



A weekly publication  
March 1 - March 7, 2026

Published by Your Log Team

Input for this newsletter is welcome by Friday a.m. each week sent to [sutherlin97479+tvlog@gmail.com](mailto:sutherlin97479+tvlog@gmail.com)

**Follow Weekly Scheduled Activities on Our Online TeamUp Calendar**

Use this link: [Timber Valley SKP Park of Oregon | Teamup](#) to open the calendar from this online newsletter. Or go to Quick Links on the website home page and choose Park Online Calendar.

☀️ ☀️ **March Sunshine Person is Rhonda Scott - Lot 145 - 916-267-7663** ☀️ ☀️

**Committee Meetings**

Thursday March 5 - Communications Committee @ 10am - Dining Room



**Spring Office Hours  
Beginning March 2**

**Monday - Friday  
9am - 12noon, 1pm- 5pm**



**Potluck - Monday March 2 @ 5pm - Dining Room**

Bring a dish to share, utensils, and a beverage, and enjoy a fun evening of conversation and friendship!



**Happy Hour - Friday March 6 @ 3pm - Dining Room**

Join us for our weekly Happy Hour and enjoy camaraderie, snacks, wine, and learning!



**Saturday Coffee Club - Saturday March 7 @ 9am - Dining Room**

*Submitted by Sharon Elliott*

The Saturday Morning Coffee Club will serve some really good sweet treats including maybe donuts, muffins, breakfast bars and more.

Come at 9 for the best coffee and a treat. We have, in addition to eats, great conversation.



## Emergency Medications & Special Medical Needs

*Brought to you by your Emergency Preparedness Committee*

Being prepared also means thinking ahead about medications and special medical supplies for ourselves and for our animal companions. During wildfire season, winter storms, freeway closures, or evacuations, pharmacies and veterinary offices may be temporarily inaccessible. Having supplies in place makes unexpected disruptions easier to manage.



### Plan Ahead:

- Store over-the-counter medications such as pain and fever reducers, allergy and cold relief, topical and first aid ointments, and antacids and anti-diarrheal medications.
- Keep at least a 7–14 day supply of prescription medications when possible.
- Store medications in their original labeled containers.
- Keep a printed list of medications, dosages, prescribing providers, and pharmacy contact information.
- If medications require refrigeration, plan for cold storage during power outages (cooler, ice packs, backup power).
- For pets, maintain extra prescription/specialty diet food and medications.

### Emergency Antibiotic Kits:

Some individuals choose to keep physician-prescribed emergency antibiotic kits as part of their preparedness supplies. These are not a substitute for medical care and should only be used with appropriate medical guidance. Consult your healthcare provider before obtaining or using one.

### Sources:

Federal Emergency Management Agency (FEMA) | Ready.gov | Centers for Disease Control and Prevention (CDC) | U.S. Food and Drug Administration (FDA) | American Red Cross | American Veterinary Medical Association (AVMA)

### Jacks and Jills Basket Raffle!

*Submitted by Chris Beith*

Check out these cute baskets to be raffled off at the next Jacks & Jills meeting. They can be seen in the dining room on the soda machine.

Tickets are \$1 each, 7 for \$5 or 15 for \$10. See Chris B, lot 142 or Cindy B, lot 143 to purchase your tickets.

