



CAMPUS TOWERS NEWS

January

2019



FROM THE DESK OF *Marchelle Knapp*

A new year has arrived! I always look forward to a new year and new beginnings. 2019 is bringing change to Campus Towers. After serving faithfully on our kitchen staff for over 41 years Nita has made the decision to retire. She has enjoyed serving Campus Towers and told me that “not once did she not look forward to coming to work”. She is not one to enjoy the spotlight but rather quietly go about her day she has asked not to have a party. If you would like to give her a card or pass on a note, you can drop them by the office and we will be sure to get them to her. She tells me that she will miss all of you and she is looking forward to what retirement will bring. Nita has left a lasting impression of excellence on Campus Towers.

Campus Towers is blessed by staff that have worked here for many years. We have a long serving dedicated staff. Turnover of employees is common place in our industry and we are so blessed that the Lord has called many of our staff to serve for long seasons at the Towers.

This month brings exciting news. We will be upgrading our TV service from Comcast to add HD picture for no additional cost. We will also have more on demand options too. Those of you who are paying the additional money for that service will no longer have that charge. Stay tuned for more instructions to follow.

January Birthdays



Residents

- 01/07 Connie Fittro
- 01/09 Shirley Stevens
- 01/09 Cathy Harman
- 01/11 Jean Vegh
- 01/13 Reuben Grendahl
- 01/16 Gene Staples
- 01/17 Paul Smith
- 01/22 Richard Hendrickson
- 01/22 Ken Kinneman
- 01/28 Mel Chamberlain
- 01/30 Diane Torres

Staff

- 01/06 Becky Coleman
- 01/24 Deacon Beasley

Resident Birthday Party

If your birthday is in January, mark your calendar for your birthday party on Friday, January 11, at 2:00, in the Activity room!

It is Flu Season!

It's that time of year when germs look for a safe haven. Guess what? You and I are the targets. Look out!

You know how sneezing, coughing, and blowing the nose can spread germs, colds and flu. It can reach from one to another so quickly.

Proper etiquette is easy...

Never cough or sneeze in your hands! Better to turn your head, do it in your own elbow! If you don't have time to get a tissue out, use that elbow. If you use a tissue, be sure to dispose of it in a rubbish container. When you put your germs in your hand it gets transferred to everything you touch, like salt and pepper, chairs, door knobs, etc., ready to cling to the next person who touches that area.

Using the restroom...ALWAYS wash after with soap and water! Let's all be vigilante about contaminating others!

We have hand sanitizer in all the public areas. A great habit is to sanitize your hands whenever you see the dispensers on the wall.

If you are not feeling well, please don't come down to the dining room. Instead, call the kitchen at 360-423-6209 and they will gladly take your order and deliver your meal to your apartment.



THANK YOU

To everyone who gave to the gift drive benefiting the Highlands Girls club. A special thanks to Art & Myrna Moir for organizing the collection and delivery of gifts to the girls and to Eva Flohr for hosting the Christmas sale. All proceeds benefited the girls.

Please Keep the Hallways Clear

We recently finished our quarterly safety inspection of the building and we found the hallways have extra items that don't belong. The fire policy is that hallways are kept completely clear. In the event that we have a power outage and need to rely on the emergency lighting to evacuate the building the clutter can become dangerous. Clutter in the hallways can also create tripping hazards. Residents are limited to decorating only the door to their own apartment. Please remove anything that belongs to you that is displayed on the floor of the hallway as soon as possible.

Thank you ☺

IMPORTANT CHANGES

Special Services

Due to the increase in the minimum wage it will be necessary to increase our special services charges from \$12.50 to \$13.00 per hour effective 2/1/2019. The Laundry Services will not increase. If you would like us to do your laundry or other household chores, please contact the office to sign up.

Way to Ring in the NEW YEAR

We had 25 residents ring in 2019 this year. What a celebration!!!! We captured the event with a picture for all of those who made it to midnight. See Becky for a copy. It will also be posted on our Facebook page.

Tid-Bits from Becky.....



January is jam-packed with fun and enriching activities. While the weather outside is chilly Becky has cooked up a lot of activities to keep you busy inside. Be sure to keep your calendars handy and check it often so you don't miss out on the fun. She has musical entertainment, parties, buddies, out to lunch bunch, evening games, bingo (come win a banana), movies, bible studies, and Sunday Worship Service.

Men's Ensemble Practice

The Campus Towers Men's ensemble practices every Wednesday at 1:00 in the activity room. Inez is here to accompany the group on the piano. This group is very talented and already played at other venues outside of the Towers.

Bowling Champion

I am not sure everyone heard but Art Moir bowled a perfect 300 game in our last bowling challenge. He is our champion. Come join us and give video bowling a try. It is so much fun.

The Lunch Bunch is January 10th at 11:30. We will be going to Panda's near the hospital. They have excellent Chinese food. Don't miss out on good food and fellowship.

A special Big Buddy meeting will be held on January 14th at 2:00. We will be writing letters to our little buddies.

There will be a sign-up sheet to go see Mary Poppins at the Regal Theater in Kelso on Thursday, Jan. 3, loading the bus at 11:30 am.

Ten for Ten.....

This is a special party for those residents who have lived at Campus Towers for 10 years or more. If this is you, please come and celebrate on January 25th at 2:00 in the activity room.

I also want to pass on a **BIG** thank you to everyone that entertained us for the Christmas Party. The Campus Towers men's ensemble, The ukulele group, Darlene Powers, Ron Guisinger and his cousins, Kailea, Miranda and McKian. A big shout out to SANTA who reported that all the Campus Towers residents were on his good list. What a talented group of folks.

Thank You for all the wonderful sweets and beautiful cards that you gave to the staff this holiday season. You make us feel loved and a part of the CT family.

Hallway Art Selection Meetings

If you are a resident of the 6th or 7th floor, please join us on Monday the 14th at 10 am to select pictures for your hallway.

5th floor will meet at 11:00 on that day. If you want to have a voice on the artwork displayed, please come and be a part of the selection process.

SIGN LANGUAGE CLASSES

Please join us in room 210 on Wednesdays at 2:00 for lessons in signing. This is a beginners class and we will be starting back with the basics so now is your chance to learn a new language in the new year.

EMERGENCY INFORMATION

January is a great month to review your emergency information sheet on the inside of your apartment door and make sure it is up to date. This sheet is used by the paramedics if you call 911. You can pick up a new form in the office.

RECYCLING CHANGES

The City of Longview has made changes to their curbside recycling. Beginning in January they will no longer accept Glass. Please discontinue putting Glass in your recycling bucket that you put out for John on Wednesday evenings. There has been confusion about plastics. **Longview accepts plastics** number 1 and 2. The Lions collect all of your newspapers, catalogues and junk mail in the bins in the garbage chute rooms. Please utilize that service, it keeps our costs down and it raises money for the Lions Club.

WIFI UPDATES

Recently we added the expanded Wi-Fi booster to the upper floors. That will take our Campus Towers guest network to the common areas of the upper floors. We added a password for additional security. Please stop by the office to get the new password.

Congratulations!!!!

Deacon Beasley was awarded our employee of the year at our annual staff Holiday party.

Deacon has grown so much in his role in the kitchen. He is a great worker, he has learned how to do every job in the kitchen this past year. He works well with his coworkers and delivers great service to our residents. He is always looking to take on new responsibilities and help the staff and residents. Thank you, Deacon we are so blessed by your service.

SENIOR SAVINGS

Last month I shared cost savings tips for Cell phone service. I heard from a few of you that you have made changes to your phone service and started saving money. One thing I didn't mention about saving money on phones is to discontinue having both a land line phone and a cell phone. We cancelled our land line and I found I didn't miss it at all.

This month I want to talk about electronic savings. Every store it seems has an app that they want you to add to your smart phone. If you are like me, you don't want to have every store app on your phone. Instead I found an app I use all the time it is called "Retail Me Not". It is free in the app store and what it does is track all discounts and coupons for most national retailers and gives you savings codes and coupons in one place. When I go into a store, I type in the store name in the app and it brings up all discount codes. When I am at the check stand, I give the clerk my phone with the digital coupon and I save \$\$\$. I have saved hundreds of dollars using this app. I rarely pay full price for my purchases at national stores.

The two store apps I do have on my phone are Safeway & Fred Meyer. These stores add special rewards for you for using their apps. These apps are a must if you shop their stores. Safeway gives you \$10 for a \$50 spend at the beginning of every month. They also give you grocery rewards instead of gas rewards if you don't buy gas that are available on their app. If you don't have a smart phone, make sure to pick up the daily news for the weekly ad and coupons. The \$10 coupon typically is a separate ad from the weekly sale ad.

Fred Meyer offers special discounts for their click list program on their app. You can build your grocery list for pick up and get additional savings. This save both time and money. If you have an app that you use to save money, please let me know and I will share it in a future article. If you need help adding these apps to your phone, stop by and see me. I will be happy to help you load these cost saving tools to your phone.