create and sew her own doll. Arvilla discovered a wonderful purpose in her life. Over the next 30 years she created hundreds of beautiful fabric dolls, each a creation of art. Arvilla has entered doll shows, won prizes, given dolls to people all over the world and donated to children's causes for fundraisers. Most of the dolls she has made have been given away. However, we are glad she didn't give them all away, as she will share some of her collection with us, including an orchestra of dolls, complete with instruments!

TRIPS:

Shelton McMurphey Johnson House and Museum Guided Tour Tuesday, February 4 at 11:00 a.m.

This beautiful historic mansion was home to several prominent southern Oregon families dating back to 1873. The home was once completely destroyed by a sudden fire and then rebuilt and restored. The families all suffered tragedies but overall the house was always filled with joy and happiness. The original homestead was built on acreage to accommodate crops and cattle. The house features beautiful indigenous carved wood and a polygonal tower with ornate open porches and large bay windows. The house is one of Eugene's most elaborate examples of late-Victorian Queen Anne Revival style architecture. The house was donated to the Lane County Historical Society in 1973. Please join us for a guided tour and tea at this charming Victorian mansion. \$5

Creswell Bakery for Lunch and a Drive through the Beautiful Oregon Countryside

Tuesday, February 11 at 10:30 a.m.

We'll head south on scenic Highway 99 past rustic barns, pastures of sheep and alpaca, orchards and vineyards before arriving 30 minutes later at one of the regions finest farm-to-table restaurants, the Creswell Bakery, Creswell's dining gem. Creswell Bakery is an honest, from scratch, food destination that is authentically Northwest. Heidi Tunnell, owner and classically trained chef, has made it her mission to craft everything from breads and pastry doughs, to plate-sized cinnamon rolls. More than just a bakery, they serve made-to-order breakfast and lunch using fresh-baked artisan breads. Their bacon is cured and smoked in-house, and their grass-fed beef is raised on their very own farm just down the road. Creswell Bakery's goal is to create an honest food experience that makes you leave with a full belly and a smile on your face.

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puts it, "I've finally accepted that I'm old." He discovered that he and fellow resident, Lyris W., at one point lived only a block apart but never met until sharing residency here at the hotel. Overall he's had a happy life, a job he liked, friends, activities he's enjoyed, and family. Now he has a new home here at the hotel. And he does feel at home. He appreciates the help he got through the transition.



Let Your Imagination Soar!

Eugene Hotel Creative Writing Group Meets Once a Month by Sallie V.

C. S. Lewis once said, "You can make anything by writing." We couldn't agree more! Whether you want to try your hand at creating fictional worlds, recount a special memory from youth, write a poem, or simply craft a well-written letter, your presence will be welcome at the Eugene Hotel Creative Writing Group.

The group meets on the first or second Saturday of each month in the Resident Kitchen and is led by editor and former hotel employee, Sallie Vandagrif. We do fun activities that spark creativity and explore a variety of topics related to the writing craft. Since every meeting explores something new, participants can jump in at any time without having previously attended and the group is suitable for every skill level. At our last meeting we discussed winter storytelling traditions and brainstormed characters, settings, and situations from which we created winter stories of our own.

The next meeting will be Saturday, February 1 at 11 a.m. in the Resident Kitchen. We hope to see you there!



Retirement Community

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Judi Jackson, General Manager

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