



Editor: Rick De Young #184 [timbervalleylog@gmail.com](mailto:timbervalleylog@gmail.com) 541-315-2830 September 19, 2018  
 Reporter: Jackie Deal #109 jackie\_deal@yahoo.com 503-507-3600

**TIMBER VALLEY VOLUNTEER SUPPER  
 THURSDAY EVENING AT 5 P.M.**

Jacks and Jills will be sponsoring this year's supper to honor all Timber Valley volunteers and all Timber Valley residents and in park renters are invited to come and enjoy another wonderful meal prepared by our Timber Valley Cooking Group. But, you must sign up and bring your own tableware.

Mexican food is on the menu, along with one of Terry Hilti's favorite desserts. There will also be a 50-50 drawing and lots of good camaraderie to accompany the meal. We hope to see you there and show your appreciation for all our other volunteers.

**THIS FRIDAY'S 3 PM SOCIAL HOUR WILL FEATURE  
 SUTHERLIN'S EMERGENCY PREPAREDNESS**  
 by Julianne G. Crane, #197

Dennis Riggs, Emergency Manager for the City of Sutherlin, will be at Timber Valley on Friday, Sept. 21, 3 p.m. in the Clubhouse. He will update us on what the city is doing to prepare for disasters and how best we at Timber Valley can coordinate with the community. Come with questions.

In addition, Dennis will speak about the **free Community Emergency Response Team training that begins on Monday, Sept. 24, at 6 p.m.** in the Sutherlin Community Center. If you are interested in attending free CERT course beginning Sept. 24, contact Dennis at (541) 459-1394 ... or email him at: [emergency.prep@ci.sutherlin.or.us](mailto:emergency.prep@ci.sutherlin.or.us)

MONDAY WILL ALSO BE A BUSY DAY, INCLUDING OUR MONTHLY JACKS & JILLS MEETING AT 1 PM, FOLLOWED BY THE WALGREENS FLU SHOT CLINIC

REMINDER: Jacks and Jills Chair Joan Larson asked us to remind you that you will need to bring your Medicare or other health insurance cards to present at the time you get your flu shots.

**Calendar Reminders**

- Wednesday, September 19**  
 9 am - Apple Users Group  
 10 am - Qi Gong  
 10 am - Ladies Pool  
 3 pm - Prayer Circle  
 4-6 pm - Poker  
 6:30 pm - Bingo
- Thursday, September 20**  
 9 am - SKP Board Meeting  
 1 pm Crafts  
 1:30 pm Bowling in Roseburg  
 5:00 pm TV Volunteer Dinner
- Friday, September 21**  
 10 am - Qi Gong  
 3 pm Social Hour  
 6:15 pm Pokeno
- Saturday, September 22**  
 9 am - Coffee & Rolls (\$1 donation)  
 3 pm - Bocce Ball - Snoopy's  
 6-8 pm - Texas Hold'em
- Sunday, September 23**  
 3 pm - Ice Cream Social  
 6:15 pm - PokeNo
- Monday-September 24**  
 10 am - QiGong  
 10:30 am - Art Class  
 1 pm - Jacks & Jills Meeting  
 2 pm Flu Shot Clinic  
 2:00 pm - Mah Jongg  
 4-6 PM - Poker  
 6:30 pm - Game Night
- Tuesday, September 25**  
 10 am - Sit & Sew  
 6-8 pm Texas Hold'em  
 6:15 pm PokeNo

## Proper Disposal of Household Items

Our Landscape Committee Chair person has been asked to address, and has asked us to reprint an earlier article, about a recurring problem in the Park: Ongoing incidents of household items that were improperly disposed of. Here is her explanation and suggestions:

A number of items that someone thought might still be of use to someone else were arranged by the wall of the potable water fill station as well as against the outside of the dumpster. While the intentions might have been good, it certainly wasn't a sight that was inviting to visitors, guests, or fellow members of the Park

And the burn pile is NOT the place either. The recycle bins, water fill station and outside dumpster area is not a flea market, a swap meet, or a "free for the taking area." If you think an item still might have value, check with your neighbors or others in the park.

Usable household items can also be placed on the Jacks and Jills Table in the Clubhouse. The money from sales goes back to Jacks and Jills for future events. A good cause for sure. The ONLY items that go onto the burn pile are plant, tree, or brush material, clippings, limbs, etc. Absolutely no chemicals, manufactured items, treated wood. If you're not sure, ask the office or Randy for clearance before dumping anything here other than plant material. Please, help keep our park clean, neat, and a good impression to others as well as ourselves.

## Senior Fall Prevention

Excerpt from: <https://www.aplaceformom.com/planning-and-advice/articles/senior-fall-prevention>

A simple fall can change your life. Just ask any of the thousands of older men and women who fall each year and break a bone (sometimes called fracture). Getting older can bring lots of changes. Sight, hearing, muscle strength, coordination and reflexes aren't what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely. A broken bone may not sound so terrible. After all, it will heal, right? But as we get older a break can be the start of more serious problems. The good news is that there are simple things you can do to help prevent most falls.



### TAKE THE RIGHT STEPS

Falls and accidents seldom "just happen." The more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling. Here are a few hints:

- Don't let your home get too cold or too hot...it can make you dizzy. In the summer-if your home is not air-conditioned-keep cool with an electric fan, drink lots of liquids, and limit exercise. In the winter, keep the nighttime temperature at 65° or warmer.
- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other.
- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high-use a "reach stick" instead. Reach sticks are special grabbing tools that you can buy at many hardware or most medical supply stores.

### MAKE YOUR HOME SAFE

You can help prevent falls by making changes to unsafe areas in your home with these [home safety tips](#).

- **In stairways, hallways, and pathways:** Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- **In bathrooms and powder rooms:** Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- **In your bedroom:** Keep your telephone near your bed.

Source: National Institute on Aging, [www.nia.nih.gov](http://www.nia.nih.gov) (Original title:Falls and Fractures)