

THE Village Voice

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JANUARY 2021



COVID-19 VACCINES Oregon's seniors high on priority list for vaccines

By mid-January, if all goes according to plan, Oregon should have received more than 250,000 doses of the Pfizer-BioNTech and Moderna COVID-19 vaccines.

The [distribution plan](#), according to the Oregon Health Authority (OHA), will be given to those in the "1A" group, which includes doctors, nurses, support staff and emergency medical personnel who work directly with COVID-19 patients.

Other hospital staff members, like hospital administrators, will receive the vaccine, but it's up to each individual hospital to determine vaccine order as more doses arrive in the months ahead.

State leaders estimate there are around 400,000 Oregonians in the 1A group.

OHA experts said 11,000 doses of the initial 147,000 will also be allocated to residents and staff of skilled nursing facilities, where experts say the most vulnerable people live.

(The vaccine requires two-shots to achieve the 95-percent effectiveness.)

The next in line to get the vaccine, as more shipments arrive, are those in the "1B" group, which includes other essential workers (postal, grocery store, food services, ect) those 75-older.

Then it's the "1C" group, the 65-older seniors and anyone with underlying medical conditions that put them at high risk for illness or death from COVID-19.

That includes those with any disease affecting the lungs, as well as anything that could compromise a person's immune system, like cancer or HIV, would be included.

"We're talking about a number of weeks and not months of difference between when the first people get this and last people in this group get this," OHA senior health advisor Joe Sullivan said in mid-December.

The state should have enough vaccines to cover all of the 1A,B and C groups by the end of March if all goes well.

Oregon's COVID-19 vaccination plan also includes taking advantage of a federal program that is contracting with phar-



Pfizer Photo

macies such as Walgreens, Rite Aid and CVS to provide vaccinations in local areas.

These companies pharmacies will receive vaccine doses

from the state, and then provide on-site vaccine clinics at long-term care facilities across the state.

One way to keep tabs on all this is through PeaceHealth (Peace Harbor). They provide Covid-19 vaccine updates at: www.peacehealth.org/coronavirus.

The best advice for seniors here in GTV about getting the vaccine is to stay in close contact with your primary care physician, or main health care provider.

Happy New Year!	
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SPECTRUM / CHARTER CONTRACT: UPDATE

By now you have probably heard via the "Grape Vine" we have a new contract from Spectrum/ Charter for Cable TV and Internet Services, and that is true. But Spectrum has yet to sign it.

On December 2nd Greentrees Village Board of Directors approved the new contract that the Spectrum Ad Hoc Committee recommended, and it appears our negotiations with Spectrum/Charter went very well.

But until it's signed, the final details of the new contract are still in a sort of limbo. What we know for certain is that the new multi-year contract will NOT be implemented on January 1, 2021.

So everyone in GTV that is currently paying Spectrum/Charter directly for expanded cable/Internet services, continue to do so until we have all the details worked out and the new contract signed.

We do understand that the membership and residents of GTV that are currently paying for Internet services directly to Spectrum/Charter want to terminate those charges in hopes the new contract will offer faster Internet connection and expanded cable channels for a lower fee. Be patient.

As soon as the pending contract is signed, and we know the details of the implementation process, we will pass that on to all residents of Greentrees Village. ~ Ron McCrary, Chairman Spectrum Ad Hoc Committee

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MORE ELBOW ROOM GTV Kicks Off 2021 With A Needed Office Expansion

The standing joke around the Greentrees Village office is its general managers have always had an "open-door policy."

They really had no choice: That's because the GMs have never had an office, so there wasn't any door to close.

But beginning this month, General Manager Matt Kennedy will have an actual office where he can conduct business in private without the distractions of the daily hustle and bustle that goes on at the office's front desk.

The much-needed renovation, which expanded the existing office into a portion of the adjoining library area, is scheduled to be finished by mid-January.

The entire renovation project is being handled by the crew from Lighthouse Electrical Contractors here in Florence.

"Even though I will have a real office with doors," Matt says, "My policy is still 'open door' when it comes to interacting with everyone here in Greentrees." ~ Bruce Smith



Electricians from Lighthouse Electrical Contractors run wiring for lights, phone lines, cable, and internet in what will be the official GTV General Manager's office. -- Photos by Laurie White



©Bruce W. Smith

Surfs Up! Grab The Camera

The Oregon Coast's winter storms offer sightseers and photographers an excellent opportunity to watch the Pacific Ocean put on an awesome display of wave action. There are many great viewpoints along the Central coast, but none as good as Shore Acres State Park, located due west of Coos Bay. Just follow the signs from Hwy. 101.

Be there 3-4 hours before high tide to see the waves at their peak action. Big storms with swell heights of 20-feet-plus produce the most explosive displays, with spray heights reaching more than 100 feet. Bring a rain jacket--and plastic bag for your camera.

The best tide/wave height data can be found at www.magicseaweed.com. Plug in Coos Bay to get all the information you need to time your visit to Shore Acres! ~ Bruce W. Smith

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A CHRISTMAS TO REMEMBER!

GTV residents, you make my heart sing! There were 171 fabulous presents under the Greentrees Children's Christmas tree.

Lots of activity supplies and books. Phone chargers. Toy cars and trucks. Cute dolls. Crocheted hats and ear warmers. Lego's, games and puzzles. All the types of gifts children love and appreciate.

We delivered these wonderful gifts to the Florence police department whose officers wrapped and distributed them the evening of December 23rd to deserving families in need.

Again, a sincere thank you for your generosity - especially with all of the unrest we had in 2020. ~Peg Patton

Loose Wall Receptacles Pose A Real Safety Issue

Although electrical wall outlets have no moving parts, they do have metal contact points inside the body of the receptacles, which are designed to firmly grip the hot, neutral, and grounding prongs of cord plugs.

Over time, these contacts begin to wear and lose their gripping power. Loose receptacles are a common problem in many of the older homes here in Greentrees.

There's never a good time for a plug to fall out of an electrical outlet. Whether it's a cell phone charging overnight or an appliance you're using to make dinner, you want a plug to stay snug in place.

But the greater safety issue is this: As the exposed contact points lose their ability to grip the plug, it creates greater electrical resistance where the prongs meet the receptacle.

Worn or loose plug connection creates heat and problems in the wiring that may cause circuit breakers to trip or even start a fire at the plug.

That's why loose or worn-out electrical outlets need to be

replaced. Thankfully such a task is a relatively quick house call for an electrician, or even a "handyman."


If one wall outlet doesn't hold the cord plug tightly, there's a good chance there are other outlets in the house that have the same problem. So make it a point to have them all checked--and replaced if needed.

Today's electrical code requires that most outlets in living areas have AFCI (arc-fault circuit interrupter) protection .

It's also code that outlets in some locations also have GFCI (ground-fault circuit interrupter) protection.

Check with our advertisers if you need wall plugs replaced. Most will drop by and give a free estimate. ~ Bruce W. Smith





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THIS & THAT

WEBSITE HELP: Matt Kennedy is taking over managing the GTV website and is seeking assistance from anyone who has experience in using Wordpress to help in the site's content management. Give him a call at the office if you'd like to help: (541) 997-8674.

NEW RESIDENTS: Welcome to Jean Phillips (Corvallis) moved into Lot 661, Julie Berndt (Eugene), at Lot 107, and Vicki Hoffman (Florence), Lot 604. and Mark White and Yvetter Tullier, Lot 675, from Reno, NV.

GATE CODE REMINDER: GTV residents must call the office to obtain the monthly "Contractors Gate Code" if you're having anyone from outside coming here to do work at your home or on your property.

WINTER TIRE CARE: It's time to do that bi-annual tire check. Tires lose air pressure naturally. Inflate the tires according to the psi shown on the driver's door jamb tag located at the rear and bottom of the door frame. Low tire pressures accelerate tread wear--and hurt fuel economy. Over-inflation just creates a harder ride, and reduces traction in wet conditions. Most cars, SUVs and cross-overs run 32-35 psi air pressure.



Porcupine Meatballs

We dug into a 55-year-old Betty Crocker Cookbook and found this vintage recipe for a country favorite: Porcupine Meatballs. The twist from the original recipe is this sauce is made from scratch. Feeds four hungry mouths. Enjoy!

Meatballs

- 1 pound ground beef
- ½ cup uncooked white rice
- ¼ cup finely minced onion
- ¼ cup whole milk
- 2 Tbls Worcestershire sauce
- 2 Tbls fresh parsley, chopped
- ½ tsp garlic powder
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- 1 egg

Sauce

- 3 Tbls butter
- ½ cup onion, minced
- 2 Tbls tomato paste
- 3 Tbls all-purpose flour
- 1 Tbls Worcestershire sauce
- 3 cups low-sodium beef broth
- 1 tsp gravy browning and seasoning sauce (such as Kitchen Bouquet or Gravy Master)
- 1 14.5-ounce can pureed tomatoe
- Mashed potatoes to serve with the meatballs

Directions

Make meatballs by combining all meatball ingredients. Scoop out twenty balls, about 1 ¼ ounces each and roll. Refrigerate while you



make the sauce.

In a large deep skillet or saute pan, melt butter and add onions and saute for three minutes over medium heat.

Add the tomato paste and cook for two minutes.

Add the flour, lower heat and cook two more minutes.

Add the Worcestershire sauce, stir then add the beef stock, gravy color and pureed tomatoes.

Bring the mixture up to a simmer then gently add all of the meatballs.

Cover the pan, lower to a slow simmer and cook 15 minutes. Turn meatballs over, cover again and cook 15 more minutes.

While meatballs are cooking prepare the mashed potatoes. Serve meatballs and sauce over the mashed potatoes. ~ Bruce Smith



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Cures For SAD

Those suffering from seasonal affective disorder (SAD), can treat themselves

Winter is a prime season for getting SAD, a seasonal mood disorder that makes you feel sad, sluggish, and sleep the morning away. According to the Anxiety and Depression Association of America (ADAA), more than 15 million Americans suffer from seasonal affective disorder (SAD).

The good news is there are a number of simple things you can try that may help improve your symptoms, including:

- Stay active. Walk daily. Get plenty of exercise.
- Get outdoors. Sunlight is a great SAD fighter.
- Make work and home environments as light and airy as possible. Sitting in the dark makes SAD worse.
- Sit near windows when you're indoors.
- Eat a healthy, balanced diet.
- Of course, avoid stressful situations. Take steps to manage stress

It can also be helpful to talk to your family and friends about SAD, so they understand how your mood changes during the winter. This can help them to support you more effectively.

The Village Voice

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Matt Kennedy

Editor: Bruce W. Smith

Special Thanks

Brenda Kessler & The Folding Crew

CONTACT US

GreentreesvillageHOA@gmail.com

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GREENTREES ACTIVITIES JANUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Water Aerobics M - F @ 8:00 am All Residents Welcome!				1 / HAPPY NEW YEAR! GTV Office Closed	2 Bocce Ball 11:15 am
3	4 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	5 Property Comm. 10:00 am Activity Comm. 1:00 pm	6 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	7 Finance Comm. 10:00 am	8 Pickle Ball 8:00 am - 10:00 am Exercise Class 10:00 am	9 Bocce Ball 11:15 am
10	11 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	12 BOD Meeting 1:00 pm	13 POOL CLOSED Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	14	15 Pickle Ball 8:00 am - 10:00 am Exercise Class 10:00 am	16 Bocce Ball 11:15 am
17	18 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	19 Quilting Group 9:00 am - 4:00 pm	20 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	21	22 Pickle Ball 8:00 am - 10:00 am Exercise Class 10:00 am	23 Bocce Ball 11:15 am
24	25 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	26	27 Pickle Ball 8:00 am - 10:00 am Tai Chi 9:00 am Exercise Class 10:00 am	28 Book Club 2:00 pm	29 Pickle Ball 8:00 am - 10:00 am Exercise Class 10:00 am	30 Bocce Ball 11:15 am
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