

Donation Form

Name: _____

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Please detach or copy this form to return with your donation

Memorials given to Palouse Country Assisted Living in memory of a loved one are a great way to assist in keeping PCAL sustainable. Bequests in wills are yet another way to be remembered.

All gifts are tax-deductible. Please make checks payable to:
Palouse Country Assisted Living, 503 S. Hilltop Lane, Fairfield, WA 99012
palousecountry.org, phone (509) 283-2232

Would you prefer to receive this newsletter by email? Yes _____ No _____
(Email versions are the 'green' way to save us postage and paper)

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

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Palouse Country Assisted Living Newsletter

February/ March 2020

Silver Star of the Month: Joe Coombs



Joseph Donald Coombs was born in January, 1937, to Donald and Evelyn Coombs. He and his younger sister Susan became the fourth generation to be raised on the family wheat farm near Harrington, WA.

As a boy, Joe loved making farm toys out of both wood and metal scraps which

were available around the machine shop; this talent stuck with him even as an adult when he built furniture for his home. Joe was an avid Boy Scout for 6 years and attended the National Jamboree in the year it was in Northern Idaho. He played basketball and football in high school and was active in many student activities, graduating from Harrington High School in 1955.

Joe attended Washington State University (WSC at that time), graduating in 1960, with a degree in agriculture. While in college, he went to a party with one of his Delta Chi fraternity brothers who introduced Joe to Ann Faulkner. Joe and Ann dated and then married in 1959.

As a member of the ROTC in college, Joe went into the Air Force as a first lieutenant after graduating. He was stationed early at Craig Air Force base outside of Selma, Alabama, where he received training to be a jet pilot. While there he and Ann witnessed the marches and the aftermath of the Civil Rights riots. While at Craig he changed his Air Force career path and joined one of the initial classes of the Strategic Air Command, the branch of the Air Force dedicated to nuclear weapons delivery. He was then stationed at Vandenberg Air Force base in California and became a launch officer for the Minuteman ICBM missile program.

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Silver Star Continued...

That meant that during a time of national alert, like during the Cuban missile crisis, Joe and the rest of his crew were locked underground into the launch command center to await their launch orders. Because of their isolation, and the military's sense of "need-to-know," he later complained that his wife, Ann, knew more about what was going on than he did during a crisis.

It was not all training and work for Joe during those Air Force years. During that time his son, Craig, was born in 1960 and his daughter, Cheryl, was born in 1963. Joe was in the Air Force for about 4 years and is designated a Vietnam veteran.

After getting out of the service, Joe farmed for 2 years on the family farm in Harrington. Thereafter he moved his family to the north side of Spokane.

Combining his farming experience along with his agronomy degree, Joe joined the Trust Department at the Seattle First National Bank, administering bank-held farm land. His adept management of those farms, along with his savviness for knowing how to get the best price for a crop, made the bank a great deal of money. As a result, Joe rose quickly through the ranks and became one of the youngest assistant vice-presidents of the bank.

After a 15-year career as a trust agronomist at the bank he then started his own business as an agronomist. He specialized in rural appraisal, especially as an insurance claims adjuster.

Even past the age of retirement, Joe continued to serve the Washington farming community by being a representative to the State Weed Board where he road-tripped all over the state to attend meetings.

Joe and Ann divorced in 1989. But Joe found love again with Marlene Peters and they settled in Spangle, WA. Joe and Marlene loved to get out and walk or run together. They participated in fun runs and ran many Bloomsday races. Joe loved to tend his large garden along with his cats. He loved to take his kids and grandsons out fishing.

Shortly after Marlene's death from a lengthy illness, Joe moved into a care facility in Spokane for a few months before moving to Palouse Country Assisted Living almost 2 years ago.

Written by Joe's son, Craig Coombs



Our Residents love having fun making crafts! Here are just a few Bean Art Pictures that were done as a group effort at crafting time.

St. Patrick's Day March 17, 2020

Did you know...
The literal translation of shamrock is "seamrog" and means "summer plant." It is in the spring and summer when shamrocks grow lush in the Irish fields.



An Early Spring!

This year, the Vernal Equinox happens on March 19th. Generally, the Spring Equinox is observed on March 21st, however this year Spring will come early – the earliest Spring in 124 years!



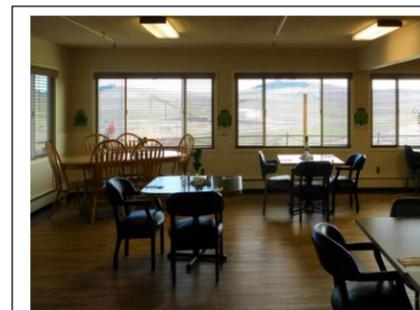
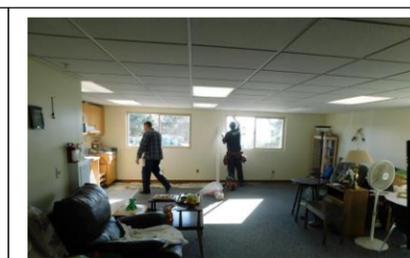
The tradition of the "wetting of the shamrock" expression comes from the practice of dropping the shamrock in the final drink of the evening and when the glass has been emptied, the shamrock is removed and tossed over the left shoulder.



PCAL would like to thank *Don Felgenhauer* for donating a very generous amount of \$5000. This will greatly help with completing the installation of our new generator.

Room with a View

Our new windows have been installed in the Dining room and in the Gathering room on the 100 Wing. We are so happy with the result. Our residents and visitors have a much better view of the surrounding Palouse Hills.



Palouse Country Assisted Living

Ninth Annual Report - 2019 January 22, 2020

PCAL has been blessed to have a well-rounded board with professionals from all walks of life. And unlike many boards, there is no compensation for being on the board, save our knowledge that this is a great facility with staff who care for the residents just as if they were family, and in truth, that is what they become.

The year has not been without challenges, the biggest being the loss of the local clinic and doctor so it was not necessary to transport residents to Spokane for medical needs. We work around this as much as possible, but it still requires transportation in all kinds of weather. Where did all the concern about wanting doctors to practice in rural communities?

Pastor Paul Anderson, who has served on our Board for several years accepted a pastorate in Montana, so he resigned in January. We are happy for him, but it was our loss. Pastor Lonnie from Spangle will serve in Pastoral Services in his place. However, we have added new board members who are active in the community and will benefit us in coming years: Amanda LaShaw, Jake Holling and Lon Ottosen.

In 2016, Ervin Leitz gave a donation which was originally determined to cover the entire cost of our generator. However, circumstances happened, and we are still waiting for a promised donation which will finish the job. This was made more significant when there was a power outage for about 3 hours earlier this month. Boone Electric has begun inside work to complete this project, and we hope the donation will be sent and we will have a working generator this year.

Interest has been seen for memory care as we see an aging population, and we have been able to provide this. And it goes without saying that the outside of PCAL has been updated with landscaping, benches, water features, etc., giving visitors a pleasant sight upon entering.

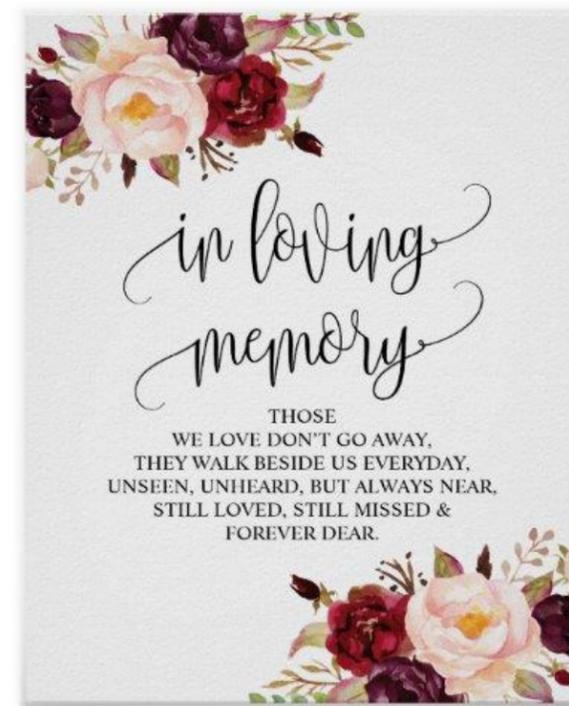
PCAL is continually working to update old systems within the building. We hope eventually to have services that will allow phone calls from any part of the facility as well as Internet connection for those who are still 'young at heart' and enjoy this technology.

We welcome visitors to our facility. The dining room is being remodeled to bring it up from the 70's to what promises to be a very welcoming room. Come see us!

Sincerely,

Lynn Schafer
President

Helda Fuchs
Administrator



Lorraine Coletti



Willean Lindstrom



Willean and Lorraine enjoying their time singing and playing the piano together.