



July/Aug/Sept 2010

1500 Catherine St. • Walla Walla, WA 99362 • (509) 527-9600

### Happy Retirement, Don and Marolyn

For the last four years, Don's vision for Wheatland Village has been to lead us to be the best provider of retirement living and service. The driving force behind that vision is the people he has been so dedicated to serving. After a career spanning 40 years in health care and retirement living, Don will be travelling a new path, taking some time to travel with his lovely wife, Marolyn. Marolyn has served the residents, doing a fantastic job as the licensed nurse for assisted living.

When asked what he feels to be his greatest achievement, Don smilingly replied, "Happy residents. That's what it's all about."

We will miss you, Don and Marolyn. May all your adventures be splendid ones!

### Wheatland Village Assisted Living Achieves Citation Free Survey

In our Walla Walla community, Wheatland Village has long been known as the Best of the Best, a provider of stellar customer service with a personal touch. Our commitment to service has once again been recognized—this time through the Washington state licensure survey process.

The objective of the survey process is to rigorously test the application of all WLV service delivery systems. During the exit interview following a two-day inspection, the surveyors reported a finding of "no deficiencies." In Washington state, a deficiency-free survey outcome is not a common occurrence. Only a handful of licensed care environments ever receive a deficiency-free rating.

In the closing comments, the

surveyor referred to the high levels of organization throughout every department. What really warmed the hearts of fellow team members was the surveyors' acknowledgement of a genuine commitment to serve the needs of every resident. She commented on our atmosphere of positive cooperation as well as the caring way team members listen and respond to residents.

**Assisted Living Administrator Kathy Spencer** shared that she is honored to celebrate this hard-earned distinction with such a dedicated team while continuing to further Wheatland Village's mission of service by Enhancing Lives and Celebrating the Excitement of Living!

### A Creamy, Carbonated Concoction

The first root beer float was served Aug. 19, 1893.



### Reminders

Office Hours/Front Desk

Monday-Friday

8 a.m.-5 p.m.

Weekends

10 a.m.-4 p.m.

Main Line (509) 527-9600

Fax Line (509) 527-9800





## Honors

When we lose a GI from Washington state in military service to our country, Gov. Gregoire's office contacts me to lower our flag to half staff. We have an honor guard of residents who help with the lowering and returning it to full staff at the end of the day. The residents are both military and nonmilitary. They are proud to honor the memory of our soldiers in this way. It is the least we can do for the ultimate sacrifice our servicemen and women have made to make our country safe.

We welcome any resident who wishes to be a part of the Honor Guard. Any questions can be directed to the maintenance office at ext. 4014. My office phone is 524-4014.

—**Tom Vandenberg,**  
**Maintenance**  
**Supervisor**

## A Sweet Onion Story

Every summer, when the Walla Walla sweet onions were in their prime, I gathered up a few and put them away in a cool dry place.

In September, I dug holes for each onion, filled each hole with a compost nest, set in the onions, covered them and wished them a happy winter.

In the early spring, I noticed some green shoots emerging from where I had planted one of the onions, and with a closer look, I counted six tiny shoots growing closely together.

One day I saw the plants were about 6 inches tall. I suddenly had a craving for a fresh Walla Walla sweet onion, so I decided to dig down and see how big the onions had grown. I soon found my fingers embedded in a thick, sticky mush. Is this the "mother" onion, I wondered, and are those babies nursing from her? I quickly covered them again. In a week or so,

I dug down to see just what was going on. My fingers soon came to little onions—embedded in loose, moist soil. What happened to "mother" onion, I wondered? I dug a little more but she was nowhere to be found. I was a little sad, but from the rich, dark, moist soil, I harvested two beautiful little onions.

The other onions planted in September also became "mother" onions. They all seemed to be competing with each other for who could put out the most onion shoots, so I pulled up a few; some for us and some for my neighbors.

When I marched down the hill with my onion bouquet in hand, I was met with: "Wow—are those Walla Walla sweet onions? IT'S ONLY APRIL! How did you do it?"

## Surprising Natural Cleaners

Tough messes don't require harsh chemicals to clean. Here are some natural cleaners from [www.RealSimple.com](http://www.RealSimple.com) that might come as a surprise to you:

Oatmeal. Scrub very dirty hands clean with a paste of oatmeal and water.

Ketchup. Squeeze ketchup on a rag and rub over brass or copper cookware to remove tarnish. Rinse with warm water and dry.

Sliced bread. If you break glass, use a slice of bread to pick up the tiny slivers. Just press the slice around the area. You can also dust an oil painting using this method.



Author Mildred Bloomfield is a water color artist with a particular interest in wild plants. Bloomfield has painted many of the wild flowers of North Central Washington and has written articles about how the native plants were used for food and medicine by the Native Americans of that region. Bloomfield also led botanical hikes in the Cascade Mountains. Mildred makes her home at Wheatland Village.

## Powerful Asparagus

It is finally asparagus season! We are so fortunate to have this little gem in our own valley. Be sure to enjoy it while it's here because when it's gone, it's gone for another year. I learned some time ago that the best way to clean asparagus is to soak it in warm water instead of cold. The warm water opens up the heads, cleaning the crown to develop enough to produce shoots.

Asparagus is a perennial and a member of the lily family. It takes up to three years for crowns to develop enough to produce shoots. They can produce for up to 20 years.

Asparagus is sooo good for us. A one cup serving has: 115% of vitamin K, 65% of folate, 32% vitamin C, 19% vitamin A, about 15% of B vitamins, 10% protein, 12% fiber and numerous minerals. The whole body benefits from this wondrous food. It is noted to be great for your heart, colon, treating depression, lowers cholesterol, has antioxidant agents and supports kidney function. It has been said to combat the effects of chronic fatigue, bruising, chemotherapy, cataracts, hair loss, toothaches, as well as containing anti-cancer agents.

What an amazing vegetable! Eat all you want. Our asparagus has been coming field-fresh to our door from locally owned and operated R&S Ranch. —Anna Edwards, Dining Services Director

## Where'd the Year Go?

July 2 marks the halfway point of 2010.

## Green and Lean: for the Health of It.

Wheatland Village employees showed their environmentally friendly side in an Earth Day contest for "greenest business." Wheatland Village was awarded second place for **Highest Overall Participation Rate** in the Walla Walla community-wide Green Commute Competition.

**Recycling has long been a way of life here at WLV.** Thanks to **resident Sid Stewart** and **Maintenance Director Tom Vandenburg**, the program has renewed vigor! Tom has increased the ease of recycling through organizing bins at a central location as well as educating everyone on the how-to's of effective recycling. Sid oversees day-to-day organization, assuring items are in the proper bins.

**WLV gardeners abound**—We kicked off the growing season with a **gardening seminar** presented by **master gardeners Blayne Barnhart** and **Carolyn Priest**. They educated us on the newest techniques in soil preparation and container gardening. **Activity Director Melinda Davis reports** the number of gardening beds has doubled due to resident requests. Many of the gardeners grow now for the sheer joy of it. They donate their produce to WLV's Community Produce Basket for all to share in the bounty!

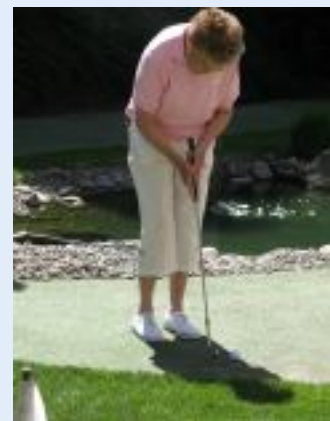
**Staff members are winning at health and fitness** with the **Biggest Loser Challenge**. **Wellness Director Shareen Hoar** sets the tone for positivity, urging employees to take charge of their health by following a few simple guidelines. **"We will:** Have fun! Have monthly weigh-ins. Use the Wellness Center twice weekly. Be healthy! And, of course, celebrate our successes!

## A Life Lesson

You're either a sheep or a shepherd.



**Baker Boyer, WLV Host Putt-Putt Tourney**—Putting enthusiasts joined to revel in the fun, spirited competition at the Annual Putt Putt Tournament. **Boyer Bank Wheatland Branch Manager Annie Chemin** organized the event, enjoying the opportunity to bring people from the community together.



Family owned and operated, Baker Boyer reflects a tradition of strength and stability. Visit the branch inside WLV and meet Annie. You will see why Baker Boyer is the oldest independent bank in Washington state.

## Hugh the Cap Man



**WLV residents serve with a purpose—“At the heart of the matter, it’s a matter of the heart.”**

### **The Cap Man**

Meet Hugh Coy, perhaps better known as the ‘Cap Man.’ Hugh provides warm caps for the cold Walla Walla winters. Hugh Coy, who is as warm and likable as his caps, smiles a lot as he talks about his hobby and children of the area—free of charge! Twenty-seven years ago, Hugh lived in Hermiston where a neighbor man introduced him to the idea. Today, he distributes the caps through the Walla Walla Retired Seniors Volunteer Program (RSVP), which provides the yarn, and through the city SDA Church Community Services. Over the years, Hugh has made more than 1,767 caps! On rare occasions, he sees someone wearing one. “When I’m relaxing,” says Hugh, “it gives my hands something to do and sometimes I think about the people who will be wearing them.” Yes, he could attend fewer WLV and community activities to produce more caps, “but,” says Hugh, smiling, “it’s a hobby, not a job!”

**—Chaplain Steve Cromwell**

## WLV Volunteer of the Year



She’s here, she’s there, she’s everywhere! That is what you will hear when you are referring to our Volunteer of the Year, Alice Stanley. Alice was chosen Volunteer of the Year at our annual Volunteer Luncheon for all her amazing contributions to WLV. Whether she’s putting bingo cards away, passing out ice cream at our socials or perhaps paying a welcoming visit to a new member of our WLV community, Alice is always willing to help. Alice has been serving at WLV since she came to live here in 2006—a friend to residents and staff alike. Thank you, Alice Stanley, for being such an active part of our family!

**—Activity Director Melinda Davis**