

# Village Voice



Life@OlympicVillageSP.com

www.olympicvillagesp.com 608-662-8842

## MY LAST PRESIDENTS LETTER

The month of November has been filled with a month of mixed emotions. We celebrated one of the best Holidays of the year. This is a time to give THANKS for all we have. A time to be with family and friends, share good food, and I guess time to watch our favorite football team.

The weather has been so kind to us except for the little snow we received on November 21st and only a few days that were a little below normal.

The Veterans Recognition Evening was such a lovely event. It was a really good feeling to honor some of our Vets here in our community and to hear of their time spent in the service. To see the pictures of those good looking young male soldiers and our own pretty young, female soldier. Most of us are of the age to remember the times that these Vets were talking about. This wasn't just the Vietnam Conflict, but the Cuban Crisis.

We had the TV news, the newspaper reports and many a family members, neighbor or former class mate telling us about what was happening. Some of us had family or friends that didn't come back to tell their stories. As we heard, not all the stories were of combat missions but were of the soldiers behind the scenes and how they ended up there. One example was that a couple of the men who knew how to type so their assigned duties were in an office.

The physical and mental scares that the wars leave on our Veterans can really be heavy. Now some of our sons and daughters are also in the group called Veterans of Foreign War. A big THANK YOU to the Past and Present VFW's.

With the real winter months still expected to come soon, please, be careful out there. There have been too many falls already this fall. There were two folks that got tangled up on the snow plow orange markers. One ended up with some bad bruises and another with stitches on their nose and broken bones in their hand.

One of our residents fell early fall by stepping off the curb and really messing up her shoulder. Back home from rehab she fell and broke her hip. Before you take that next step, look where you are stepping. Our balance, our eyesight, our ability to recover from these falls are not the same as when we were ten or fifteen years younger.

At this time, I'm still planning to continue to do the Voice. If there are things you would like posted just send me an email or phone call. We have a really good guy that is stepping in as President for the next year. Hank Ruff as you may know has already spent six years as President. If anyone knows just about everything about Olympic Village, It's Hank.

I would like to Wish Everyone a Very Happy and Healthy Holiday Season.

Sue Stang

Sstang5255@charter.net (608) 335-3812

## BIRTHDAYS THIS MONTH

12/01 Mike Brolin  
12/03 Jerry Cap  
12/09 Jim Wickert  
12/17 Diane May  
12/19 Sharon Wagner  
12/21 Sharon Lostetter  
12/24 Linda Soltwedel  
12/26 Hank Ruff  
12/30 Barry Strauss



## THANK YOU

To our Amazing Olympic Village Family, I want to “Thank You” all for the love, care and support you have shown me.

Thank you for the cards, flowers, food and phone calls. - *Marilyn Froh*

---

I have always known how wonderful our OV residents are. Being on the receiving end of your well wishes, cards, food, flowers and phone calls really makes the time it takes to get back to where we want to be much faster.

Thank You. You guys you are the BEST. - *Sue Stang*

## REMINDERS

With the Flu, Colds, Covid and everything else that seems to be going around this time of year, **PLEASE STAY HOME IF YOU ARE SICK.** I know of eight cases of Covid here in the Village during the month of November, Bill and I included.

**For all our card players, please don't be licking that finger to separate the cards. WASH YOUR HANDS** There are a number of bottles of sanitizer for your use at the Club House.

Please turn off your outside water supply if you are able. If you cannot or do not know how, contact Jim or Derek to arrange to have it done.

## RESIDENTS CORNER

On November 22nd, we received word that a very fine lady in our community passed away. Betsy Emmerich, 948, sister of Barb Klintman 878. Betsy was transported to UW East Hospital a couple of days prior to her passing. Barb was already a patient there. Betsy and Barbs rooms were just one floor apart. Betsy has had heart problems for quite some time. Barb was able to spend some time with Betsy prior to her passing.

It's always hard to lose one of our residents. It's truly like losing a Family member. Rest in Peace Betsy.

We still have a number of residents on the mend. Marty Kepper, Barb Klintman at home now, Jerry Cap, Marilyn Froh, Tom Huss and Linda Soltwedel. I'm sure all the thoughts and prayers are always welcome.

Sally Carpenter had an article from the November 3<sup>rd</sup> WSJ written by Dr. Zorba Paster. Sally thought this would be good to share. These are just a few snippets from the article. Most of these are reminders.

**Throw rugs** - Get rid of them.

**Lighting** - Make sure you have night lights around the house, especially from your bed to the bathroom.

**Grab Bars in the Bathroom** - The shower/bath it's a must and by the toilet. Did you know that if you have a difficult time with your bowels and need to work at it, your blood pressure can fall, and when go to get up you could become dizzy and need that grab bar so you don't lose your balance and fall.

**Medications** - Ask your pharmacist if you are taking any medications that might cause you to get dizzy.

**Winter Safety** - Be sure your walking aids are to be used on ice and or snow. Footwear, be sure you have the right type for snow or ice. Don't assume just because it's sunny that all the walking areas are ice free. Not sure, don't go or have help.

**Eyesight and Hearing** - Make sure your glasses are up to date and be sure to wear sunglasses even in the winter. Hearing is something we don't think of as being a tool to navigate, it is.

**Vitamins** - Wisconsin winters keeps many of us out of the little sun we have during the winter. With that Vitamin D is what we are missing. A Vitamin D-2000 IU once a day is all that is needed.

## 2024 EVENTS

**Monday December 2<sup>nd</sup>** 9:30 Club House Decorating.

**Thursday December 5<sup>th</sup>** Foot Care Clinic Tuesday.

**Tuesday December 10<sup>th</sup> 11:45 PIZZA RANCH Sign-up** on the Board.

**December 15<sup>th</sup> 3:00 – 4:30 Open House at the Club House** *(This is in place of the individual Open Houses) There will be some simple snacks, coffee, hot chocolate, and juice. This can also BYOB for your special beverage.*

## 2025 EVENTS

**Monday January 6<sup>th</sup> 9:30** Take the Holiday decoration down at the Club House.

**Tuesday January 14<sup>th</sup>** I would guess there will be a Quarterly Meeting and Pot Luck.