

THE ENCORE *Breeze*

March 2019 • 2333 Schold Place NW • Silverdale, WA 98383 • 360-692-1228

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Northwoods Lodge



CLEARBROOK INN



COUNTRY MEADOWS



THE RIDGE

CONTACT US

360-692-1228

EDITOR

Pam Duerr

LAYOUT

Peggy Reece

Eirinn go Brach

Eirinn—the historic spelling of the anglicized Erin, referring to Ireland

Brach—eternity; end of time

Pronounced “eh-reh-geh-bra”

“Ireland to the end of time!”

Way more than you ever wanted to know about a phrase you hear once a year as mugs of beer are raised high in a festive salute, expressing allegiance to The Auld Sod.

St. Patrick's Day could be the only holiday with false claims of national ancestry: “everyone's Irish on St. Pat's Day.” However, among Americans, Irish is the second most common ancestry.

As far as eternity goes, some historical references show that Ireland has been inhabited since the beginning of recorded time. And the expression indicates a

desire for Ireland to prevail until the end of time.

This phrase represents something more than a strong pride in one's national identity and profession of allegiance to the Emerald Isle. There is a longing for all the positive things which

May love and laughter light your days and warm your heart and home; may good & faithful friends be yours wherever you may

are associated with “being Irish.” Now, the Irish do not have a corner on the gift of hospitality, but they may have been the ones who invented it! Historian Carl Wittke describes “the so-called Irish temperament:

... ego... temper ...

stubbornness ... great personal charm and warmth ... a wit that shines through adversity... irrepressible buoyancy ... vivacious spirit ... kindness.” Ah, to be Irish, for kindness carries world shaping power. Let us rephrase the saying: “Cinealtas go bragh—kindness until the end of time.”

♥ Peggy Reece

Issue # 90

ENCORE  COMMUNITIES



Event Highlights March 2019

Peter Apgar

Wednesday March 6 at 1:30 p.m.

Our friend from the Department of Emergency Management will be here to give us a refresher course in being prepared

ROMEO Club

Thursday March 7, departing 9:30 a.m.

Oh, the food! Breakfast here guarantees a big grin and a full tummy!

Mehfil Indian Restaurant

Thursday March 14, departing at 11:00 a.m.

Students of Linda Prior play their award winning pieces for us.

Jewel Box Theater

Saturday March 16th departing at 6:30 p.m.

Now that the snow is gone, we are going to try again!

Grassi's Restaurant Willow Tree Gardens & Interiors

Thursday March 21 departing at 10:00 a.m.

Award winning Italian food and a most delightful garden and décor shop—it's time to start shopping for our porch flower pots!

Friday Shopping

Fridays at 10:00 a.m. and 1:30 p.m.

Most Friday mornings finds the bus heading to Safeway with our favorite volunteer, Vick, keeping our regular shoppers laughing—at him or with him? The afternoon often finds us at Central Market, Fred Meyer or Trader Joe's

The Academy Awards Dinner Party

Thursday March 28 from 4:30 to 6:30 p.m.

Our own version of "Bests" will provide some extra fun for a night guaranteed to be a delight! Music by the extraordinary Denny Gore and fabulous hors d'oeuvres for our "happy hour" with dinner by our amazing chefs, and all of you dressed to the nines and ready to celebrate will make for a spectacular and memorable evening!

Country Nursery and Gardens

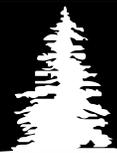
Friday March 29, departing at 1:30 p.m.

Getting more goodies for our porch flower pots!





CLEARBROOK
INN



Event Highlights March 2019

Birthday Party

Friday March 1 at 2:00 p.m.

Cake and punch and great music with Dan Willman—Happy Birthday, everyone!

FAT TUESDAY

Tuesday March 5 at 2:00 p.m.

A day of cheerful indulgence as we celebrate with a Donut Social!

What's Cookin'?

Saturday March 9 at 10:30 a.m.

Getting into a Gaelic mood with Irish Soda Bread!

I Hear Music...

Wednesday March 13 at 2:00 p.m.

Delightful music by the friendly Port Ludlow Singers

Irish Music Day

Friday March 15 at 2:00 p.m.

Celebrating all that's Irish with lively music by the talented Charlie Brown

St. Patrick's Day

Sunday March 17

A little bit of Irish luck—celebrating St. Pat's again at 2:00 p.m. Luckier yet, we have our ice cream social at 2:45!

Music & Movement

Friday March 22 at 2:00 p.m.

Steve and Kelly bring their own kind of energy to help us boost ours with some movin' & groovin'.

Happy Hour

Friday March 29 at 2:00 p.m.

Bruce Cosacci brings his special talent to on the keyboard to set the tone for an enjoyable happy hour.



LUNCH



BUNCH

March 4—Red Lobster

March 11—Silver City

Monday March 18—Safeway & Trader Joe's

March 25—Airport Diner

May the hand of a friend always be near you and
may God fill your heart with gladness to cheer you. ~Irish Blessing



Event Highlights March 2019

Fabulous Fridays at the Ridge

Thank goodness it's Friday! A day full of some of our favorite activities! To start the day, we get our bodies going with Morning Exercise, stimulate our brains and delight our taste buds with News and Nibbles and Word Games, break for lunch and the activities just keep getting better! At 1:30 we have Town Square Games followed by musical entertainment and ending with our Town Square Drive In Movie at 6:00 p.m.

Our entertainment line-up for our March

Fabulous Fridays:

March 1 Bruce Cosacci

March 8 Vince Pace

March 15 Brett Gadbois

March 22 Sing-a-long

March 29 Fluffy

Fat Tuesday

Tuesday March 5

Traditionally a day of indulgence before the Lenten season of self-denial, Fat Tuesday brings Mardi Gras or "Carnival" and rich delicious foods and revelry. We'll celebrate with one of our favorite indulgences, Donuts! Join us for the Donut Social at 3:00 p.m. today.

Diesel the Therapy Horse

Thursday March 14 at 3:30 p.m.

You've heard the adage, "No day is so bad that it can't be fixed with a nap." Well, we have something better than that! We say, no day is so bad that it can't be fixed with a visit from Diesel the Therapy

Horse! That little four legged fluff and mane with the gentle disposition and softest nose on the planet can beat the blues better than a nap any day!

St. Patrick's Day

Sunday March 17

You've heard it said that everyone's Irish on St. Patrick's Day, so come along and join in the fun at 3:00 when we celebrate St. Patrick's Day in style. There's sure to be some shenanigans and maybe a bit o' blarney! If you're lucky enough to be Irish, you're lucky enough!

Tea Time

Thursday March 21 at 2:00 p.m.

"There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea." American Author Henry James describes how we feel about Tea

LUNCH



BUNCH

Birthday Party

Wednesday March 27 at 2:00 p.m.

Dan Willman brings his lively upbeat style of guitar and song to brighten up our day and

celebrate our March birthdays!

An Irish Prayer:

May God give you, For every storm, A rainbow,

For every tear, A smile,

For every care, A promise,

Wednesdays at 11:30 a.m.

And a blessing in each trial.

March 6, Olive Garden

For every problem life sends, A faithful friend to share,

March 13, Airport Diner

For every sigh, A sweet song,

March 20, Andy & Cindy's.

And an answer for each prayer.



‘May the lilt of Irish laughter
lighten every load...

The local Killarney paper sent a reporter to interview the village’s oldest woman for her 95th birthday. He asked her the secret to her longevity. “Simple,” she said. “Just keep breathing.”



A stranger walked into a shop in an Irish village. There was a notice on the door warning, “Danger! Beware of Dog!” Inside, he saw a harmless old dog asleep on the floor next to the counter.

“Is that the dog we’re to be aware of?”

“Yes, that’s him.”

“He certainly doesn’t look like a dangerous dog. Why did you put up that sign?”

“Because before I posted the sign, people kept tripping over him.”



Some advantages to being over 80:

- There’s nothing left to learn the hard way
- Your secrets are safe with your friends because they can’t remember them either
- No one expects you to run—anywhere
- You can wear what is comfortable
- If you haven’t grown up by now, you don’t have to
- Your joints are more accurate meteorologists than the national weather service

Old Man Murphey was interviewed by the Irish Times on his 99th birthday to find out the secret to his longevity.

Murphey gave his formula in a few words: “For better digestion, I drink beer. In case of appetite loss I drink white wine. In case of low blood pressure, I drink red wine. In the event of high blood pressure I drink whiskey. When I have a cold I drink scotch.”

The interviewer was amazed and inquired, “When do you drink water?” “I don’t,” replied Murphey, “I’ve never been that sick.”



The older we get, the fewer things seem worth waiting in line for.



One must wait until evening to see how splendid the day has been.

May the lilt of Irish laughter
lighten every load.

May the mist of Irish magic
shorten every road...

And may all your friends
remember
all the favours you are owed!

Irish toast

FEATURED STAFF MEMBER



MATTHEW GILBERT

What is your idea of perfect happiness?

Health, family, friends and a good feeling about a job well done.

If you could have dinner with anyone from the past or present who would it be?

Abraham Lincoln

What is your favorite journey?

The journey of finding out where I'm supposed to be and not where I think I should be.

What has impressed you most about working at Encore Communities?

The idea that we make differences in so many lives

What words or phrases do you overuse?

"Yep!" I was told by a patient that I should say "yes" because "yep" sounds like I'm lazy.

What is your most treasured possession?

My memories of my dad; I only hold them in my heart but they are treasured.

How would someone describe you?

Caring, loving, hardworking ... and a little loud...

What might someone be surprised to know about you?

I once saved a drowning girl with whom I went to school.

What is the most rewarding experience you have had and what made it so?

Going to college to find out that education is not to be taken lightly.

Matthew was born in Arizona, the youngest of seven children, four boys and three girls. He has lived in Arizona, Nevada, California, Tennessee and Alabama. He worked as a prison guard before he came to Northwoods. His cheerful, caring manner makes him a perfect fit for his work at Northwoods Lodge where he is appreciated by the staff and patients alike! Ever the caregiver, he is pictured below with his oldest brother.



RESIDENT OF THE MONTH



JOEY WHEELDON



What is your idea of perfect happiness?

Being at extended family gatherings

What is your most treasured possession?

My four children and nine grandchildren
My great grandmother's rosary

If you could have dinner with anyone from the past or present, who would it be?

One more dinner with my husband Bob

What is your most rewarding experience and what has made it so?

Teaching children and young adults—
grades 5 through 8.

What might someone be surprised to know about you?

Bob and I were amateur "Eclipse Chasers"

We hiked, sailed, kayaked and "gold mined" in creeks.

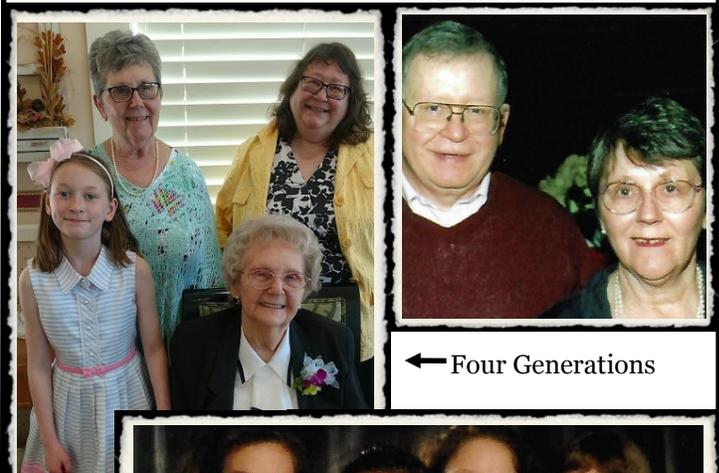
What is your favorite journey?

Bob and I took our 50th Anniversary trip to McCall, Idaho in August of 2017 to see the solar eclipse. Almost all of our children and grandchildren joined us.

In your lifetime, what changes have come around that you like?

Cell phones, text messaging
and computers

Joey is a Bremerton native; she grew up here with two brothers and three sisters. She met Bob on a blind date at Seattle U. They dated three and a half years before tying the knot, and were married for almost 51 years before Bob passed. She and Bob have four children, three daughters and one son, and a passle of amazing grandchildren. Joey had to be everyone's favorite teacher, for she is surely a favorite here at Country Meadows.



← Four Generations



May your pockets be heavy and your heart be light;

May good luck pursue you each morning and night. ~Irish Blessing

HERE'S TO YOUR HEALTH!

Peggy Reece

A LIGHT HEART LIVES LONG

“Age is an issue of mind over matter:
if you don't mind, it doesn't matter.”

With these words, one physician summed up one of the factors that means better health in later years—the *attitude* that one has toward growing older chronologically.”

In 1970 this adage was ascribed to a physician in an article from the UPI news service. Since then, it has been quoted by several notable people, including Satchel Paige, Jack Benny, and Muhammed Ali, all in regard to their hale and hearty approach to life and aging.

One author, in researching for her book on mental attitude, discovered that people who experienced physical setbacks that cause them to be “old in health” but young in age make up for it in attitude. They discovered that finding and experiencing joy in the every

day things of their lives makes them feel alive and young.

So if it feels good to grow older, but not to be old, then *attitude* is the key, regardless of what cards you have been dealt in life.

As one woman put it, age is on the calendar, not in the mind; laugh long, hard and often, enjoy the simple things and be grateful.

Being grateful, regardless of circumstances, does bring a light heart. You are here for a reason and you can still bring joy into the lives of others with a smile or a kind word. And that will make you feel good, too. As author James M. Barrie said, “Those who bring sunshine into the lives of others cannot keep it from themselves.” In living out your days with a light heart, you can be even happier knowing that you are making other's days lighter, too!

We're on this earth together, and if we would be brothers, fight not on your own behalf but for the sake of others. ~Irish Proverb

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2333 Schold Place NW
Silverdale, WA 98383
www.enorecommunities.com



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