

TO THE POINTE

A monthly newsletter for a community of condos where people of diverse backgrounds and ages live in close proximity to one another and share common elements with their neighbors.

NEIGHBOR NEWS

Happy Birthday

Bob Dressler, 97 years young
Marilyn Sander
Ray Laird



Judy Rossner enjoys a beautiful birthday cake made by her daughter, Jenny.



*Sandy kisses Her Daughter Claire....
Happy Birthday!!!*



The next scheduled Board Meeting will be January 26th at 5:30 in the Riverside Room.

BABY IT'S COLD OUTSIDE

While we hope that the icy weather is over for this year, it could happen again.

We have snow shovels and ice melt on the back patio, for you to use. (There is only one small bag of ice melt for emergency use. Please purchase your own supply.)

DO NOT use regular salt as it degrades our walkways and stairs.

ACE Hardware has small bags of Ice Melt for \$19.00. It's the perfect size for each unit. Put the product down BEFORE it starts to freeze or snow, and it really helps. Put it down on top of the ice/ snow again, and it will melt fairly quickly. It may still be slick...so always be careful.



If you have photos, stories, or ideas that you'd like to see in the newsletter send them to SweetCoffey@comcast.net.

THE “MUGABLE CREW” PARTY

We are hosting a new social get together, just to have a chance to meet new folks, see a human, visit with someone other than the cat, air your coat, meet and greet.... whatever you want to call it. It is just a nice hour to visit with each other and see what's happening in the “hood” during these long boring winter days!

We will have some fun activity like BINGO, sing a long, Trivia, jokes or whatever to help us break the ice, no pun intended!

Bring an empty mug, your best smile and enjoy coffee and cookies provided by the HOA! (I have it on good authority that there will be prizes every week...remember, Will is a big shot at Perfect Look...he has lots of goodies up his sleeve!!!!)

So, STOP what you are doing and mark your calendar for this fun social hour!!!!

Friday, January 27th at 2:00 at the cozy Fireside Room! We need your friendly face to round out the group!



Does this ring belong to you? We found it on our property. If so, call MB. (503-740-6937)



Pat enjoys “Coffee with a Cop!” at our local Starbucks! The Officers took her photo with Blue!



It is a big month for Bob Dressler, World War II Air Force veteran, who celebrates his 97th birthday. It is also Marilyn and Bob's wedding anniversary.

JB HITS THE BIG TIME...UH, in fact, THE NEW YORK TIMES!

Our neighbor, JB Lockhart, was reading a NYT's article about health care for senior women. There was an opportunity to respond to the article via Instagram. JB took this opportunity, and they called her to talk more about her opinions.



The Times came out to interview her and took her photo in our very own Fireside Room!

Great job JB. and wonderful picture to boot!



Pat McDonald's view Christmas morning!

THOUGHT OF THE DAY

I just fired myself from cleaning my house.
I don't like my attitude and I got caught drinking on the job!



*Judy Rossner and Marilyn Sander take down the Clubhouse Christmas decorations.
Thanks ladies.*

ISSUES WITH DUES PAYMENTS

Many folks have had trouble with paying the new dues. Please call our new Representative, Alex McCaffery, and he will help you get your payments in order. 503-445-1210.

DON POPE

Our neighbor, Don Pope, passed away recently.
[Click here](#) to read his obituary.

WINDOW REPLACEMENT

Please remember that all black rimmed windows must be replaced by January 2024.

IMPORTANT NUMBERS**BOARD of DIRECTORS****Judy Rossner**, 503-707-4966Jrstar5055@gmail.com

Chair

Mary Beth Coffey, 503-740-6937sweetcoffey@comcast.net

Vice Chair

Patti Ostrom, 503-351-7371pattiostrom@gmail.com

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Director

Will Rooker, 361-249-0425wiruro@yahoo.com

Treasurer

**COMMUNITY
MANAGEMENT INC****Alex McCaffery**, 503-445-1210AlexM@communitymgt.com**AFTER HOURS CALL
503-233-0300****OPV COMMITTEES****Building Captains -**

Judy Rossner, 503-707-4966

Clubhouse - Judy Rossner,

503-707-4966

Guest Suite - Mary Beth Coffey

503-740-6937

Landscape - Sandy Marentette

503-348-5600

Library -

Judy Rossner, 503-707-4966

Marilyn Sander

LIGHTS OUT?**Mary Beth Coffey**, 503-740-6937**WHOLE BODY RESET**

It seems that no matter what “health” book you pick up lately, PROTEIN, is the word of the day, especially for Seniors.

The USDA Food Pyramid was created for people in their 40’s and 50’s! Hey...what about us?

Mary Garnett, Sharon Chinn and I are really enjoying a great new book titled, Whole Body Reset. It is written by the Executive Director of AARP, Steve Perrine.

This is not a diet book but a road map of how to eat to save your muscles, lose your belly fat, improve your gut biome, and just help you feel better in general, from sixty on up!

There are no secret foods, special supplements, goofy eating patterns or weird concoctions suggested in this book.

It is basic nutrition, with new understanding about “seasoned” bodies like ours!

I got my first copy from the LO library but bought a \$16.00 copy from Amazon to keep for myself. There are recipes, eating ideas, and great notes about the plan on every page of this simple book.

Throw in a walk or a visit to the gym and you can improve your life and save the muscles that you have right now, with very little effort.



December snow day at OPV!