

WINTER WORD SEARCH

E T C G B W T B X E S S Y H I
 T N A H Q L W I K Q E N T O J
 A Y E H I I I A U V F O S L T
 L W C Z N L L Z O S W W O I S
 O I W T O F L L Z I W G R D E
 C I E M W R G Y P A H O F A W
 O R D O W T F W I B R F N Y O
 H S N E E R T E N I P D J S S
 C S C T M I T T E N S Y A N N
 T E P A E L C I C I F K O A G
 O J E K R H B O O T S W M C I
 H Y U S E F D N I W B W O V V
 F I R E P L A C E A O L E E I
 A V U C R U G U L N D D C E N
 C P Y I J U U L S U Q S I Y G

WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Palouse Country Assisted Living
 503 S. Hilltop Ln.
 Fairfield, WA. 99012

Palouse Country Assisted Living

503 S. Hilltop Ln., Fairfield, WA 99012
www.palousecountry.org (509) 283-2232

Palouse Country Assisted Living Newsletter

December - January 2018

Silver Star of the Month: Ena Lietz



Ena's father moved to Joplin, Missouri from the Russian/German border. He then homesteaded to Sawyer, North Dakota, a rural farming area, where Ena was born in 1928. When she was nine months old, Ena's mother passed away from pneumonia. She then went to live with her mother's sister and was raised with her aunt's ten children. The youngest of them was eight years old. Ena referred to her aunt and uncle as mom and dad while growing up. She

started in a one room, country school when seven years old. Ena remembers being afraid sometimes while walking two and a half miles to school every day in the dark mornings or evenings during the shorter days of the winter months. In winter times, the children would travel on horseback to school or also on horse-drawn sleighs. In the hot summers, horse-drawn buggies were sometimes used. Hide and Seek, Kick the Can, Ring around the Rosy, Fox and Geese, Ante Over were games Ena fondly remembers playing in school.

When she graduated from the 8th grade, she moved to Minot, ND and worked for her room and board by doing odd jobs like babysitting, cooking, cleaning, and canning foods until she graduated from Minot High School in the spring of 1947. After high school, Ena worked at a grocery store at the food counter until October of 1947 when she traveled to Fairfield, WA to attend her cousin's wedding. However, once she arrived, she decided to stay, since a job position opened up at the Haines Cunningham drug store. Ena lived with one of her foster sisters that she grew up with. Her brother-in-law was the minister at the Lutheran church and so Ena joined the youth group, a large group of about twenty members, which is where she met her husband, Reinhold Leitz.

Board of Directors

President

Lynn Schafer

Vice President

Karl Felgenhauer

Secretary

Barbara Roecks

Treasurer

Jacqueline Tee

Board Members

Paul Anderson
 Rusty McGuire
 David Ostheller
 Kevin Ottosen
 Betsy Pletscher

Contacts:

Administrator

Helda Fuchs
admin@fairfieldcare.org

Office Manager

Donna Ochamphugh
office@fairfieldcare.org



To:

December

Janice C. ~ 12/20

Mac B. ~ 12/28

January

Joe C. ~ 1/27

Sara B. ~ 1/28

And to Our Staff:

December

Holly D. ~ 12/2

Donna O. ~ 12/3

January

Linsey T. ~ 1/4

Debbie J. ~ 1/10

Bunny K. ~ 1/12

Trishia M. ~ 1/17

Rachael C. ~ 1/23

Silver Star: Ena Leitz Continued

The following year, after she moved to Fairfield, Ena and Reinhold were married at the Lutheran Church, moved to a farm in Latah, WA where they raised their two children. Ena also worked here at the care center, for over twenty years, when the facility was the Good Samaritan Nursing Home.

When the children left home for college, Ena and her husband began RVing around the country. Their travels would accumulate to about six months out of the year on the road, and they did as such up until her husband passed away in '98. Ena has traveled to Mexico and Canada, and seen all but three states in the U.S.

Now Ena enjoys knitting baby hats for premature babies. She also likes crocheting snowflakes. Ena loves to make candy. Her lifelong dream was to set up a candy store. Her favorite goodies to make are lemon creams. Ena also holds exercise sessions with the other residents. She leads the exercises, since she feels she needs it and she appreciates exercising more so with others rather than just herself. Ena said she decided to move to Palouse Country because her farm was too far out, and she loves it here because the center is still within her community of 70 plus years.



Palouse Country Assisted Living's residents and staff members would love you wish all a very happy 2019 New Year!!



Christopher Weatherwax: Hometown Hero



In December, one of our residents, Christopher Weatherwax, was interviewed by a local television station: KHQ. Christopher's battle with Huntington's has not impeded his passion or abilities with his piano playing. After the segment aired, KHQ honored him with the Hometown Hero Award. Christopher, a piano prodigy, continues to achieve his lifetime goals of being an expert piano player and composer of music.



Spiced Vegan Lentil Soup

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 medium yellow onion, chopped
- 2 peeled carrots, chopped
- 4 cloves minced garlic
- 2 tsp ground cumin
- 1 tsp curry powder
- 1/2 tsp dried thyme
- 1 28 oz can diced tomatoes, drained
- 1 cup brown or green sorted lentils
- 4 cups vegetable broth
- 2 cups water
- Pinch of red pepper flakes
- Salt to taste
- Pepper
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- Juice of 1/2 to 1 medium lemon, to taste

Directions:

1. Warm the olive oil in a pot or Dutch oven.
2. Once oil is simmering, add onion and carrot, cook 5 mins then add garlic, cumin, curry power, and thyme. Pour in drained tomatoes and cook for few more mins.
3. Pour in lentils, broth and water. Add salt, pepper, and red pepper flakes. Bring mixture to boil, then partially cover and reduce heat until lentils are tender.
4. Puree 2 cups of soup in blender. Return to soup.
5. Add greens and cook 5 mins. Add lemon.

December's Hero of the Month



Congrats to Logan for earning December's hero of the month! Logan works hard to be a very positive first point of contact for all who come in our front door, and to coordinate all our Residents trips to their appointments.

January's Hero of the Month



Congratulations to Jason for being January's hero of the month! Jason creates wonderful tasting meals for our residents. He also saved the day and made sure the kitchen opened for breakfast when no one else could get up the unploved hill here at Palouse Country.



Stanley 'Gene' Dye



January 9th is National Law Enforcement Appreciation Day! Celebrate by wearing blue, put a blue light on your front porch, or simply write and thank you letter to your local law enforcement agency.

January 14th is Ratification Day! On Jan. 14, 1784 the ratification of the Treaty of Paris was signed marking the end of the American Revolutionary War.

January 24th National Compliment Day! Be sure to hand out extra compliments to folks and help make their day!

Palouse Country's Fundraising Campaign 2019

Happy New Year!!

We are starting 2019 with many plans ahead for Palouse Country Assisted Living (PCAL). As a non-profit, facility we rely on donations to continue to operate and grow. We are a 501(c)(3) non-profit organization so make sure to speak to an accountant about any donations made for tax purposes.

We are starting a fundraising campaign with a goal of \$100,000! This is what we need to continue forward with the improvements of this facility. PCAL's facility was built in various stages from 1960 through early 1980's. Therefore, we have several project updates to keep our facility current and comfortable to meet our residents' needs.

Our accomplishments this past year came from various donations and grants from family, friends, and businesses. Here is all they have helped us accomplish in 2018:

- New rooftop unit for 300 Hall—Thank you Empire Health Foundations.
- Courtyard beautification—Thank you Senior Action Network of Easter Washington (SANEWA).
- Planter/gardening project— Thank you Associated Garden Clubs of Spokane.
- Installation of energy efficient lights throughout common areas—Thank you Avista.
- Facility name change, new signage, and new staff uniforms—Thank you to Fetty Trust.
- Generator purchase, delivery, and partial installment—Thank you Irvin Leitz donation.

Other improvements we have completed around the building, due to all our generous donors in 2018, are the Historical Photo Project and the renovations on the 200 Hall.

Our main goal in 2019 is to see our generator project through to completion. We fell short of a full installation in 2018, and the project was stalled due to increased costs with changing state regulations, as well as new tariffs for raw materials which resulted in higher labor wages. The completion of the Generator project will allow us to run the entire facility for 100+ hours in the event of an emergency. Not only would the new generator allow PCAL to be a reliable and resourceful asset to our community, but lets us provide a safe haven for the aging, disabled, and surrounding rural communities in the case of a major power outage.

Other projects we wish to complete in 2019 are:

- New windows for the 300 Hall. Those particular windows are older, and not energy efficient. This improvement will help our building grow and last another 60 years.
- Newer vehicles for our residents' activities outings and transportation to their doctor appointments.

A big thank you to all our family, friends, and residents for all your support.

If you have questions you can contact Palouse Country Assisted Living at 509-283-2232 or you can donate on "Go fund me" and donate to the Palouse Country ALF Generator project.

--Helda Fuchs, CTRS, MBA HCA

