



# CAMPUS TOWERS NEWS

## *FEBRUARY 2019*



### *FROM THE DESK OF Marchelle Knapp*

Happy Valentines Month. I love February because the weather reminds us that spring is just around the corner. If you look close, you can see the first flowers of spring start to show themselves. It makes me think that it won't be long and we will be planting the garden. This past month we installed the new AED machine next to the dining room. We are thankful to the Weyerhaeuser Foundation for donating the money for us to purchase this life saving device. We held a resident training at the council meeting. We had Julie Churchill, Evelyn Spahn's daughter, here to share her testimony of how an AED saved her life just 2 months ago. If you missed the meeting, stay tuned for more opportunities to attend training for CPR and the AED. Good News! This month we will be changing out your TV boxes to the enhanced HD service along with DVR service. This work begins on February 5<sup>th</sup>. A training session is planned for February on the new boxes. We want you to take advantage of the upgrades. Those of you who are paying for HD service will see a reduction in your cable bills. What a wonderful community we have at Campus Towers. It is a joy to serve you as your administrator.

## February Birthdays



### Residents

02/16 Billie Smith  
02/18 Cathy Crisman  
02/20 Fernando Loret De Mola  
02/22 Steve Porter  
02/27 Phyllis Santos  
02/28 Kay Vosika

### Staff

02/23 Tom Stiltz

The office will be closed on  
**Presidents' Day**  
Monday, February 18, 2019.

Meals will be on  
Holiday Schedule  
10:00 am – 2:00 pm

## **TAX PREPARATION DISCOUNT**

We have coupons in the office for a discount for your tax preparation from Russ Tevis at H & R Block. Coupons are good for all residents and their family and friends. Take your coupon to Russ and mention Campus Towers to qualify for the discount.

## Notice

*The coffee club meets every morning early in the activity room to share fellowship and coffee. Recently they have had their coffee supplies go missing. Just a reminder those supplies are not Campus Towers but belong to this group. Unless you are a part of the coffee group, please don't use the supplies in the activity room.*

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## SECURITY

Campus Towers is a safe secure building however it takes all of us to keep it that way. Recently we have had people outside of our building and in the smoking hut that don't live at Campus Towers. We are looking into installing more security cameras, but we need your help. The back door is locked at 6:00 pm. If you go out after that, take your keys. We cannot have the back door propped open. By propping the door open you are putting your fellow residents at risk of someone entering the building that doesn't belong. Unfortunately, the back area of our building could be inviting to someone looking to hang around unnoticed. We need to be safe and vigilant when going out later in the evening. If you notice anything out of place or someone who doesn't belong, please call 911.

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## *Welcome New Residents*

*Duane & Darlene Bradburn*

*Jackie Lightfoot*

*Gary & Susan Mortimore*

## New Menu Items Now Available!!



On Monday, January 28, we launched a new menu item. Based on the feedback we received from you, we have added a new healthier "special of the day". We are calling it the "Lighter Fare". We will be serving a different selection daily of a protein and a vegetable. The protein will be lower in calorie and cooked carefully to avoid adding salts and fats. It will be served alongside a vegetable cooked by steam or grill. No starches are served with the meal. It comes along with your choice of soup or salad. The good news is it will be priced the same as our standard special of the day. If you have a recipe or suggestions for the new lighter fare, let us know. The reports back so far have been great. Our goal is to give you plenty of selection and accommodate a variety of diets. Please keep your comment cards coming. This is the best way for us to evaluate your feedback and make changes based on your input. This is your restaurant and we want to offer your favorites. Let me know what you think of the new items.

We welcome back Andy who returned after an extended time away. A big Thank You to Tom, Deacon and Toby for filling his shifts while he was away.

*Be My*  *Valentine*

