



The Eugene Hotel View

Monthly Newsletter of Eugene's Premier Retirement Community February 2025



February



Valentine's Day

Love is in the air all month long. We will celebrate by making valentines, decorating cookies, and welcoming back a very special musician who will perform on Valentine's Day while we enjoy drinks, refreshments and each other's company.



Ground Hog Day

Will he see his shadow? Punxsutawney Phil will let us know if spring is just around the corner or if we must suffer through a few more weeks of winter? What's your guess?



Heart Healthy Month



Heart Month is celebrated throughout the month of February. February is chosen because it is a time when many people reflect on matters of the heart, including love and relationships. It is a fitting opportunity to also emphasize the importance of heart health. We will have a nurse visit us from Cascade Health to talk to us a bit on this topic, as well as check our blood pressures.



SECOND PAGE MEET YOUR NEIGHBOR
MEREDITH WILEY

FEBRUARY EVENTS
Activities and calendar
for February...pp. 3-7

BOOK GROUP
Residents will discuss *When Women
Were Birds* ..p. 5



THE LIFE AND TIMES OF MEREDITH WILEY

My life began in fear and the chaos of war as the child of China Inland Missionaries stationed in Linhai about 200 miles from Shanghai. My mother was a nurse from Walla Walla and my father was a minister from Belfast. They each arrived and first met in China in the early 1930s where they lived until almost the end of WWII. They were there in 1942 when the Doolittle Raiders bombed Toyoko and were involved in hiding 3 of the fliers who had crashed on the Chinese coast until they could be treated medically and then smuggled out overland through Russia to safety. In early 1944 they finally fled China with my older brother and two sisters. My mother was pregnant with me. They barely escaped getting to the safety of my mother's family in Walla Walla where I was born. We returned to China in 1946. My earliest memories are of war—the Communist revolution. We were in Shanghai when it fell in May 1949 with soldiers marching in a victory parade that lasted 8 hours. We were under house arrest for 5 months before finally getting out. We arrived back in the States in the fall of 1949 on the troop transport U.S.S. General Gordon in the last group of Americans that the communists let out of the country.

After a few months in Los Angeles, we moved to the

beautiful San Juan Islands where my father became the minister for the Orcas Island Community Church. To this day I can remember the sense of wonder at the freedom to just simply walk out the front door to go outside and play. I started school on Orcas Island. Then in the second grade my father had a heart attack, so my mother had to go back to work to support us. We moved to Tacoma where she became a public health nurse and after some time off my father returned to preaching. I graduated in 1962 and did 3 semesters of college before dropping out to get married. We lived in San Francisco for the first two years of my marriage in the mid-1960's. Coming from my background of missionary parents and church two to three times a week, it was quite a cultural ("Make Love Not War") awakening! My first daughter was born there when I was 19. Two years later we moved to Albany, Oregon where my husband started a grass seed company with two Canadian partners. We went on to have a son and another daughter. I was a stay-at-home mom for the next 10 years. During this time, I was involved in volunteer activities at the children's school and also as a volunteer in local community issues, particularly focusing on land-use planning and zoning. In 1972, I was appointed to the Albany Planning Commission and served several years as the vice-chairman. At the time there was a serious proposal to tear down most of the old downtown and build a huge regional shopping center on the Willamette River. In protest, a group of us organized and spent

a number of years fighting this proposal, eventually bringing in the National Trust for Historic Preservation's newly created Main Street Program. We wanted to utilize Albany's rich stock of architecturally significant houses and commercial buildings as a way to revitalize its deteriorating core. It took us years of meetings and intense public discussion and debate, but we finally succeeded, placing three contiguous downtown districts (over 80 blocks) on the National Register of Historic Places. And edging the three districts at the north end by the Willamette River Greenway. We also worked to expand the Mainstreet Program statewide raising money to bring it to 10 cities. After a number of years, the program faltered but was reinstated in 2007 by the legislature with lottery revenues in 10 designated cities: Albany, Astoria, Corvallis, Estacada, Klamath Falls, La Grande, McMinnville, Oregon City, Roseburg, and The Dalles. In addition, there was a Mainstreet Revitalization grant program created that funded restoration projects in 90 communities statewide.

At this point my youngest was going into the third grade and I decided to go back to college. I completed the second half of my sophomore year and at the end of my junior year was admitted directly into Willamette College of Law, graduating Cum Laude in 1980. I went to work with the Albany City Attorney's office including managing and prosecuting in City Court. In 1982, my life took an enormous move up and out when I ran for state Senate in Linn County.

(Bio continued on page 8)



Activities & Special Events

Concert by the Dorian May Trio
Sunday, February 2
at 2:00 p.m.

-Lobby
We welcome back the famous Dorian May Trio, who wow us every time! They have been around for over 20 years performing in many places from Jazz Clubs to Wineries to the Eugene Hotel and everything in between. The performance will start after Brunch, then during their set break we will have cake to honor Pegge's Birthday. Enjoy the show!



Monthly Preview
Tuesday, February 3
at 1:00 p.m.

-Lounge
Join us in the Lounge as we come together to discuss updates, food service, and all the other events for the coming month. Bring your questions, this newsletter, and please join us for this meeting to get the latest news.



Energy Work Massage w/Lisa
Monday, February 3 & 17
12:00-2:00 p.m.

-Exercise Room
Lisa our female masseuse will be at the Hotel regularly on the first and third Monday of each month. Her rate is \$20 for 15 min. Sign up in the Activity Book.



West Wind Flute Choir
Tuesday, February 4
at 6:30 p.m.

-Lounge
The West Wind Flute Choir is a group composed of musicians from the surrounding areas of Eugene, playing instruments ranging from the piccolo to the bass flute. They will play a variety of music in Celtic, classical and folk traditions.



Thank a Mail Carrier Day
Tuesday, February 4
-Front Desk

To thank Charles, our committed mail carrier, on this special day, thank you cards will be available for you to sign at the coffee service. Also there is a selection of cards in the Clarke's Store. A basket will be at the Front Desk for collection.



Men's Group
Wednesday, February 5 & 19
at 10:30 a.m.

-Lower Level
The Men's Group (Lounge Lizards) will meet in the Lower Level to catch up and share insights. Topics up for discussion on the 5th, "What will be the first catastrophic effect of climate change?" On February 26th, "Is it right to exclude and restrict people (e.g. LGBTQ)?"



Soup for the Soul
Wednesday, February 5
Monday, February 24
at 11:30 a.m.

-Lounge
Twice this month you are invited to join fellow residents in the Lounge for a warming bowl of soup and good conversation. This will be a nice time to enjoy a light lunch and get to know someone new. On Wednesday the 5th we will be finished just in time for you to stay and enjoy Piano Meditations with Philip Bayles.



Bus to Eugene Library
Wednesday, February 5 & 26
at 12:00 p.m.

-Meet in Lobby
Come along on our monthly bus to the Eugene Public Library. You will be dropped off for an hour where you can browse a wide selection of books and check out whatever you would like to take home to read. Please sign up in the Activity Book.

Philip Bayles on Piano
Wednesday, February 5
at 1:00 p.m.

-Lounge
Philip Bayles, noted conductor and founder of the Eugene Opera in 1977, returns to share more of his masterful piano stylings. Come to the Lounge to hear him on the piano on the first Wednesday of every month.



Heart Talk & Blood Pressure Check
Thursday, February 6
at 1:00 p.m.

-Lounge
A Nurse from Cascade Health will be here to go over some healthy heart highlights since February is Heart Month. She will also be available to take all of our blood pressure readings for whoever would like. Snacks will be provided.



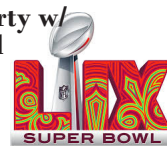
Valentine's Day Card Making
Friday, February 7
at 1:30 p.m.

-Resident Kitchen
Join Bre in the Resident Kitchen to create the perfect valentine! All supplies will be provided as well as a sweet treat to enjoy during the craft.



Super Bowl Sunday Party w/ Halftime Tailgate Food
Sunday, February 9
at 3:30 p.m.

-Lounge
Join us in the 2nd floor Lounge to cheer on your team of choice and tailgate with your neighbors! Feel free to invite family. We will have a nacho bar, sodas and beer throughout the game and cook up hotdogs at half-time. Bring your quarters if you plan to place bets. See you there!



Hot Oatmeal Bar
Monday, February 10
at 10:30-11:30 a.m.

-Dining Room
This has become a real resident favorite. Come to the Dining Room to warm up and fill up with a delicious bowl of oatmeal topped just the way you like it!



Chair Massage
Monday, February 10 & 24
12:00-2:00 p.m.

-Exercise Room
If you need a relaxing therapeutic massage, join licensed massage therapist Lawrence Roper downstairs for a short or long massage of your choice. The cost is \$10 for 10 minutes. Sign up in the Activity Book to reserve your time slot.



Hoppy Sippers
Monday, February 10
at 3:00 p.m.

-Lounge
Join McKenzie and your fellow beer drinkers to explore the wonderful world of beer. Once again we will have a variety of beers to sample along with snacks. This month we will be tasting a variety of interesting beers.



Valentine's Day Cookie and Cupcake Decorating

Wednesday, February 12 at 1:00p.m.

-Resident Kitchen

Join Bre and McKenzie in the Resident Kitchen to get creative with food! We will have both cookies and cupcakes to decorate along with hot chocolate to sip on. All supplies will be provided.



Tea & Poetry w/Dandelion

Thursday, February 13 at 2:00 p.m.

-Lounge

If you enjoy listening to the reading of poetry or writing it, we hope you'll join us for an hour of delightful verse and tea. Participants are welcome to bring a favorite poem or one they have written. You're among friends who like to share their poetry and the stories that go with them.



Valentine's Day Party w/ Sweet Refreshments and Music by Dakota Harris

Friday, February 14 at 3:00 p.m.

-Lounge

Love is in the air and so is the voice of our beloved Dakota Harris. His premier a couple months ago was a hit and we are sure glad to welcome him back. We will be serving drinks and sweet treats for you to enjoy during this Valentine's Day performance.



Sunday Supper Club at Claim 52 Kitchen

Sunday, February 16 at 4:00 p.m.

-Meet in the Lobby

Join us this month for Sunday supper right in the neighborhood at Claim 52 Kitchen. They offer a variety of salads, tacos, burgers and sandwiches with both traditional and exotic flavors. Sunday is Happy Hour all day. Sign up in the Activity Book to join us on this fun outing.



President's Day Trivia w/Lucas

Monday, February 17 at 2:00 p.m.

-Lounge

To celebrate President's Day, join Lucas in the Lounge to test your knowledge of our Presidents. We'll create teams, enjoy snacks and give away prizes. Come win a Cherry Pie!



Beverages on Broadway w/Gus Russell

Wednesday, February 19 at 2:00 p.m.

-Lobby

One of our favorites, Gus Russell, will entertain us once again while you sit and enjoy a nice cool drink from the bar. Come down to the lobby to pick your seat and enjoy the show!



Women's Group

Wednesday, February 26 at 10:30 a.m.

-Private Dining Room

Grab a cup of coffee and head to the private dining room for a casual round-table discussion and an opportunity to get to know ourselves better, as well as each other! In the month of February we will discuss our first love from childhood.



Speaker: Healthy Aging in Place

Wednesday, February 26 at 2:00 p.m.

-Lounge

Today in the Lounge Tara Hubbard from Cascade Health is coming to share with us different services and options available so you can age in place. Cascade Health is a nonprofit health care organization. They offer a comprehensive range of services including home health, physical therapists, palliative care, hospice, diabetes, nutrition education, counseling and more. She will bring snacks to enjoy while you learn what's out there.

Resident Birthday Lunch

Thursday, February 27 at 12:00 p.m.

-Dining Room

For those of you born in the month of February, come enjoy a delightful lunch in the company of the other residents who share this Birthday Month. Chef Ricky will prepare your special meal Don't forget save room for a slice of birthday cake!



Breakfast Brigade to Brail's

Friday, February 28 at 8:30 a.m.

-Meet in the Lobby

Join Ray for this monthly breakfast adventure to a long time Eugene



favorite, Brail's. They offer a huge variety of breakfast favorites along with some unusual standards if you're feeling adventurous. Please sign up in the Activity Book.

Song Circle with Kevin

Thursday, February 27 at 2:00 p.m.

-Lounge

Join Kevin as he leads a singing circle in the Lounge. Everyone is welcome and all genres of music are included. Bring a songbook if you have one.

Project Drolma: Humanitarian Aid to Tibetan Nomads Presentation by Leigh

Friday, February 28 at 2:00 p.m.

-Lounge

Leigh will share highlights of four trips to the Tibetan plateau, bringing educational and health services to nomadic families living at 15,000 feet. Join us for this interesting presentation.



TRIPS FOR FEBRUARY

Maude Kerns Art Center

Tuesday, February 4 at 10:30 a.m.

-Meet in Lobby

Today we are staying close to home while getting a good taste of culture. We will travel a few blocks away near campus to the Maude Kerns Art Center. Currently there are two exhibits on display featuring the work of five Oregon artists. In the Main Gallery is "Flow: The Language of Nature". The art in this exhibit has a focus on the healing quality of nature, particularly of water. The work evokes the flow of nature and it's cycles from different and intriguing vantage points. In the Salon Gallery is "Summoning the Light". This exhibit showcases role of light on the beautiful Willamette Valley landscape. After the Gallery we will go down the street to Santo de la Torta for lunch. They specialize in torta sandwiches that range in flavors from more traditional Mexican to grilled chicken with pesto. Sign up in the Activity Book.



**Small Town Mystery Tour
(Rescheduled from January)
Tuesday, February 11
at 10:00 a.m.**

-Meet in Lobby
Things are still a mystery! Due to mechanical failure of the bus we will be going on our mystery adventure today. Ray will be at the wheel as we board the bus to this mystery destination. As part of this fun day we will enjoy a lunch stop. Sign up in the Activity Book.



Thrift Store Shopping in Cottage Grove w/Bargain Lunch at Kentucky Fried Chicken Tuesday, February 18 at 10:30 a.m.

-Meet in Lobby
Join Ray and McKenzie on a short bus ride south to the town of Cottage Grove in search of some good deals! There is a new huge St. Vinnie's that will be our first stop. Once everyone has worked up an appetite, you will head to KFC for some lunch. Sign up in the Activity Book if you'd like to join.



Lunch at BJ's Restaurant & Brewhouse Followed by a Tour of the Knight Campus for Accelerating Scientific Impact Tuesday, February 25 at 11:30 a.m.

-Meet in Lobby
You'll want to come hungry for this lunch time trip. BJ's has a full menu from pasta to pizza, burgers and more! After Lunch, we will head back towards U of O Campus where we will tour the Phil and Penny Knight Campus for Accelerating Scientific Impact. It is a hub of discovery and innovation where teams of world-class bioengineers and bioscientists are driving groundbreaking scientific research and providing an innovative approach to technical training, professional development, and entrepreneurship. Please sign up in the Activity Book.



WEEKLY EVENTS

Exercise Class with Erica and Phylli Mondays, Wednesdays, Fridays at 9:00 a.m.

-Exercise Room
Join Phylli on Mondays and Fridays and Erica on Wednesdays for a fun and stimulating hour of movement to enhance your ability to maneuver in your day-to-day lives. Classes are held in the Exercise Room at 9:00 a.m. sharp. Everybody is welcome.

Mall Walking at Valley River Center Monday, February 3 & 17 at 10:30 a.m.

-Meet in the Lobby
Let's get moving! The mall is a great indoor walking venue for the cold winter days. If you get tired you can rest on one of the many benches found around every corner. If you get hungry you can grab a bite to eat at one of the many options in the food court. And if all you want is to get in your steps for the day you can window shop as you do. Please sign up in the Activity Book.



Mahjong Monday, February 3 & 24 at 2:00 p.m.

-Billiard Room
Come to the Billiard Room for a friendly game of Mahjong. Don't forget your coin purse and a 2024 National Mahjong Card.



Eugene Hotel Bridge Players Monday, February 10 & 24 at 12:30 p.m.

-Billiard Room
Do you enjoy playing bridge? If so join us in the Billiard Room to exercise your brain and have fun with others who enjoy playing cards.



Bingo Wednesday, February 5, 12, 26 Thursday, February 20 at 3:00 p.m.

-Game Room
Come join your neighbors every Wednesday afternoon in the Game Room for Bingo. Each week there is a different incentive for winning: prizes; surprises and/or money. It's only \$.75 to play.



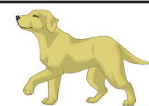
Hearing Aid Clinic w/ Jim Wednesday, February 16 at 3:00 p.m.

-Library
Jim from Goodman Hearing will be in the Library on the Lower Level the third Wednesday of every month. Bring him any hearing aid related questions or concerns. Please sign up for time slot in the Activity Book.



Qigong Thursdays at 9:30 a.m.

-Lounge
Qigong is the skill of attracting vital energy and self-healing. It combines movement, meditation and visualization, which are employed to enhance the mind/body connection and assist healing. Join instructor Roberta Roth during this quiet exercise time.



Needle Arts Group Thursday, February 6 & 20 at 1:30 p.m.

-Lower Level
Needle Arts isn't just knitting! Bring your project to the new location in the Lower Level and join others that enjoy working with their hands with the company of a needle or two. Knitting, embroidery, crochet, needlepoint, quilting, mending all are welcome.



Creative Writing Thursday, February 6 & 20 at 2:00 p.m.

-Resident Kitchen
Join your fellow residents on Thursday for some fun writing activities that will wake a tired brain up! You may follow creative prompts provided by Dandelion, or free write whatever is on your mind. Some prompts are independent, some are collaborative, and all will entertain your desire to write!



Play Poker with Alan Saturdays at 2:30 p.m.

-Billiard Room
Get ready to lose your money or win big! Join Alan in the Billiard Room for a friendly game of poker. Don't forget to bring your quarters.



Creative Coloring Sundays at 2:00 p.m.

-Resident Kitchen
Join your neighbors for a relaxing coloring session upstairs in the resident kitchen. The books and coloring pens, markers and pencils will be in the cupboard under the phone.



(Meredith's Bio Continued)

I won the primary but lost the general election. Although I lost, the senate race opened up a new world moving me away from the practice of law into politics. In 1982, Norma Paulus appointed me as a special legal counsel and sent me to the Dalles to serve as a hearings officer in the Rajneesh Puram's attempt to take over the Wasco County government. (The why of that particular endeavor is still a mystery!). Subsequently I worked in the senior management of Paulus's gubernatorial campaign. After her loss, I was invited to attend a 3-month campaign school, the American Campaign Academy, in Washington, DC sponsored by the House Republican Congressional Committee. I returned to Oregon and went to work organizing and managing a statewide candidate services plan for the Republican House Minority Office to take back the majority. (Please note: I am no longer a registered Republican and haven't been for many years.) In 1990 we took control of the House. I then went to work for the legislature, becoming Chief of Staff to the Speaker of the House. During my time with the legislature, I partnered with Robin Karr Morse to manage a large blue ribbon task force for the Speaker called The Children's Care Team which was a two-year effort to make Oregon's Child Protective Services more effective and preventive in its focus. This work on children and families issues became the foundation for the last half of my professional life. In 1992, after a lengthy illness my husband of nearly 30 years died. I took a year out to breathe, regroup and recast my life. With my children all grown and on their own, I went to the Kennedy School of Government at Harvard

and got a master's degree in public administration. While there, drawing on the multiple resources available to us at Harvard, Robin and I collaborated an 80 page dissertation on the importance of the earliest years of life and the emerging scientific research on the lifelong impact of early trauma on physical, mental and cognitive health. This paper led to an offer from the Columbia Graduate School of Journalism to consult in the creation of a program for mid-career journalists to improve coverage of children in the news. It also led to the creation of Robin's and my first book, Ghosts from the Nursery: Tracing the Roots of Violence, which was released in late 1997 just as the school shootings were first gripping the nation. We have since authored two more books and are currently working on a fourth. After 10 years in Manhattan, I moved upstate to Albany, working there for 10 years as the state director of Fight Crime: Invest in Kids, a national bi-partisan anti-crime organization made up of police chiefs, sheriffs, district attorneys and crime survivors. We promoted a research-driven four-part Youth and School Violence Prevention plan through public education and advocacy targeted to legislators and policy leaders. In 2013 I moved back west to Fresno to be near my youngest daughter and three grandchildren. During my 10 years in Fresno, I was the policy director for The Children's Movement which included writing and producing a regular electronically distributed Policy Digest and working extensively on both early childhood and juvenile justice programs and policies in the Central Valley. In March 2024 I finally retired and moved here to be near my son. My youngest daughter lives

in Fresno with her husband and three grandchildren. My oldest daughter lives in Australia with two grandchildren and two great grandchildren there. Looking back, I can see a long and winding road—a complex but rewarding 80+ year trail—that has led me back now to Oregon and this wonderful community of new friends at the Eugene Hotel where I am meeting so many interesting people and still learning names.



COMING NEXT MONTH-

-PI DAY

-ST. PATRICK'S DAY

-DAY LIGHT SAVINGS

-SPRING



**Please Welcome
New Resident**

Nancy Hart -209