

OUTLOOK

October 2010

A newsletter from
Pacific Co. Public
Health & Human
Services

Editor:
Melissa Sexton

Points of Interest:

- Interview: Tim Merryman
- Health Tips
- Bowling Scores
- Upcoming Social Recreation Activities

Coming Next Issue:

- Interview with Judy Jones, Job Coach



Tim Merryman:
*On working with
the Janitorial
Crew & Recent
Retirement*

Questions by:
Sarah Raaymakers

Above: Tim Merryman with his sister Wendy.

When did you start your job on the janitorial crew?

About 7 years ago.

How did you get the job?

Greta helped me get the job.

What was your favorite task?

Vacuuming and dusting.

What were your daily tasks on the janitorial crew?

Cleaning, Dusting, vacuuming, sweeping, washing windows, and dumping the trash.

Who did you work for?

Willapa Counseling, Raymond Library, CCAP, PACE, WA Driver's License, Vanson, and the South Bend Chamber of Commerce.

What are your plans now that you are retiring?

I enjoy movies, fishing, my cars, T.V. —I especially like the sports shows and racecars.

What is your favorite hobby?

I enjoy playing with my cars.

Who's your best friend?

I like everybody...I especially like Soojin and my sister Phyllis.



Above: Tim participated in the, "People at the Pond" activity in 2009 and caught a huge fish.

Congratulations Tim! We all wish you the very best on your retirement.

*Autumn is a second spring
when every leaf is a flower.*

-Albert Camus



Bowling Scores— Sept. 29, 2010

Highest Overall Scores

Lane 5—Billy Zumbuhl—
203 points

Lane 6—Robin Twining—
157 points

Lane 7—Chris Beavers—
173 points

Lane 8—Susan Raff—
164 points



Most Strikes & Spares

Billy Zumbuhl—2 strikes & 3 spares
(Game #1)

Preventative Measures:

Seasonal Flu

- Remember to get a seasonal flu shot.
- Wash your hands frequently with soap & water.
- Cover your cough with tissue or cough into your inner elbow.
- Avoid anyone who is sick.
- If you are sick, stay home and avoid contact with others until you have been without a fever for 24 hours.

Health Challenge

Go HEALTHY...

Eat orange & yellow

Foods that are orange & yellow in color are great disease fighters. Try to add a least one more of the following fruits to one of your meals each day.



Orange Fruits/Vegetables: oranges, sweet potatoes, pumpkin, cantaloupe, melons, apricots, peaches, carrots, and mango.

Yellow Fruits/Vegetables: bananas, lemons, corn, pineapple, yellow squash, and pears.

SOCIAL RECREATION ACTIVITIES

“Let’s Go to the Movies”



Friday
October 22, 2010
2:00-3:30pm

Location:
Raymond Theatre

Please call Melissa if you plan to attend. 875-9343/642-9349

Please bring \$4.00 for admission and extra money for snacks.

Bowling & Lunch

Monday
November 22, 2010
10:00-Noon

Location:
Hilltop Bowl



We will be playing two games and having lunch afterward. Please bring \$8.00 for bowling, shoes, and lunch.

Call Melissa if you plan to attend. 875-9343 / 642-9349