



Corvallis
CARING PLACE

*Compassion is the
Heart of Our Care*

NEWS FOR OCTOBER 2022

From the nurse's desk:

Don't Waste Fall by Being Sick • Get A Flu Shot! • It's Super Quick

We are entering flu season again and CCP is having a Flu Vaccine Clinic for all willing residents October 3rd. The flu vaccine is not required but is highly recommended. In community living we are around others constantly and viruses like the flu are easy to catch. You don't have to try, often the viruses just find you.

People 65 years and older are at higher risk of developing serious flu complications. While flu seasons vary in severity, people 65 years and older usually bear the greatest burden of severe flu disease. It's estimated that over 70% of seasonal flu-related deaths and over 50% of seasonal flu-related hospitalizations are 65 years and older.

The best way to protect against the flu is with a flu vaccine. Flu vaccines are updated each season because flu viruses are constantly changing and immunity wanes over time and annual vaccination helps to ensure the best possible protection. As always, wash your hands well and often. When she was in school (another germy community) I used to tell my daughter "if you pass a sink wash your hands".

If you experience any cold or flu-like symptoms, please stay in your apartment and notify staff. If you want to try antivirals contact your doctor or let me know and I will contact them.

Jax



CCP's flu clinic is scheduled for Monday, October 3rd. There will be a high dose option for those over 65. If you choose to get your flu shot elsewhere, please bring documentation back with you so we can keep your records up to date. We will notify your doctor's office if you get the flu shot here at CCP.

Fire Alarm and Building Evacuation Updates

On October 6 and 7, CCP will have a fire alarm inspection. This will be an audible test for the whole building and individual apartments. Ear plugs will be available.

The full building alarm will sound at least 3 times on Thursday and the alarm will be set off in every apartment during one of the days.

During these days the fire alarms are being tested, staff will be discussing with all residents our building evacuation protocol to ensure you are aware of the evacuation process, building exits, and meeting place and will answer any questions you have.

The World of Model Trains

CCP residents have been invited to visit the Corvallis Society of Model Engineers' (CSME) model train display on October 13th in Adair Village. The CSME is a model railroad club that was founded in 1959 and currently consists of more than twenty members who share decades of experience in model train building, carpentry, scenery, electrical and more.

They are an HO-scale model club, which means they adhere to a building scale of 1:87 (3.5 mm to 1 foot). (This is just over half the O scale, which is 1:48 (hence initials HO). The HO scale has become one of the most popular for model trains as it's perfect for the hobbyist looking to build layouts in a small space, yet big enough to maintain detail.



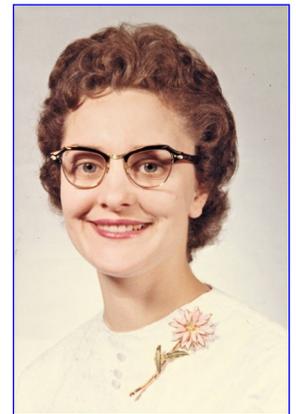
Be sure to sign up in the "Outings" Binder if you would like to attend.

WORLD TEACHERS' DAY

October 5th is World Teachers' Day, a day to honor teachers around the world who make vital contributions to the education and development of our future leaders. If you think back to your school years, you are bound to think of at least one teacher who made a difference in your life. Maybe they helped set you on the right career path, or encouraged you to step out of your comfort zone and try something new. Even though a teacher's job is to teach, they've always worn many hats. Thank you teachers, past, present and future!



CCP resident Anna (at left and right) always wanted to be a teacher and even used to play "teacher" with her siblings. She taught mainly 1st grade for more than 25 years, and can't pinpoint a favorite memory: "It was all one big happy time for me."



Resident Carole taught mainly kindergarten for more than 25 years. When she retired she substituted for 7 more years. That's retirement?!



October 10 is Indigenous Peoples Day

What Is Indigenous Peoples' Day?

Indigenous Peoples' Day honors the past, present, and futures of Native peoples throughout the US. It's celebrated on the second Monday of October, and celebrates the cultures, contributions, and resilience of Native peoples. The day is also to recognize the legacy and impact of colonialism on Native communities.

Why Is the Holiday Important?

Currently, there are over 600 Native Nations in the US, and 6.8 million Americans identify as Native American. Yet representation for Native peoples (especially contemporary Native peoples) is seriously lacking, and Native communities still experience a legacy of discrimination as a result.

Indigenous Peoples' Day pushes back on this invisibility and allows Native people and their perspectives to be centered and celebrated. The holiday also gives non-Native people the chance to gain a better understanding of Native communities -- namely, that they are still here, they are relevant today, and their identities are valid.

Who Is Celebrating Indigenous Peoples' Day?

Folks have been opting to celebrate Indigenous Peoples' Day in place of Columbus Day since 1977. Unfortunately most non-Native people have been taught an inaccurate history of Christopher Columbus and his journey to the Americas -- one that erases the violence of his actions and attitudes. Columbus didn't "discover" the Americas because millions of Indigenous people already lived there, and the violence of Columbus and colonization shouldn't be romanticized in history or honored with a holiday.

Indigenous People's Day is an opportunity to acknowledge the reality of our nation's history, honor the long-standing contributions and identities of Indigenous peoples, and fight for Indigenous representation, equali-



Siletz Prayer

Xaa-waa-la'-chi,

Xwii-day shaa sinlh-'a~ shu' 'aa-shi nin-la.

Dii-srii-nis nuu-wee-ya' 'vm-nvshlh-ts'it.

Nuu-kw'ii-daa-naa~ye' wee-ya' mii-naa~shlh-nvsh.

Hii mvlh shghaa-tr'um-ni.

Hee...e

Creator

Everything for me you have provided, good for me you have done.

Today, our language, I am learning.

Our ancestors language, I am remembering.

With that, help me.

Amen

The Confederated Tribes of Siletz Indians are the most diverse confederation of Tribes and Bands on a single reservation in the United States. Its ancestors spoke 10 completely different languages and once inhabited more than 20 million acres from northern California to southwest Washington. Siletz Dee-ni is currently the only native language still spoken on the Siletz Reservation. Realizing that their language is endangered, the Consolidated Siletz tribe have taken actions to preserve and teach it.

CCP residents enjoyed a wonderful lunch in September at Los Dos Amigos Hacienda restaurant and then visited the Historic Carousel in Albany. A lot of fun was had picking out favorite carousel animals, riding round and round, and eating ice cream cones!



Resident Birthdays

Barbara B..... October 12
Martha October 14
Mark..... October 30

Staff Birthdays

Amanda..... October 11

Your Leadership Team

Crystal Well — Administrator
Linda Ward — Office & Mktng. Coordinator
Jacqueline Dillon — Health Services Director
Amber Zurcher — Resident Care Coordinator
Paula Tull— Activities Coordinator
Alan Lee — Dietary Services Manager
Greg Attrell — Facilities Manager

Thank you for sharing your home with us!

~ OUR MISSION ~

Provide compassionate care while preserving dignity in a life-enriching environment

Phone: 541-753-2033  Fax: 541-753-2034

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Corvallis Caring Place (CCP), a non-profit assisted living facility that opened its doors in 2002, accepts both Medicaid-qualified and private-pay residents. CCP is overseen by a volunteer board of directors and contracts with Mennonite Management Services in Albany. The Residents' Council meets monthly to express new ideas and verbalize concerns to assure on-going quality services.