



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community

March 2020

March is the Month of Expectation



Top of the morning to you! It's time to celebrate St. Patrick's Day on March 17 to honor Patrick, Ireland's patron saint. As the Irish emigrated around the world, they took the St. Patrick's Day celebration with them. March is Irish American Heritage Month, officially commemorating the contributions of the Irish and the Irish Americans to American society. Green is associated with this day because it is the color of spring, Ireland and shamrock. Hotel residents are encouraged to wear green for our celebration of St. Patrick's Day, which begins **March 13 at 2:30 p.m.** It has become tradition for the Sheldon High School Dublinaires to perform at the Eugene Hotel on or around St. Patrick's Day. This energetic group of young students will sing a variety of Celtic songs and ballads. Family and friends are invited to share in this wee bit of Irish fun.

Continuing with the celebration, on **March 17 in the lounge at 2:30 p.m.**, we are delighted to have The Celts (whom you may recognize!) fill the lounge with song. Green snacks will be served.



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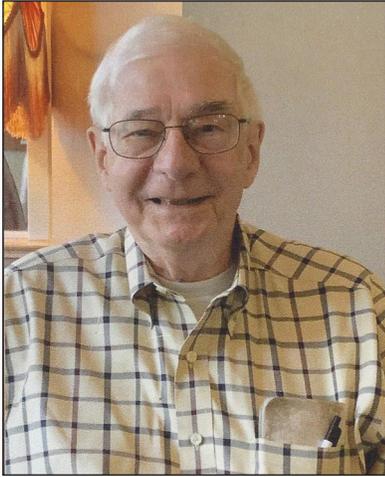
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Meet your NEIGHBOR



Ed H.

It all started in 1937 in Silver Creek, Nebraska, where my dad was the superintendent of a multi-class school; my mother was a stay-at-home mom with me and my new brother. I recall cold winters and a nice sand box but being very angry that I was not allowed to take eggs from the refrigerator to make sand pies. Or being stopped from pouring sand down the radiator of the family Chevrolet just to help out. Or being sent on my trike over to the school for a shot; even today I recall how much that hurt. Or the longing for Nebraska when we packed up in 1942 to move to Tacoma to join my Dad's sisters who moved to Puyallup to escape the Depression.

My parents settled into their careers as teachers and continued until their retirements. I graduated from Lincoln High School in 1955 and then attended the University of Washington to study journalism. I've always liked to tell stories, beginning in grade school. The pace stepped up when I was elected the editor of the high-school newspaper. Honestly, I could have studied harder at the university; looking back I see I

wasted a lot of time.

My first newspaper job was at the *Wallowa County Chieftain*, the weekly in Enterprise, Oregon, where I learned that even in small towns, public officials are not always straightforward. I quoted a city councilman correctly. He called the publisher and asked to see me. I went to his home and he claimed he knew nothing about the incident in question. Guess what? His wife was standing beside him and said, "Oh, I think you do." I left victorious. However, I get my back up when too many people say that all politicians are crooks. A responsible voter will read widely and attend public meetings, discovering the hard work and dedication required to be an effective public servant and realize the value of a free press to keep us informed.

After graduation from the UW, I was hired as a summer vacation replacement reporter at the *Tacoma News Tribune*. I was not very good. When summer ended, I was not asked to stay on. Due to the draft, I volunteered for the Army. I left the News Tribune to no cheery goodbyes, only the sound of silence.

But adventure was dead ahead. I was accepted into the Army Security Agency, an arm of the National Security Agency, and given a top secret codeword clearance. After training, I was sent to West Berlin—Divided Germany. Divided Berlin—where we intercepted the East German microwave relay link around the then Soviet Satellite. I was a clerk keeping track of secret documents but it was not what I trained for.

In August, 1961, I was on leave in London when I woke up to the British tabloids' screaming headlines about the building of the Berlin Wall. No hero I, with

a couple days of leave left, I did not rush back to defend the free world. Upon my return to Berlin, the city was calm but tense and my remaining time was easy and pleasant. The war had ended 15 years earlier and the city was recovering. Ruins were everywhere and one could easily imagine how horrible that conflict had been. My enlistment ended in August, 1962, and I had to figure out my next move. I applied to graduate school at the University of Wisconsin-Madison and was accepted. After I earned my masters, I interviewed with the *Chicago Tribune* and was hired in 1964. I loved that paper, great big Midwestern daily. Wonderful and easy to work for. A bit right wing when I joined but soon enough it moderated its views.

My desk was next to Jane Stouder, an Indiana girl. She covered the school board and was very good at it, but in those days, the paper was not so good for women. We married and she left the paper to attend graduate school for a PhD in psychology. She ended her career as a university professor in Illinois. We have two daughters. The older, Alison, 45, is living in Evanston, Illinois, with her husband. She is the curriculum director of a suburban school district, with a PhD like her mother. The younger, Elizabeth, 42, is in New York City. She is the mother of Harrison, 11, our only grandchild. Elizabeth is the president of an internet consulting firm. She may or may not be getting married again; we're not sure.

I like to keep busy in my retirement. After I moved to Eugene 20 years ago and bought a condo in the South Hills, I volunteered at the HIV Alliance, which does important work

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Activities & Special Events

Monthly Preview Monday, March 2 at 2 p.m. – Lounge

Come to the lounge to hear about all the exciting activities and events during the month of March. We will also discuss the process for installing new carpet in the dining room.

**Chair Massage
Monday, March 2, 16, 30 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.

Women's Group Wednesday, March 4 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. Bring your coffee and pull up a chair.

Tea and Poetry Wednesday, March 4 at 2 p.m. – Lounge

If you enjoy listening to the reading of 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. You're among friends who like to share their poetry and the stories that go with them.

Sandwich Making at First Christian Church Thursdays 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 Fourth 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.

University of Oregon String Quartet Thursday, March 5 at 1 p.m. – Lounge

As part of the undergraduate music education program, University of Oregon students participate in community engagement. These talented students will perform classical music for our enjoyment.

The Mending Maven Friday, March 6 and Friday, March 13 at 1 p.m. –Resident Kitchen

Our newest addition is Annalisa M., the Mending Maven. For a small fee, Annalisa will repair your garments here at the hotel. Even if you don't have anything that needs to be mended, come say hello and make her feel welcomed. Annalisa is a gifted seamstress as well as a member of the Eugene Symphony.

Blood Pressure Clinic with Jill Saturday, March 7 from 10- 11 a.m. – Resident Kitchen

R.N Jill from Valley West Health Care Center is coming to check our blood pressure. It is important to check your blood pressure regularly to know how high it is because the higher the number, the higher the risk of future health problems. Come to the lounge from 10 to 11 a.m. for a number and wait to be called into the resident kitchen. This is private and confidential.

SPRING FORWARD! Daylight Saving Time Begins Sunday, March 8

Welcome in spring and turn your clocks ahead one hour Saturday night.

University of Oregon Woodwind Ensemble

Monday, March 9 at 1 p.m. – Lounge

We are again being treated to University of Oregon music students playing woodwind instruments for our enjoyment as part of their community engagement educational requirement.

Cooking Demo with Wren and Keena

Wednesday, March 11 at 11:30 a.m. –Resident Kitchen

Wren and her sister Keena will show you how to make delicious vegan food. The sisters will demonstrate the preparation of two kinds of hummus, black beans and chickpea. Hummus is a good source of protein. We will enjoy hummus in a sandwich and as a dip for fresh veggies. Come join us for a wonderful lunch and, of course, great company.

Fika Wednesday, March 11 at 2:30 p.m. – Lounge

Fika (pronounced "feekah") is

a Swedish noun and verb that translates to “take a coffee break,” usually accompanied by something to eat. Fika isn’t just a coffee break, though, it’s a moment to slow down and appreciate the good things in life. Fika is code for “heart to heart.” While most Americans take their coffee to go, fika is an important daily Swedish ritual to accompany conversations with family, friends and colleagues. Come Fika with us!

St. Paddy’s Day Beading
Thursday, March 12 at 2:30 p.m.
– Resident Kitchen

Join Larena and her sister, Willie, to create special St. Patrick’s Day jewelry. There will be green beads for earrings or perhaps a beaded bracelet. All beads, wire and clasps are provided with instructions and assistance. Come see the wide assortment of beads that are available. Larena and Willie will show you how to assemble the pieces and help finish your work.

Girl Scout Birthday
Thursday, March 12 from 4:30 p.m.-6 p.m. – Dining Room

Enjoy Girl Scout Cookies at dinner in celebration of the birthday of the Girl Scouts. The Girl Scout Birthday on March 12 commemorates the day in 1912 when Juliette “Daisy” Gordon Low officially registered the organization’s first 18 girl members in Savannah, Georgia. Along with Daisy, these first Girl Scouts blazed trails and redefined what was possible for themselves and for girls everywhere. There are new cookie varieties as well as some of the old favorites for us to savor this year!

The Sheldon High School
Dublinaires
Friday, March 13 at 2:30 p.m.
– Lounge

The Dublinaires from Sheldon High School and their talented choral leader, Nancy Anderson, regret

they cannot join us on the actual date but that’s because they will be performing in Ireland on St. Patrick’s Day this year! Wow! It doesn’t get much better than to be in the Emerald Isle on St. Paddy’s Day! The Dublinaires will be performing for us before their trip. Come and enjoy their beautiful voices and wish them a safe and wonderful journey. Don’t miss out on wonderful Irish music by these talented young people!

Creative Writing with Sallie
Saturday, March 14 at 11 a.m.
– Resident Kitchen

Last month, we learned about poetry. This month, Sallie will continue to guide us in developing our creative instincts. Come share your thoughts, poems, and writing. Join us for a little inspiration to help you get started or continue moving forward with your writing projects.

Chase the Blues Away
Sunday, March 15 at 5 p.m.
– Lounge

Join us in the lounge for music, spirits and fun. Henry Cooper, the talented husband of our exercise instructor Anne Cooper, and his bass player Scoop will have the lounge rock’n. Enjoy wine, spiked coffee and appetizers.

Saint Patrick’s Day Celebration
All day Tuesday, March 17
2:30 p.m. Green Snacks - Lounge
2:45 p.m. Irish music by The Celts
– Lounge
4:30-6:00 p.m. St. Patrick’s Day
Theme Dinner – Dining Room

Everyone is Irish on St. Paddy’s Day. Wear the green and celebrate with us at this festive celebration. We’ll have green snacks in the afternoon followed by Irish music by The Celts duet. A special theme dinner will be served. The Eugene Hotel Singers will entertain you with Irish tunes in a sing-along. Join us for some “luck of the Irish!”

Out to Lunch Bunch – Ta Ra Rin
(Thai Cuisine)
Wednesday, March 18 at 11:30 a.m.
This month we’ll enjoy delicious Thai food at Ta Ra Rin. This Eugene restaurant has won awards for its specialty cuisine. There are lots of options for folks who like fine Asian dining including stir fry, noodles, and curry dishes with meat and fish, or just vegetables. You can also choose the level of hot spice to suit your own palate. *Lunch specials from \$10-\$13.*

Improv with Anne
Wednesday, March 18 at 2:30 p.m.
– Lounge

Our exercise and MELT instructor, Anne C., will engage you in an hour-long improvisation class that features role playing and ad lib opportunities for all of our thespians. Try out your acting and improvisation skills or just enjoy a chance to play together! Playing is an important and beneficial activity that stimulates mental sharpness. Improvisation will challenge your creative ability and create an enjoyable hour of camaraderie. Anne will provide improvisation scenarios and characters and you fill in with ad lib! There will be lots of laughter to brighten your day. Please join us!

Make a Spring Bouquet
Thursday, March 19 at 2 p.m.
– Resident Kitchen

Welcome in spring by creating a beautiful bouquet of spring flowers for your apartment. All materials provided.

International Day of Happiness
What Makes You Happy?
Friday, March 20 at 1 p.m.
– Lounge

Come share a story about something that really makes you happy. Whether it’s a picture, a poem, or a short story, if it makes you happy, please come and share with us. Anything that

makes you happy is bound to bring joy to everyone!

Whole Foods Tour
Friday, March 20 at 2 p.m.
– Lobby

Whole Foods staff members will meet us at the store to answer questions about their products. A staff member will provide a brief tour of the store and explain the unique products and food lines offered by Whole Foods. Whether you're new to the store or a regular shopper, staff members will be able to guide your interests in staying healthy while receiving a discount on your purchases. Meet in the lobby to walk or ride over. A free gift to all who attend.

Nifty Nineties!
Monday, March 23 at 2 p.m.
– Lounge

Celebrating all our residents who are in their 90s and above!! Come to the lounge and enjoy each other's company. Tea and a light snack will be served during the program.

Personal Fitness Program
Tuesday, March 24 from
9 a.m. – 3 p.m. – Exercise Room

Sign up for a one-on-one session with Lucas Jackson, personal trainer and owner of Transformed Fitness. Each participant will receive 25 minutes with Lucas to develop an exercise program geared for your needs, using the machines and equipment located in the lower level. He can also explain how to use the various machines, if you have questions. Each participant will leave with a card for reference on how to proceed on your own.



Men's Group
Wednesday, March 25 at
10:30 a.m. – Library

Please join us for conversations based on the topic: Why can't people talk to each other these days? Why are communications so compartmentalized? People seem to state positions without rationale and dismiss others out-of-hand. What's going on? Is paranoia now the norm?

International Waffle Day
Wednesday, March 25 from
4:30-6 p.m. – Dining Room

Enjoy waffles for dessert with an assortment of toppings during dinner in the dining room.

Oiling the Joints with Deanna English
Thursday, March 26 at 1 p.m. – Lounge

Don't be a tin man, explore/experience some VERY easy movements, breath and tricks to keep movin on! Lubricate those joints!

TRIPS:

Wildlife Safari, Winston, Oregon
Tuesday, March 3 at 10 a.m.

Enjoy a leisurely ride to Winston -- with a rest stop along the way -- where we'll have a bus tour of the beautiful 600-acre wildlife reserve. The park is filled with hundreds of animals from Africa, Asia and the Americas. Many of the species are threatened or endangered. There are over 550 free-roaming native and exotic animals, including white rhinos. On our drive through the reserve, you'll see specialty feeding and private wildlife encounters. There's even a petting zoo and a small museum. Before the tour, we'll have lunch at the White Rhino Safari Cafe with its simple luncheon fare. *\$18.95 for the tour; lunch is extra charge.*

Three Rivers Casino or Shopping and Lunch in Old Town Florence, Oregon
Tuesday, March 10 at 10 a.m.

Let's go to Three Rivers Casino or the beautiful Oregon coast and Old Town Florence. Three Rivers Casino features great gaming and fine dining. There's always the chance you'll HIT THE JACKPOT! If the Casino isn't your cup of tea, lovely Old Town Florence is a destination for artists and writers, as well as being a beautiful coastal Oregon beach town known for its great shopping. You will enjoy lunch at Mo's on the gorgeous Siuslaw River with its famous, award-winning clam chowder. From the window you can often see seals frolicking in the river when boats come into the docks. Maybe you'd just like to enjoy a comfortable ride to a beautifully serene place and relax in the fresh Oregon coastal breeze?

Wine Tasting and Picnic Lunch at LaVelle Vineyards in Elmira, Oregon

Tuesday, March 24 at 11:30 a.m.
Enjoy a leisurely drive to LaVelle Vineyards, Lane County's oldest vineyard and bonded winery. The vineyard produces award-winning wines such as their 2017 Pinot Noir and Rose of Gamay. You can either order a single glass of wine or sample a "flight" of up to five varieties. We'll provide a picnic lunch for you to savor as you take in magnificent scenery at this peaceful, inspiring venue. You won't want to miss this trip! *\$8-15 for wine tasting; \$8 for picnic lunch.*



Did You Know???

In a community of this size there are always things that go unnoticed or can easily be overlooked. The purpose of this column is to make you aware of such things. Take a moment to look over this list; you may discover something you did not know!

DID YOU KNOW...?

- There is a quiet room on the 7th floor designed for meditation, prayer or reflective thinking.
- The Library, located on the lower level, has a section of large print and audio books.
- Clarke's Store has a section of sugar-free items for sale.
- The Front Desk sells postage stamps.
- Located in the Computer Room on the main floor is a ClearView reader that magnifies and enhances text.
- Our lost and found is located at the Front Desk.
- The Eugene Hotel art room is located on the lower level.
- When going on a trip in our bus, you may request a back pillow and/or footstool for your comfort.
- The box room is located on the lower level. Recycle sturdy, clean boxes that other residents can use.
- Personal shopping carts are available in the lobby area for your use in transporting groceries and other items from your car or curbside.

Meet your Neighbor

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educating about the dangers of HIV and needle use. To earn money, I went to work for Venture Data, a survey research firm. I like to be productive and I like my co-workers. Some of the surveyors not so much. Many clients seem to be Republican office holders with questions that reflect a bias I do not care for. But, that is frequently ameliorated by the *NBC News-Wall Street Journal* poll, which is even-handed and asks intelligent questions.

And here I am in my new home. Eugene Hotel: It has soul.



Retirement Community

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Judi Jackson, General Manager

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