



# SENIOR HELPERS

## Finding a caregiver in the small-town environment

by Sue Skerlak

At some point in many senior's lives there comes a time when outside help in the form of an in-home "caregiver" is needed. Fortunately, we live in an area

where such help is easy to find. But you need to know a little about caregivers before you start the search.

There are several types of paid in-home caregivers with varying levels of experience and training, providing a wide range of services from help around the house to skilled health care.

Basic care is provided by assistive-care personnel who provide non-medical supportive care. These caregivers may have different titles including PCA (personal care aide), or HHA (home health aide), and CNA (certified nursing assistant.)

Formal training is not needed for PSA and HHA unless the aide works for a Medicare-certified agency, in which case a minimum of 75 hours of training is required. CNAs attend courses ranging from 75-120 hours.

Next level of care is by licensed practical nurses (LPNs), who are licensed by states. They are skilled nurses that have completed 12-18 months of training and passed state board testing. They can provide care that non-medical and home health aides cannot.

LPN tasks could include administering IV drugs, tube feedings, or changing wound dressings. Medicare covers home-health skilled nursing care that is doctor-prescribed and arranged by a Medicare-certified home health agency.

The highest qualified caregivers are registered nurses (RNs). They hold a nursing diploma or associates degree, and have met all the requirements for licensing. They can provide daily care, all tasks a LPN can perform, administer medications, operate medical monitoring, and oversee caregivers listed above.

A good place to find in-home caregivers is through an agency or health staffing service. Begin by checking out Medicare's Home Health Compare (<https://www.medicare.gov/homehealthcompare/search.html>).

Agencies and staffing services do background checks on caregivers, match caregivers to clients, handle scheduling, paperwork and payroll. One such agency is the Peace-Health Home Health & Hospice (541-997-8412) here in Florence.

The downside of going through an agency is you usually pay more than home health staffing services, or local client-employer providers (CEP) that utilize independent/freelance caregivers.

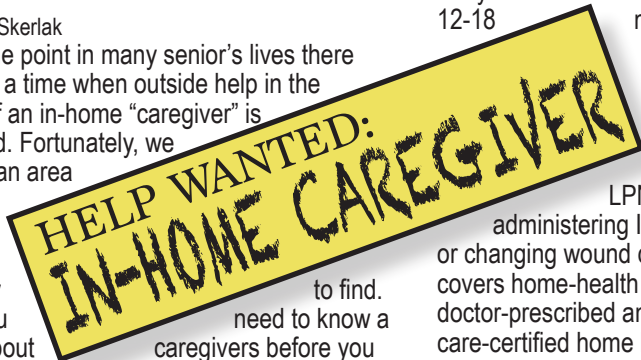
CEPs connect families with independent home health workers: You tell the company what you are looking for and it will refer you to matching candidates. Checking the caregiver's credentials and making the financial arrangements is usually between you and the caregiver.

One local CEP is the Florence Senior and Disability Services (541-682-7832) located at 3180 Hwy 101. Call them for details.

Whether you go through an agency or another source to find an in-home caregiver, it's vital your loved one feels safe--and the in-home care is always carried out with compassion, understanding, kindness and honesty.

The caregiver should be educated to your needs and perform all tasks with integrity while maintaining your loved one's dignity.

*(Sue Skerlak, a Greentrees resident, has more than 30 years experience as a Graduate Practical Nurse (GPN) in-home caregiver.)*



# KENNEDY'S KORNER

If you weren't able to "attend" the May Board of Directors meeting, I'd like to take this time to give everyone an brief overview by highlighting a few key points. (As always, the entire BOD Minutes are inserted in the newsletter, and available to read on our GTV website.)

**Electronic Meetings:** We are all struggling with the "new normal" and trying to use this new technology to the best of our ability. I really appreciate everyone's patience with me as we move through this. I also want to say how appreciative I am of how good everyone has been in social distancing, dealing with the closure of all the facilities, and participating in our Zoom Meetings. I am looking forward to opening more and more up as soon as we can. Hopefully the facilities will be opening up in Phase II.

**Maintenance:** The Board approved the family pool deck tripping hazards to be repaired. This will increase the safety of the pool area in general. The contractor is also going to use a material called "Flowmix" to fill in the large

cracked surfaces. This material will give with the movement of the ground, preventing further cracking.

**Underground Infrastructure:** We met with Will Dawson from Civil West Engineering on May 19th. Civil West is going to be assisting us with an update of our study we had performed about ten years ago. This will assist in the budgeting process for future capital expenditures to be completed in years to come. It will also help us refine our numbers for the Reserve Study that was just completed.

**New ACC Committee Members:** Marvin Hamilton, Tom Shaw and Laurie White join Jeff Myers and Nick Woodworth on the ACC Committee. I welcome your participation. Residents considering making improvements or changes of any kind to their property please contact the office to get an ACC Packet to fill out for review prior to starting the work.

**Communication:** Lastly, please make sure to check the line of communication we already have in place for the latest GTV information:

newsletter (copies available in front of the office door), website, signage, Facebook, and so forth.

If you have any questions or concerns please don't hesitate to call me at: (541) 997-8674



Matthew Kennedy  
Greentrees Village General Manager

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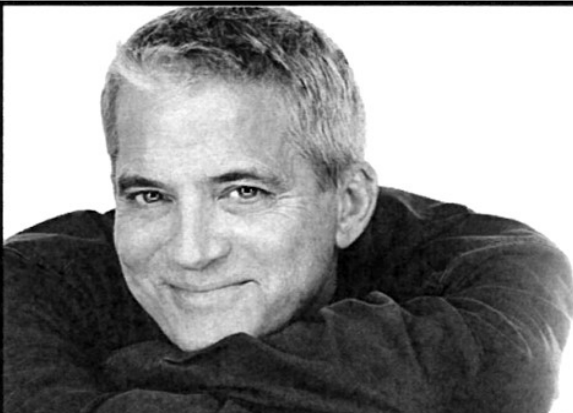
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# ACTIVITIES COMMITTEE

While everyone is staying safely at home, the Activity Committee is thinking about the day life gets back to normal. We are researching ideas on how to handle holiday dinners and potlucks in a post-Covid19 era.

One thought we have is to discontinue "self-serve" for both dinners and potlucks. Gloved volunteers would be the food servers, and food would be behind plastic sneeze guards like in a regular cafeteria.

This type of arrangement would greatly reduce the number of residents handling the same serving utensils as was done in the past. But that's just a thought.

If you have suggestions, we are all ears! We



**GTV dinners and potlucks may no longer be "self-serve" because of the health and safety concerns raised by our on-going battle against Covid-19.**

want to continue the traditions that make GTV a fun, friendly place to live, but with a greater awareness of health and safety.

On the financial front, we are continuing to sell some donated items on eBay to generate cash for future activities. Some special items might be offered for sale later through the GTV Facebook page, so be sure to stay connected.

If you have ideas or thoughts about future activities once things open up again, please post them on the Greentrees Facebook page.

If you have been cleaning house and have small items to donate for a future community flea market, please contact me at 559-786-6576. (No clothes or furniture.)

Donation items must fit in cardboard boxes and be in good condition. Things we can't use will go to either the Humane Society or Habitat. Stay safe and healthy!

~ Mark Tilchen, Activities Committee Chair

# FREE SMOKE ALARMS

Siuslaw Valley Fire & Rescue (SVFR) has free battery-operated smoke alarms available for residents of Florence. They will also install the smoke alarms for free as a community service.

All smoke alarms are only good for 10 years, according to the manufacturers, so they need to be replaced prior to that time. Also, Oregon law requires working smoke alarms in all bedrooms, adjacent halls and living rooms. Oregon law also requires smoke alarms be hardwired in new construction or remodeled homes (since 1983), and they must be interconnected, so an electrician would be needed to install new ones.

However, battery-operated back-up alarms are legal. That's why SVFR will place the free smoke alarm next to the wired-in detector if space is available.


To get your free alarms, call Siuslaw Valley Fire & Rescue: 541-997-3212. ~ Kristel Buechner, Greentrees Emergency Response Team (GERT)

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# SALAL

## The secret to keeping one of Oregon's native shrubs under control

*Gaultheria shallon Pursh*, or Salal as the Chinook Indians called it, is a native shrub found in the Pacific Northwest portion of North America. It's found in abundance along the Oregon Coast.

Salal played a big role in the lives of the The First Peoples of the Pacific Northwest because they survived winters by eating the berries and used the leaves as a primary medicine to treat everything from cuts and burns to respiratory and gastrointestinal problems to treating tuberculosis.

As rare and as wonderful as Salal may be to just about every tribe in the Pacific Northwest, to many Greentrees residents it's nothing but an annoying vegetation that tries to take over every inch of one's property.

Getting rid of it entirely on one's property requires more work than most of us want to undertake unless an excavator is handy. Controlling the spread of Salal in smaller areas, however, is a bit more doable if you are willing to put in the time and effort.

"Start by cutting it down to about six inches or so in height, but leave enough of a stub to grab on to," says Jeff Choate, OSU Extension horticulturist. "Then, with a good pair of gloves, grab hold and pull. The roots are long, sometimes six-feet or more. But they are shallow and should pull out fairly easily, especially if the soil is sandy.

"Get as many of the roots as you reasonably can and re-growth should be minimal. Don't worry about the fibrous stuff; mainly focus on the long roots, the older of which will be woody and the younger of which may still be whitish in color," says Choate.

"The main re-growth simply will be from roots that were overlooked or inadvertently covered up as you were busy pulling on other roots."

Another proven way to control the growth of Salal is applying a strong herbicide such as Crossbow to the leaves.

Mix the herbicide with Surfactant for Herbicides or Hi-Yield Spreader Sticker.

Both brands are special "wetting agents" that increase the penetration, provide a more uniform coverage, and increase the overall effectiveness of almost any herbicide or weed killer they are combined with for application.

Using these surfactants with a herbicide works excellent on shrubs like Salal that have glossy, slick leaves. Otherwise, regular herbicide beads up and tends to roll right off the leaves.

It takes about two weeks before you start seeing the "burn down" effect. (It may take a second application to get the desired results.) Once the herbicide has done its work, cut down dead bushes and remove the roots. Re-apply the herbicide to any re-growth that pops up. ~ Bruce W. Smith

*NOTE: Crossbow, like any herbicide, should only be used in accordance to the instructions on the container. Wait at least three weeks before replanting in areas where Crossbow Herbicide has been applied.*



Salal is native to the Pacific Northwest. It's pretty, but it can be a pain, too, if left to run wild.



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# THIS&THAT

**SCOOP THE POOP:** Our maintenance staff requests dog owners pick up their pet's poop as a courtesy to fellow residents--and as a general health concern. No poop left behind!

**NEW RESIDENTS:** A hearty welcome to our new residents Carol Britain & Robert Carpenter, Lot 657, Sylvianne Irons Lot 215, and Gary & Greg Savaiano in Lot 75.

**RE-OPENING:** We've opened pickleball/tennis, bocce, the Recreation Hall bathrooms, and the exercise room with a max of two people permitted inside at a time.

**IN MEMORY:** Our condolences go out to the family and friends of Barbara Jones, Lot 236, whom we learned passed away on April 7th. Barbara had lived here since 2000.

## CORNBREAD CHILI PIE

Greentrees' general manager's favorite "comfort food" is his own concoction of chili pie. As with most comfort foods, this recipe is not for the Weight Watchers crowd! It's strictly for bringing a smile to the face.



- 9x12-inch baking dish
- 4 16 oz. cans of chili (w/ or without beans)
- 1 14 oz. bag Hillshire Farms Lit'I Smokies Smoked Sausages
- 1 8 oz. bag Tillamook shredded sharp cheddar cheese
- 1 16 oz. bag Marie Callendar's Original cornbread mix
- 1 cube salted butter
- 1/2 C Honey

Spray the baking dish with non-stick coating. Pour in the chili. Layer the cheese over top. Arrange the sausages evenly over the cheese layer. Now pour the cornbread batter over the sausages. Bake at 425 degrees for 25 minutes--or until the cornbread is golden brown. Remove from oven and pour the melted butter over the mixture while it's piping hot followed by honey. Let cool to eating temperature and serve with a smile. ~Submitted by Matt Kennedy

## FOOD STORAGE TIPS

Want longer-lasting milk? Look for "ultra-high temperature," or "UHT," on the label. Milk in these cartons has been pasteurized at high temperatures (275 degrees Fahrenheit: hot enough to destroy not only viruses and bacteria, but bacterial spores as well), then aseptically pumped and sealed into cartons. Most organic milk brands undergo UHT.

White flour is almost certainly fine to use, no matter its age. Whole-wheat and other whole-grain flours can acquire a metallic

or soapy odor within a few months. This whiter-equals-longer rule of thumb is true for non-ground grains as well.

Refined white rice, for example, will last for years, while brown rice will last only for months. This is because unrefined grains contain fats, and fats are the first thing to go off when it comes to dry pantry staples.

Regular steel-cut or rolled oats will last for a year or so before they start to go rancid, but parcooked oats (or instant oats) can last nearly forever. ~ GTV



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# GREENTREES ACTIVITIES - JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
	Property Comm. Meeting 10:00 am  (via ZOOM)	Ad Hoc Comm.Meeting 1:00-3:00pm  (via Zoom)	Ad Hoc Comm.Meeting 1:00-3:00pm  (via Zoom)	Finance Comm. Meeting 10:00 am  (via Zoom)		
14	15	16	17	18	19	20
	BOD Meeting 1:00 pm  (via Zoom)					
21	22	23	24			
		Ad Hoc Comm.Meeting 1:00-3:00pm  (via Zoom)				
28	29	30				

## The Village Voice

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