

The Voice



A Newsletter for Yakima County School Retirees

March 2025

MARCH'S PROGRAM

INFORMATION ABOUT SENIOR LIVING OPTIONS

Karen Sousley, Regional Director of Living Well Senior Home Placement, will join us at our March meeting to discuss senior living options in the Yakima area and answer any questions. She comes highly recommended by the Harmon Center.

Karen specializes in Assisted Living, Memory Care, and Adult Family Homes, providing insight into both the pros and cons of each option. Her interest in the field began on a personal level when she helped find homes for her mother-in-law and another close family member.

With 16 years of experience in the senior living industry, Karen previously served as the administrator of a large community in Ellensburg before founding Living Well

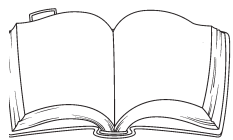


Senior Home Placement. Through her

work, she has seen firsthand the security and comfort of a well-matched placement, as well as the stress caused by a poor fit. Her goal is to help families find the right residence and level of care for their loved ones. Her services are free to clients, as she is only compensated by a facility if a client chooses to move there.

Originally from New Jersey, Karen is married to Ken, a Yakima native. She is a mother and a proud new grandmother as of this year. Her background also includes experience in telecommunications management, and she worked as a Yakima realtor for eight years.

Karen is passionate about educating seniors and their families on making informed decisions when searching for a new home. She also stays up to date on the ever-evolving changes in the senior living industry.

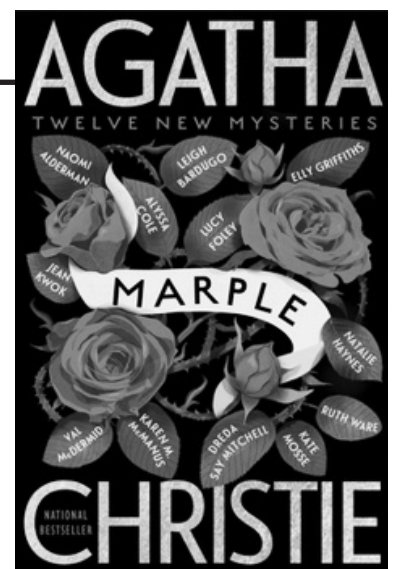


Book Corner

Submitted by Pat Walsh

Marple by Agatha Christie

Dame Agatha is back! Well, sort of. Most of us have enjoyed reading Agatha Christie's mystery novels over the years and following the endearing detectives Jane Marple and Hercule Poirot. Agatha Christie Limited (holders of the Agatha Christie copyrights) has invited 12 acclaimed contemporary mystery writers to each write a new short Jane Marple mystery in Agatha Christie's style. I enjoyed the nostalgia of reading this book. Interestingly, there was no murder in two of the stories—which was a relief!





THE VOICE

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Mini-grants

Kathy Schultz
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GENERAL MEETING

When: Monday, March 3

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/tea and treats will be provided

Program: 1:00 pm

“Information About Senior Living Options”

presented by Karen Sousley, Living Well Senior Home Placement
Regional Director, Eastern Washington



The Following People have signed up to bring:

REFRESHMENTS

Jeannie Ferguson 509 901 4570
Kathy Fletcher 509 654 0350
Nick Schultz 509 966 9341
Jan Saxton 509 658 1527

DRAWING PRIZES

Jennie Ferguson 509 901 4570
Larry Scholl 509 966 0801
Kathy Schultz 509 966 9341
Nick Schultz 509 966 9341

**Make sure we have
your proper email**

If you have changed your email address in the last year, please send me a corrected one. Thanks!
Sandy Gavin, sandyg1948@gmail.com

Opinions expressed in **The Voice** are those of the authors and do not necessarily represent the view of the YCSRA Board or the editors. Editorial contributions and articles as well as ideas for articles are welcome. The deadline is the 12th of each month. Send information to Kathy Schultz. Co-editors. Kathy Schultz • 509 966 9341 chevvhvn@icloud.com
Eric Patrick • 509 985 7768
ecpatrick@charter.net

WE SEND OUT WSSRA GREETINGS!

Let's support our members with get well wishes, condolences, thank yous, congratulations, thinking of you and more. Email or call me with names and I'll get the card(s) sent out for you. Email: cmstenehjem@msn.com or 509-966-3409. Leave a message if no one answers.

~ Millie Stenehjem



THE MARCH INTERVIEW

By Patrick Walsh

YCSRA MEMBERS WHO ARE DOING EXCEPTIONAL THINGS

Two members from Grandview—a husband and wife, **Paul Brooks and Marlaine Mars**—have been doing exceptional things in the area of theatre and dance for over 45 years. Each taught in the Prosser School District for over 30 years. Paul taught for 32 years at Whitstran Elementary. He had a love for theatre and soon involved his students in dramatic productions to enhance their learning, make learning fun, and build personal confidence and pride. His classroom plays became very popular with parents and the community. In retirement, Paul continues to support a Prosser School District/Valley Theatre Company collaboration for third-grade students following the National Standards in the Arts. The students have performed *The Lion King* and *Winnie the Pooh*, among other shows.



Paul has been a member of the Valley Theatre Company for 39 years, including terms as president, treasurer, and a member of the board. He has also participated with *Over The Hill Theatricals*. He is a charter member and board member of the Prosser Conservatory of Theatre for Children. Paul has extensive experience as an actor with at least four different theatre groups, and he has directed over seven major community plays and about 50 lesser productions. In his directing experience, he has made popular children's shows—including *Annie*, *Oliver*, and *Willy Wonka*—exceptionally exciting, fun, and memorable.

Marlaine started dancing when she was a little girl. Her mother encouraged her because she thought Marlaine had a posture problem. She has never stopped dancing. She is bilingual and taught in the Prosser School District for 35 years. She assisted the K-8 Migrant Program and taught bilingual 4th grade. She participated for over 25 years with the Mexican Folklorico, performing and co-directing *Los Bailadores del Sol* in Yakima. She does tap, clogging, folk dance, Irish, jazz, belly dance, and flamenco. Currently, she is a member of the Tri-City Tappers and performs with this group at senior living centers and community events. Marlaine has provided choreography for many stage shows and is currently a member of the board of directors for *Over The Hill Theatricals*.

About 30 years ago, while rehearsing for *Man of La Mancha*, a cute little dancer caught Paul's attention, and he was never able to get her out of his mind, resulting in a marriage of 26 years. Marlaine and Paul's goals for immersing children in theatre are to instill a love and passion for theatre, create good role models, and develop lifelong social skills.

DORM ROOM SLOPPY JOES

Favorite Recipe from Patrick Walsh

My father-in-law, Bob Croskey, attended Tarkio College in northern Missouri; entering in 1939. Tarkio was a rural, residential school supported by the Presbyterian Church. The Dean was quite strict and didn't allow cooking in the dorm rooms. Well Bob and his dorm mates got pretty hungry sometimes after the dining room was closed, so they broke the rules. One of them had an electric hot plate, and that was all they needed to make Sloppy Joes. It sustained Bob well enough to take him to the South Pacific during WWII where he became commander of a landing craft and contributed to ending the war.

1 lb. ground beef	2 mid sized onions	1 teaspoon garlic salt
1/4 teaspoon salt	2 tablespoons corn meal	2 tablespoons brown sugar
2 medium cans tomato sauce	1/4 cup catsup	1 teaspoon chilly powder
1 bay leaf	1 tablespoon Worcestershire sauce	

In a frying pan, crumble the meat and brown. Drain the grease. Add all the ingredients except the brown sugar and corn meal. Cook until the onions are done, then add the remaining ingredients and cook for 10 more minutes. Stir the mixture often and set burner on low to prevent sticking and scorching. Serve on hamburger buns.





HEALTH MATTERS

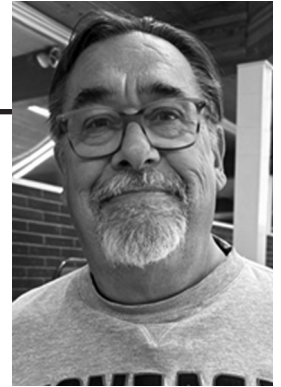
By John Osegueda

February is American Heart Month!

Take this quick quiz to test your knowledge about your most essential muscle—the heart!

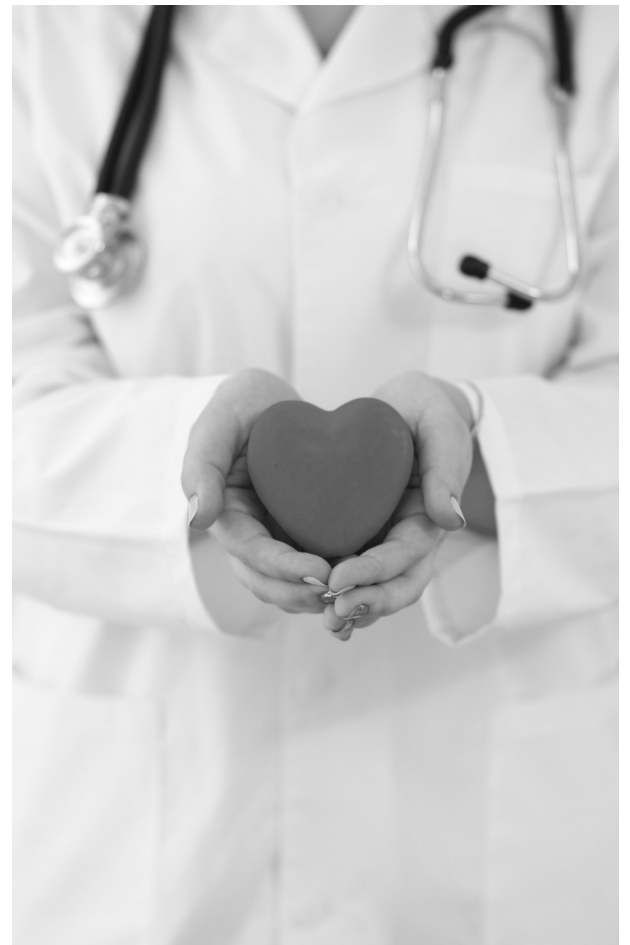
(Answers at the bottom, but NO peeking!)

1. True or False: Your heart weighs between 7 and 15 ounces.
2. True or False: An adult's heart rate is slower than a newborn's.
3. True or False: Your heart is located in the middle of your chest.
4. Your heart beats about how many times a day?
A) 10,000 B) 100,000 C) 1,000,000
5. Your heart pumps how much blood per day?
A) 2,000 gallons B) 200 gallons C) 20 gallons
6. True or False: Heart attacks occur most often on Thursdays.
7. How many miles of blood vessels are in your body?
A) 600 miles B) 60,000 miles C) 6,000 miles
8. True or False: Men and women experience different heart attack symptoms.
9. True or False: Laughing is good for your heart.
10. True or False: Your heart works twice as hard as a sprinter's legs.
11. True or False: Sneezing can stop your heart.
12. Your aorta is about the size of:
A) A spaghetti noodle B) A soft drink straw C) A garden hose



Answers

1. True – A man's heart weighs about 10 oz, and a woman's about 8 oz.
2. False – A newborn's heart beats 70-190 times per minute, while an adult's beats 60-100 times per minute.
3. True – But it tilts slightly to the left, which is why you feel it there.
4. B) 100,000 – Your heart beats around 100,000 times daily!
5. A) 2,000 gallons – That's how much blood your heart pumps each day.
6. False – Heart attacks happen most often on Mondays.
7. B) 60,000 miles
8. True – While chest pain is common for both, men often experience heartburn-like symptoms.
9. True – Laughing increases blood flow by 20%!
10. True – Your heart generates twice the power of a sprinter's leg muscles.
11. False – just an old wife's tale, though sneezing might briefly change your heart's rhythm. The only time your heart stops is during a heart attack.
12. C) A garden hose

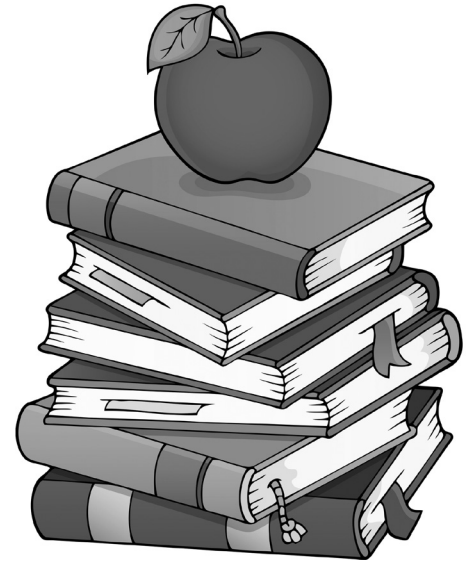




MINI-GRANT RECIPIENTS

Yakima County School Retirees' Association Mini-grant List for 2024

School District	Award	School
East Valley School District		
Rhonda Boyle	\$500	East Valley Elementary
Michele Gress	\$275	Moxee Elementary
Toppenish School District		
Carie Ruiz	\$500	Lincoln Elementary
Sandra Garcia	\$450	Valley View Elementary
Kirsten Mulvaney	\$500	Toppenish High School
Wapato School District		
Angelina Rocha	\$350	Camas Elementary
Christopher Beyroudy	\$500	Wapato High School
Yakima School District		
Michelle Luna	\$450	McClure Elementary
Jennifer Jackson	\$340	Robertson Elementary
Nichola Hill	\$500	Robertson Elementary
Jenny Malwitz	\$500	Robertson Elementary
Julie McGregor	\$500	Whitney Elementary
Lori Cleveringa	\$500	Whitney Elementary
Teresa Blondin	\$500	Whitney Elementary
Deanna Quenzer	\$500	Nob Hill Elementary
Katherine Graham	\$400	Ridgeview Elementary
Joe Rodriguez	\$400	Franklin Middle School
Michael Rose	\$500	Franklin Middle School
Ana Montemayor	\$400	Franklin Middle School
West Valley School District		
Renee Berger	\$220	West Valley Middle School
Highland School District		
Dennis Richardson	\$500	Tieton Elementary
Gretchen Vachon	\$500	Highland Middle School
Paige Matson	\$400	Highland Middle School
Teresa Brooks	\$500	Highland High School
Patrick Hazen	\$354	Highland High School
Megan Jacobson	\$400	Highland High School
Leroy Werkhoven	\$320	Sunnyside Christian School (private school)
TOTAL OF 27 GRANTS	\$11,659	



YCSRA to Host WSSRA Convention in Yakima – Volunteers & Delegates Needed!

YCSRA is excited to host the WSSRA Convention at the Yakima Convention Center on June 2-4, 2025.

At our last general meeting, 20 members signed up as delegates. If you're interested in attending, you can sign up at our next General Meeting on March 3.

Since the convention is in Yakima, there's no need for a hotel stay. Our unit will cover registration and meals for delegates.

Volunteers Needed

We need assistance in several areas throughout the convention, including:

- Registration Packet Pickup – Monday (three 3-hour shifts) & Tuesday (8:00-10:00 AM)
- Meal Ticket Takers: Monday banquet. Tuesday breakfast, lunch and dinner. Wednesday Breakfast
- Handout Volunteers – 2 volunteers per session to pass out and pick up materials for each table/head table
- Buffet Volunteers – 2 per session to help those who need assistance
- Activity/Hobby Room – Board & card games, cornhole, cup stacking, jigsaw puzzles, croquet, and hobby displays
- Table Decorations – Nick Schultz has crafted centerpieces for each table to host bottles of wine for sale that delegates will bring to sell for the PAC fundraiser. If you'd like to donate a bottle(s), please bring it to our April or May General Meeting.

Your participation—whether as a delegate or volunteer—helps make this event a success!

Let us know how you'd like to be involved.



Yakima County
School Retirees' Association
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Wapato, WA 98951

