

CHIRPER



SEPTEMBER 2015

Katydids Square Dance Club Newsletter

Volume 52, No 9

START YOUR WEEKEND RIGHT ... DANCE WITH THE KATYDIDS ON FRIDAY NIGHT!



CLUB CALENDAR

www.katydids.info

Fri., Sep. 04: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing

Fri., Sep. 11: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing
THEME: Pre-Jubilee Dancing

Fri., Sep. 18: **DARK Dancing at the Jubilee**
Hoover Middle School, 1635 Park Ave., San José
7:00– 9:30 PM; Katydids Dancing

Fri., Sep. 25: Resurrection Lutheran Church
2495 Cabrillo Ave., Santa Clara
7:00– 9:30 PM; Katydids Dancing

Fri., Oct. 02: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
THEME: Hawaiian Night in October
Chirper distributed

Fri., Oct. 09: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing

Fri., Oct. 16: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing

Fri., Oct. 23: Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing

Fri., Oct. 30 Campbell United Church of Christ
400 W. Campbell Ave., Campbell
7:00– 9:30 PM; Katydids Dancing
THEME: Halloween Dance; FREE 5th Friday

SQUARE HEAD ASSIGNMENTS

and DUTIES

Super Square Head

Stephanie Stevens (408-871-9525)

Sep. 04.....De Lapp
 Sep. 11.....Franger / Moore
 Sep. 18.....DARK for Jubilee
 Sep. 25.....Angotti / Smith

Oct. 02.....Matolyak / Parsons
 Oct. 09.....Hebson
 Oct. 16.....Hosoda
 Oct. 23.....Pitts / Wies
 Oct. 30.....Wilhelmsen

Nov. 06.....Grubb / Lehnhoff
 Nov. 13.....Stevens
 Nov. 20.....Tillman / McManus
 Nov. 27.....DARK - Thanksgiving

Before the dance:

- Notify the Super Square Head, Stephanie Stevens, 408-871-9525 of any needed changes to assigned dates.
- Purchase and bring 6 to 8 lbs ice for the water cooler.
- On scheduled night, the designated Square Heads should arrive by **6:30 PM** and stay until clean up is finished around 9:45 PM. A Katydid's member with a key will open the doors and will secure the hall at end of evening.
- Sweep floor if needed and set up tables and chairs.
- Make ice water and start hot water for tea & coffee.
- Set up food & drink tables and put out flyers on table.

During Club dance:

- Welcome everyone at the sign-in table.
- Collect a **\$5.00** donation from each guest and have them sign in. "Regular" guests sign the prepared sheet, new guests sign the guest book.
- In the green box, there is an envelope with petty cash for making change.
- Offer raffle tickets: 5 tickets for \$1.00.
- In the green box, there are envelopes for keeping track of money collected during the evening.
- Divide the raffle proceeds – 50% to the Club, 50% to the winner.
- Check that water and cups do not run out during the evening.

After the dance:

- If Treasurer is not present, pass monies collected to any Executive Board Member.
- ALL MEMBERS can help the Square Heads clean up. Help put away tables and chairs and pack up the coffee pot, cooler and other supplies put back into the Club cupboard.
- **Remove non-recyclable trash accidentally tossed into the designated recycle bins.** Take the trash bags out to the dumpster located in the side parking lot.
- Sweep or wet mop the floor as necessary.
- Note: Tables must go into the closet FIRST (remember the Caller's table, too), then the chair rack.
- Notify the Quartermasters, **Steven Lehnhoff or Naomi Grubb** (408-227-3631) of any supplies needed for the next week.

PLUS LEVEL DANCE EVENTS

Sep. 4-6: Mid-Cal Classic; Pear Steppers
 Merced County Fairgrounds, F & 4th St., Los Banos
 Callers: Bob Baier, Jet Roberts
 Cuer: Sharon & Casey Parker

Sep. 18-20: Annual Jubilee; SCVSDA
 Hoover Middle School, 1635 Park Ave., San José
 Cuer: Rey & Sherry Garza
 Callers: Charlie Robertson, Johnny Preston, Eric Henerlau, SCVSDA Top Ten Callers

Sep. 26: Hoedown; Stanford Quads
 St. Andrews Methodist church, 4111 Alma St., Palo Alto
 7:30 – 8:00 Pre-Rounds: Erin Byars
 8:00 – 10:30: APD Plus: Caller-Rob French
 10:30 – 11:30: Star Tips

Sep. 27: 100th Birthday Party / Benefit Dance
 Cypress Community Ctr, 403 S. Cypress Ave., San José
 6 – 8:30 PM: Caller: Scot Byars

Oct. 3: Ghost Riders Band; Sunnyvale Squares
 John Muir Middle School, 1260 Branham, San Jose
 7:00 – 8:00 PM: Pre-Rounds: George Gardner
 8:00 – 10:30 PM: Caller: Eric Henerlau & Ghost Riders
 10:30 PM: A-2 Tip

Oct. 10: Benefit Hoedown; Swinging 21ers
 Elks Lodge, 38991 Farwell Dr., Fremont
 7:30 – 8:00 PM: Pre-Rounds: Barbara-Lynn Smith
 8:00 – 10:45 PM: Caller: Jay Henderson & Ghost Riders
 10:45 PM: A-1 Tip

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GENERAL DANCE PROGRAM EVENTS

Sep. 12: General Dance/Mainstream Program; Belle Swingers
 Ponderosa Park, 811 Henderson Ave., Sunnyvale
 10:00 – 1:00 PM; 2:00 – 5:00 PM
 Caller: Joe Dehn

Sep. 18: General Dance at the Jubilee
 Hoover Middle School, 1635 Park Ave., San José
 8:00 – 11:00 PM
 Callers: Harlan Kerr, Rich Reel, Keith Ferguson
 Cost: FREE!

Oct. 17: General Dance; SCVSDA
 St. Andrews Methodist church, 4111 Alma St., Palo Alto
 7:30 – 10:00 PM

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MAINSTREAM LEVEL HOEDOWNS

Support our newest dancers!!

Sep. 12: Autumn Harvest Hoedown; Castaways
 Resurrection Lutheran Church
 2495 Cabrillo Ave., Santa Clara
 7:30 – 10:00 PM
 Callers: Tork Clark, Roger Smith
 Bring food to share

FALL CLASSES STARTING SOON

SUNDAYS:

Stanford Quads

Instructor: Harlan Kerr, Bill van Melle
Fairmeadow School, 500 E. Meadow Dr., Palo Alto
7:00 – 9:00PM
Starts: October
Contact: Joe: 408-774-1570

TUESDAYS:

Castaways

Instructor: Roger Smith
Resurrection Lutheran Church,
2495 Cabrillo Ave., Santa Clara
Starts: Sept. 15
Cost: \$40 for 8 weeks of instruction
Contact: Roger: 408-821-1837

CPSD

Instructor: Tork Clark
Camden Community Center, 3369 Union Ave., San José
6:30 – 8:30 PM
Starts: September 8; 1st 3 nights Free; \$5/class thereafter
Contact: Jackie: 408-663-1477

Roadrunners

Instructor: Robert Algea
Beresford Rec. Ctr, 2720 Alameda de las Pulgas, San Mateo
Contact: 650-762-8088

Sunnyvale Squares

Instructor: Rich Reel
Murphy Park, 260 N. Sunnyvale Ave., Sunnyvale
7:00 – 8:30PM
Contact: Roger: 408-744-1021

WEDNESDAYS:

Man of Steele

Instructor: Bob Steele
Los Gatos Youth Center, 123 E. Main St., Los Gatos
Starts: September 2
Info: 408-248-5743

El Camino Reelers

Instructor: Rich Reel
St. Andrews Methodist Church, 4111 Alma St., Palo Alto
7:30 – 9:30 PM
Starts: September 16; 1st Night FREE

THURSDAYS:

Americana Twirlers

Instructor: Jim Osborne
West Valley Presbyterian Church
6191 Bollinger Rd, Cupertino
7:00 – 8:30 PM
Starts: September 3
Cost: \$40 for 8 weeks of instruction
Contact: Jim: 650-549-5273

PRESIDENT'S CORNER



Hi everyone,

Summer is over and it is time to start planning our fall and winter activities. If anyone has any ideas about themes or other things to do, let the board know.

We are currently on our Alaska trip. So far we have visited the towns of Ketchikan, Juneau, and Skagway, and Glacier Bay glaciers this week.

Next we go to Whittier where we depart the Pacific Princess and start our land tour to Fairbanks. See you soon.

Lloyd

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ATTENTION!
CLUB NIGHT LOCATION CHANGES

Friday, Sep 18: **DARK at Nelson Hall**
Dancing at the Jubilee
Hoover Middle School
1635 Park Ave., San José
7 – 9:30 PM

Friday, Sep. 25: **DARK at Nelson Hall**
Dancing at Resurrection Church
2495 Cabrillo Ave., Santa Clara
7 – 9:30 PM

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ROUND DANCE CLASS

Beginning Cha-Cha and Rumba

SUNDAYS:

Galaxy Rounds & Sunnyvale Squares

Instructors: Phil & Sue Harris and Chuck & Darlyne McDowell
Murphy Park Bldg, 250 N. Sunnyvale Ave., Sunnyvale
5:00 – 7:00 PM
Starts: Nov. 29; \$7.50/person/night
Info: Sue 831-726-7053

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NEW ADVANCED CLASS

MONDAYS:

Outlaws

Instructor: Eric Henerlau
Cambrian Park United Methodist Church
1919 Gunston Way, San José
6:50 – 8:15 PM
Starts: September 14
Info: Eric 415-699-3239

Chirper Chatter...



Square Dance Calls Picture Puzzle Time:

Last months answers:

#6 – Hinge

#7 – Flutter Wheel

#8



#9



Our grandson, Sean, certainly enjoyed his visits with Katydids and he is back at Woodbury University in Burbank for his Sophomore year...

Our Prez, Maxine, Pat Angotti and Roger Smith are enjoying their cruise to Alaska and their return date is Sept. 7 so expect a nice report from them on their trip in the next *Chirper*...

Here is an Alumni (Katydone) news from Char Pitts who is not planning to be a couch potato while on her Leave Of Absence. She recently attended a sold out choir concert at St. Marks Episcopal Church in Palo Alto, of the Slavyanka Chorus with Katydone, Virginia Mensing. This was an evening of beautiful a cappella music by the 100 person choir whose director is from Russia. Char sat in the front row right next to the bass singers. Those lads can go really LOW, it made your bones reverberate! Virginia was in seventh heaven because they could watch the facial and body movements of the director. Fascinating. Virginia has just returned from several weeks in Ireland as a member of the Mission Valley choir of Sweet Adeline's where they performed three times during their tour of Ireland. Check out their website for their other many accomplishments. Virginia continues to square dance after the loss of her husband, Ray, with the Sunnyvale Singles and occasionally with the Bell Swingers...

It appears Char Pitts is almost ready to return to active status, perhaps as early as September. The real test was when she drove to Santa Rosa to attend a memorial service for a 50 year old son of a dear friend. The hit of the service was when a 6 year old nephew of the deceased played the ukulele and sang "Somewhere Over the Rainbow". Not a dry eye in the place and he even got an ovation, something usually not done at a memorial service. Char did her preliminary dancing test with the Star Eights advanced club where Louise and I dance on Sunday nights and she endured very well. See you soon, Char...

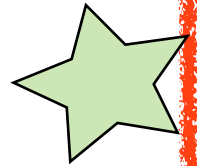
Janis Parsons has a month to go on her knee rest and does miss Katydids very much. I was just kidding when I said "get a second opinion". Follow your doctor's orders...

Morris Hosoda
moho77@gmail.com

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MANY THANKS TO:

Morris Hosoda for sponsoring our recent Root Beer Float Night. It was a yummy success!!



Maxine & Lloyd Darknell and their many helpers for organizing, setting up and taking down the very successful used clothing sale at our Hot August Night Dance.

Roger Smith and Bob Steele for so ably filling in for Jim the past couple of weeks. Haven't done the *Virginia Reel* in many years! Thanks Roger and Bob! Hurry back, Jim!

Robbie Creswell and Tillie Tillman for keeping our pantry's loaded with home-grown fruit and vegetables. Wonderful!!

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Happy Anniversary!!

Bob & Lisa SteeleSep. 15

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HAPPY BIRTHDAY!!

Stephanie Stevens.....Sep. 05
Parker Willey.....Sep. 07
Jacky WilhelmsenSep. 27

JIM & ROGER NEED OUR HELP

Let's all work hard to get the word out about the NEW type of 8-week long classes **Jim** and **Roger** are starting this September. Various flyers are available. Please distribute **EVERYWHERE!!**

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CALLER'S CORNER

Below is a copy of an email Jim sent out on August 31st regarding his and Roger Smith's new classes beginning this month.



Hi Square Dancer

This Basic Modern Western Square Dancing class is for your friends and neighbors that do not quite have the necessary interest and or time to take a FULL Modern Square Dance Class. This class is CALLERLAB Basic 1 - 30. MAYBE, just MAYBE a little more than a few nights of introductory stuff will stir an interest in a FULL Silicon Valley Type Modern Square Dance Class. This is also for folk that did not quite make it through a class and become a club dancer.

Please 'LIKE' the [Silicon Valley Square Facebook page](#) and suggest it to your friends.

Also please take a look at the [Meetup Silicon Valley Square](#)

[Silicon Valley Modern Square Dance Classes](#)

Thanks Hope 2 C Ya soon

Jim Osborne

Square Dance Caller / Instructor
 web site: <http://www.3osb.com>
[\(650\) 549-5273](tel:6505495273) (GOOGLE Voice - rings all my phones)
[\(650\) 571-1970](tel:6505711970) (Home)

Mayo Clinic Health Letter:

Sociability - Square Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem, a positive outlook on life, and new studies indicate may lower blood pressure and even fend off Alzheimer's. Tonight when you consider settling down for a little television, don't sit on your butt.

Get out to a local Square Dance. As soon as you step into the Square Dance hall you'll have so much fun you may forget you're exercising.

From the Kitchen of Pat Angotti - -

PINEAPPLE INSIDE-OUT CAKE

Preheat oven to 350°F
 Lightly grease a 10-inch tube pan with solid vegetable shortening & dust with flour.

- 1-18.25 oz plain lemon cake mix
- 1-15.25 oz can crushed pineapple packed in juice (divided into two 1-cup portions)
- 1/4 c. granulated sugar
- 1/2 c. vegetable oil
- 4 large eggs
- 1 c. confectioners' sugar, sifted
- 1 T. fresh lemon juice

- Place the cake mix, 1 c. undrained crushed pineapple, sugar, oil, and eggs in large mixing bowl and blend with an electric mixer on low speed for 1 minute. Stop the machine and scrape down the sides of the bowl with a rubber spatula. Increase the mixer speed to medium and beat for 2 minutes more, scraping the sides down again if needed. The pineapple should be well blended into the batter. Pour the batter into the prepared pan, smoothing the top with a rubber spatula. Place the pan in the oven.

- Bake the cake until it springs back when lightly pressed with your finger and just starts to pull away from the sides of the pan, 40 to 50 minutes. Remove the pan from the oven and place the pan on a wire rack to cool for 15 minutes. run a long, sharp knife around the edge of the cake and invert it onto a rack, then invert onto another rack so the cake is right side up. Allow it to cool completely, 30 minutes more.

- Meanwhile, prepare the glaze. First drain the remaining 1 c. crushed pineapple and reserve the juice. Combine the confectioners' sugar, 2 tablespoons of the reserved pineapple juice, and the lemon juice in a small bowl and stir with a wooden spoon until smooth.

- Place the cake on a serving platter. Spoon the glaze onto the cooled cake. Spoon the remaining 1 c. drained pineapple on top of the glaze. Slice and serve.

- Store this cake, covered in plastic wrap at room temperature for up to 1 week. The remaining 1 c. crushed pineapple will keep covered, in the refrigerator for up to 1 week.

ROOT BEER FLOAT NIGHT
Friday, August 14, 2015



HOT AUGUST NIGHT
Friday, August 21, 2015



Photos courtesy of Steph Stevens

UPDATE ABOUT MEG FERGUSON

Below is an email message received from Caller, Keith Ferguson and forwarded by Jim Osborne on 21 August 2015 regarding Keith's wife, Meg. Clearly, as Keith so ably writes, Meg is improving. Keith and Meg are both very much in our collective hearts and prayers.

From: **Keith M. Ferguson** <kferguson@alum.mit.edu>

Date: Fri, Aug 21, 2015 at 1:58 AM

Subject: Status Update on Meg

Hello All,

I had not realized it had been over two months since my last status update to this mailing list! Long overdue. Although having Meg closer to home (less than 15 minutes away) saves me the long drives to San Leandro, the wonderful fact that she is now alert and up most of the day means I like to spend more time with her - not only to make her days more interesting, but also because I enjoy being with her. Add to that the time I need to get things done at home (I now REALLY appreciate all the work Meg did to keep the household running) and I find time is at a premium!

A number of local people have asked, "Can Meg have visitors?" Yes, Meg can definitely have visitors. The next question is often, "When is a good time to visit?" That is a much harder question, especially as Meg's therapy sessions vary from day to day, depending on staffing schedules. Since this information is primarily of interest to local folks, I'll wait until the end of this e-mail to include more information on visiting.

OVERALL: Meg continues to work very hard at her rehabilitation, but she has been at a stage where each small step of recovery requires much time and effort. Although we had been warned that this would be the case, it has been very frustrating to Meg, to me, and, I think, even to the therapy staff. But, during the last few days, and especially today, both the therapy staff and I the have observed some signs of real progress!

This afternoon, when I entered the Therapy Room, I observed Meg sitting perfectly upright on the edge of the chair-height exercise mat, which provides no side or back support, maintaining her balance perfectly. This is a skill the therapy team has been working on for a very long time, and today was the first time I observed real success. In fact, Meg was so intent on listening to a conversation between her two therapists (which I don't think was even about Meg) that she barely noticed I had entered the room! Later, the Physical Therapist, a very matter-of-fact, no nonsense person, saw me in the hall, and exclaimed on how much better Meg had been doing these past few days - quite a change from the attitude the staff seemed to have held just a week ago. The therapist even commented that if this improvement continues, Meg may qualify for a more intense level of therapy sooner than they had expected.

Later in the day, I returned to the facility to handle some paper work, and found Meg in the Activities Room watching a Fred Astaire movie. As the TV sound is temporarily broken, it was a "silent movie" with only 3 folks watching, so the room was unusually quiet. As I approached Meg from the back of the room, but still a considerable distance from her, I realized Meg was carrying on a conversation with another resident, and that Meg was

speaking loudly enough for me to hear and understand her (although still fairly softly). So today was a really good day (for both Meg and for me!).

Although these are encouraging signs, there is still a long way to go. I've learned that, not surprisingly, Meg's ability to maintain herself upright in the wheelchair, and the strength of her speech, are a barometer of her degree of tiredness. The therapy sessions are tiring. More importantly, lack of a good night's sleep can be exhausting. Recently I'd been quite concerned over what appeared to be increasing lethargy. I then realized this coincided with the arrival of a new roommate who required a bed alarm -- a tortuous device designed to emit a piercing "scream" every time the patient attempts to get out of bed (or sometimes just moves in the bed). The first evening, I counted 6 times the alarm went off during a 40 minute period. Meg admitted she was getting little sleep. Following discussions with the staff, Meg was given ear plugs, which provided only minimal relief, but now, at last, the roommate's bed alarm has been discontinued. The improvement in Meg's condition, noted above, has been remarkable!

Some refer to Meg's present work as developing "core skills": strengthening the core muscles and rebuilding the mental paths to control those muscles. The not-so-simple task of "balancing" (standing or sitting upright without assistance) requires many skills: detecting that one is leaning, deciding how to correct for the lean, and then getting the muscles to cooperate to correct the lean. And this all has to happen very quickly, so overcoming "latency" is part of the rehabilitation process.

Meg is still not able to stand or transfer on her own ("transferring" refers to the ability to move between a bed and wheelchair, for example). The trained therapists are able to transfer Meg, sometimes using a "transfer board" or, sometimes, just using their own "muscle power". The CNAs (Certified Nursing Assistants) are required to use a mechanical "sling" to transfer Meg to and from the bed. Meg does spend most of the day in the wheelchair, although she sometimes takes an afternoon nap on the bed - the therapy sessions can be tiring.

Somewhat amazingly, Meg maintains her sense of humor. A few days ago, a therapist placed a beach ball in a wheelchair several feet to the side of Meg, wanting Meg to reach for the ball. Meg immediately reached out grasped the arm of the wheelchair, and pulled it to her, then picked up the ball. The therapist "scolded" Meg, saying, "No, I wanted you to reach for the ball, not pull the wheelchair." Meg looked at the therapist, and stated very clearly, "No, you asked me to pick up the ball, which I did", as she handed the ball to the therapist (and Meg was correct - the therapist had said, "Pick up the ball").

I think Meg's greatest asset towards her recovery is her absolute determination and desire to "get well".

MENTAL ACUITY: Meg recently passed a "mental acuity" test with a score of 28 out of a possible 30, which the examiner said was "Excellent". I was allowed to be in the room during the test, but couldn't hear all of the responses.

Questions included "Count backwards from 100 by 7" and "Spell the word 'world' backwards". Meg later told me, "Counting backwards by seven, I think I said 71 after 79,

(continued on pg 8)

(Update continued from pg 7)

and I should have said 72" (she realized her mistake!). The examiner showed her a picture (a line drawing), and asked Meg to copy it to a blank sheet of paper. I couldn't see the picture, so later asked Meg about it. She said, "It was two overlapping pentagons." I was amazed at this "technical description" of the picture, and told Meg she should have mentioned that to the examiner. Meg said, "I did, and she said that was correct."

Early in the exam, Meg had been asked to repeat back three words. Although she had not been asked to remember the words (perhaps an oversight?), at the end of the exam Meg was asked if she remembered the words. She answered, "Socks and bed", but hesitated on the third word. When prompted for the third word, Meg then said, "Navy". The examiner said, "No, the word was 'blue'", to which Meg replied, quite emphatically, "Navy is a shade of blue".

EATING: Meg is still on a pureed diet and, also, can only have thickened liquids (no plain water or other thin liquids). She was briefly upgraded to a "mechanically soft" (ground) diet, but was returned to pureed a few days later after aspirating some fluid into her lungs, causing mild pneumonia (now cleared up). Personally, I think the problem occurred when Meg's teeth were brushed with plain water after she was in bed, as that is when I first noticed her coughing, rather than by the food, but the therapist is now being very cautious about upgrading Meg, although I am hopeful this may happen soon. I've been told she is now allowed to use a straw (with thickened liquids only), which is wonderful from Meg's perspective, but, unfortunately, the therapist left on a week-long vacation without this approval getting into the official records.

For lunch and dinner, Meg now eats in the Rear Dining Room, with supervision from a Restorative Nursing Assistant (RNA). She generally feeds herself, but gets reminders, "Take a bite, chew, then swallow immediately." Meg doesn't really like this nagging, but, quite frankly, I much prefer that the RNAs be the ones nagging her than me doing so! Unfortunately, she is easily distracted while eating, holding food in her mouth and forgetting to swallow, which can be risky. Meals take a very long time.

VISION: She has been seeing an Ophthalmologist and there is some bleeding in the right eye, perhaps as a result of the surgery in March (her next appointment is tomorrow). This concerns Meg, but at this point the Ophthalmologist doesn't feel any action is warranted as the bleeding is decreasing. Although she doesn't do well with the standard eye charts, both the doctor and I feel this may be more a problem with rebuilding mental pathways than with the eyes. Meg can and does read, but seems to have a very short attention span when reading - she may stop after reading one sentence.

WRITING: Meg likes to write. She has a notebook, and is constantly making "lists". Recently she took notes during one of the talks in the Activities Room. Her writing tends to be very small, and is often difficult to read, but if she tells me what she wrote I can then make it out. She doesn't always look at what she is writing, although I think this is getting better.

BREATHING: Meg is breathing completely on her own, maintaining an acceptable blood oxygen level without the need for supplemental oxygen (I purchased a blood-oxygen

meter that clips on the finger, and Meg enjoys having me check it for her).

MEMORY: Her memory is amazing, both long and short term. She has learned and remembers the names of many of the other residents.

MEG AND I BOTH REALLY APPRECIATE ALL THE THOUGHTS AND PRAYERS BEING SENT OUR WAY. Please keep them coming!

Regards,

Keith Ferguson

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INFORMATION ON VISITING:

IMPORTANT: The Speech Therapist, in charge of eating, has asked that Meg not be given ANY unapproved outside food or drink. **IT IS ESPECIALLY IMPORTANT THAT MEG NOT BE GIVEN ANY THIN LIQUIDS** (including water), even if she asks for it! This is to prevent aspiration which can lead to pneumonia.

ADDRESS:

Almaden Health & Rehab Center
Room 115, Bed B
2065 Los Gatos-Almaden Road
(near Union Avenue)
San Jose, CA 95124
[\(408\)377-9275](tel:4083779275)

VISITING HOURS:

11 a.m. to 8 p.m.

MEALS:

Lunch: Noon

Dinner: 5 p.m.

For lunch and dinner Meg eats in the rear dining room, and is assisted by a Restorative Nursing Assistant (RNA). As this assistance is part of her therapy, I try not to disturb her during mealtime - she is easily distracted, and needs to concentrate on the mantra of: "Chew, then swallow immediately".

On Monday through Friday, the Speech/Eating Therapist sometimes works with Meg during the half hour before Noon.

THERAPY:


Meg has Physical and/or Occupational Therapy 6 days a week, with Sunday often being the "off" day. Monday through Friday, she sometimes has both a morning and an afternoon session. It is impossible to predict the time of these sessions, as this depends on the schedules of the therapists and the availability of the various patients.

BEST TIME TO VISIT:

Impossible to say! Probably afternoons better than mornings, although she might be in a therapy session. Sunday afternoon is also a time she is likely to be available. Following a therapy session, she may be tired and her speech a bit softer, but she usually "perks up" when she has a visitor.

Katydids Square Dance Club

Pre-Jubilee Dancing Friday Dance



Your Friday Night **FUN** Club
A Theme Almost Every Friday Night
Plus Dancing from 7:00 - 9:30 PM
Only \$5/Person
Caller: Jim Osborne

Jubilee Dancing is Sept. 18-20



September 11, 2015

Campbell United Church of Christ - 400 W. Campbell Ave. - Campbell, CA

September 18-20, 2015
San Jose, California

★ **New Location for 2015!**
Hoover Middle School - FREE PARKING
1635 Park Ave, San Jose, CA 95126

Plus, Advanced, Challenge, Mainstream*, Rounds, GDP Friday
*Mainstream Saturday day & evening

Johnny Preston Charlie Robertson Eric Henerlau Rey & Sherry Garza

... plus SCVSDA Top Ten Callers and popular local cuers

Check the Jubilee 2015 website www.scvsda.org/jubilee.html for news about Jubilee.

Pre-registration prices good through September 12, 2015

Name(s) _____
Street Address _____
City _____ State _____ ZIP Code _____
Phone _____ e-mail _____
Club _____ Plus ___ Adv ___ Chal ___ Rounds
Main Dance Interest _____

_____ Full Weekend ribbons @ \$45 \$ _____
_____ Youth ribbons @ \$20 (17 and under) \$ _____
_____ Friday evening @ \$16 \$ _____
_____ Saturday daytime @ \$20 \$ _____
_____ Saturday evening @ \$20 \$ _____
_____ Saturday day & evening @ \$35 \$ _____
_____ Sunday daytime @ \$15 \$ _____

TOTAL: \$ _____

Anita Chen & David Westerman, General Chairs
(408)504-5689

E-mail your questions to: lubilee@scvsda.org

Katydids Square Dance Club

Hawaiian Night in October



First 50 will receive free leis.



Your Friday Night **FUN** Club
A Theme Almost Every Friday Night
Plus Dancing from 7:00 - 9:30 PM
Only \$5/Person
Caller: Jim Osborne

Sorry no Luau, Poi, or Hula Girls

October 2, 2015

Campbell United Church of Christ - 400 W. Campbell Ave. - Campbell, CA

Katydids Square Dance Club

Halloween Dance

Free Fifth Friday Dance



Prizes for:
Most Original
Most Creative
Best Couple
Scariest
Ugliest

Your Friday Night **FUN** Club
A Theme Almost Every Friday Night
Plus Dancing from 7:00 - 9:30 PM
Donation Always Welcome
Caller: Jim Osborne

Never Come As You Are.... TOO SCARY!

October 30, 2015

Campbell United Church of Christ - 400 W. Campbell Ave. - Campbell, CA

First Name Last Name
Home Street
Home City, Home State Home ZIP

FIRST CLASS MAIL

Chirper
Official Newsletter of
Katydid's Square Dance Club
4862 Morden Drive
San Jose, CA 95130-2131

Chirper

September 2015

KATYDIDS EXECUTIVE BOARD

President.....Lloyd Darknell.408-482-9320
Vice PresidentGary De Lapp 408-446-1910
Treasurer.....Morris Hosoda.408-252-4105
Secretary.....Janis Parsons 408-888-0499
PublicityPat Angotti 408-241-0888

Appointees:

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The *Chirper* Newsletter is written by, and for, members of the Katydid's Square Dance Club.

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