

CLATSOP CARE RETIREMENT VILLAGE

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A special shout-out to Wayne Germond for all of the amazing flower arrangements he made for our community from flowers donated to CRV from another resident's family member. Wayne is very passionate about flower arranging and whenever he can, he will make several arrangements for not just the community, but for the team members as well. We really appreciate you, Wayne!! Thank you for everything you do for everyone at CRV!



December 2025



Activities Update

On November 6th, we welcomed some new friends to CRV, Cormie, the double-crested cormorant and her trainers. We learned about the Wildlife Center of the North Coast and the wonderful work they do for our community. Residents asked a lot of questions and enjoyed watching Cormie eat her herring and explore the activities area. Cormie is believed to be 24 years old and because of a complicated break in her wing, she will spend the rest of her days living at the Wildlife Center. We are excited about our new relationship with the Wildlife Center and we look forward to hosting our new friends on a regular basis.

Taking on Aging

These captains of industry in their 80s and 90s are still going strong and celebrating the “work” that makes life fun—at any age!

Carol Burnett. The comedy queen, most famous for her Emmy-winning “The Carol Burnett Show,” has worked well into her 90s. True to form, her take on aging is playful and full of perspective. At a red-carpet event for a television show premiere, Burnett told reporters asking for her “secret” to aging, “I’m just happy to be working and that I’ve got all my parts.”

Martha Stewart. Media mogul Martha Stewart has spent her 84 years building an entertainment and lifestyle empire, and she has no intention of slowing down. Stewart says she lives by her mother’s example. Her mom raised six kids and lived into her 90s. Stewart wakes up before dawn, exercises, enjoys the news, works a few puzzles and thrives on a creative challenge.

Willie Nelson. The 92-year-old country music star released his 77th solo studio album in 2025, and is still “on the road again,” touring and performing with fellow icons like Bob Dylan. He refuses to use a set list on stage, preferring to play to the crowd, but he often performs Tom Waits’ “Last Leaf” from his 2024 album, as he loves the lyrics: “I’m the last leaf on the tree. The autumn took the rest, but it won’t take me.”



Serving Up Conversation

Whether it’s a meal with your household, a gathering of friends or a big family feast, consider these conversation starters and guidelines to steer the table talk towards productive, thoughtful and even joyful conversation.

What are you most looking forward to about tomorrow?

Have you ever met a famous person? If so, who was it, and how did you meet them?

Is there a hobby you’ve been interested in trying?

What is one thing you respect about each person at the table?

Favorite pizza topping?

If you could become an instant expert in any subject, what would it be?

What’s something you’ve created that you’re proud of?

If you had an extra hour every day, how would you spend it?

Before diving into the conversation starters, consider establishing some ground rules as a table, including whether to allow phone use, interruptions of answers or certain topics. Coming up with common courtesies ahead of time can help prevent unnecessary conflict.

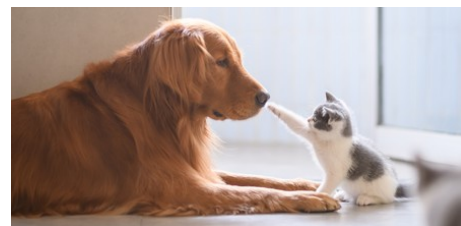
Keep Your Pets Safe This Winter

Winter arrives in December, so prepare yourself with the following tips to keep your pets safe and warm this season.

During chilly weather, pets should be kept inside as much as possible. If it’s too cold for you, it’s too cold for them. Never leave your pets unattended in a vehicle, as the temperature inside can dip to freezing within minutes.

When you do take your pets outside, give them the proper gear to keep them safe. Short-haired dogs and cats may need animal sweaters. Both dogs and cats can benefit from pet-friendly balms that protect their paws from cold, icy and salted sidewalks. After returning indoors, wipe your pets’ feet to remove substances such as de-icing chemicals.

Be aware of how cold weather can affect your pets. Frigid temps can worsen arthritis in pets, and ailments such as diabetes, heart disease and kidney disease can make animals more vulnerable to the cold. Very young and very old pets also are more susceptible to having health concerns related to cold weather. If problems arise, don’t hesitate to contact your veterinarian.





Cool Ways to Chill Indoors

When the weather outside turns frightful, try some of these indoor activities to make winter more delightful.

Research your roots. Map your family tree by launching a genealogy research project. Heritage hunters can use both free and paid online resources to search military records, newspaper clippings, court

documents and more. Make sure to keep your research for future generations.

Volunteer ... virtually. Explore opportunities to share your talents in service of others. Virtual volunteers can write letters of encouragement for first responders, transcribe historical records for the Smithsonian, tutor students and much more.

Catch up over crafts. Invite a friend to try a new hobby with you, like jewelry making, calligraphy or origami. If you and your friend can't make crafts shoulder to shoulder, try crafting over video chat. You can even mail your creations to each other—both the successes and the funny failures.



Volunteers

CRV is looking for new volunteers to help in the activities department. If you enjoy games, crafts, music, and great conversation, please

contact Sybil, the Activities Director, for more information.



Have a Happy Winter

Winter is a beautiful season, but it can also be full of challenges. We'll help you overcome them with this quick guide:

Warmth. Both indoors and out, wearing layers will keep you feeling cozy. If you get too toasty, simply shed a layer or two—a better option than wishing you'd dressed warmer. Bundling up in sweatshirts and thick socks can also help you keep the thermostat down in your home.

Safety. When walking or driving in winter weather, go slow. Wear shoes or boots with nonskid soles, turn on your headlights and watch for slick spots on roads and sidewalks. Keep a blanket in your vehicle in case you get stuck.

Boredom. Colder and shorter days may keep you inside, but there are plenty of activities to stay entertained. Winter is the perfect time to tackle your reading list, work on puzzles or craft projects, play video or board games, and try new recipes.

Winter blues. Fewer daylight hours can lead to seasonal affective disorder, or SAD. Talk to a health care provider if you're feeling down. In addition to medication, SAD can be treated with light therapy and vitamin D supplements. When possible, try to spend a little time outdoors to enjoy the fresh air and sunshine.



Word Search

Today's Category: Words (of 3 or more letters) from "Jingle Bells"

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

1. Bells
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. All
2. Bells
3. Bobtail
4. Bright
5. Dashing
6. Fun
7. Jingle
8. Laughing
9. Making
10. Open
11. Ride
12. Ring
13. Sing
14. Sleigh
15. Snow
16. Spirits
17. The
18. Tonight
19. Way
20. What

