



# Monterra Newsletter

Monterra  
Homeowners  
Association

## Notes From Your Board

July 2023

It was so good to see so many of our residents in attendance at the member meeting in June, and the ice cream social afterward gave us all a chance to catch up with our neighbors. We want to give a heartfelt thank you to Dawn Wolff for hosting this event.

The board meeting on June 13th, though not as well attended, also had members present.

The next board meeting will be on **June 12th at 1:00 pm**. Many important topics will be discussed including the choice of new flooring for the clubhouse and proposed changes to our covenants and bylaws. We again encourage you to attend these meetings because it's a busy time and lots of decisions are being made that affect you. Be there to have your voice heard.

### Monterra Entrance

The vote is in and we have a winner! The Finn Hall entrance to Monterra will soon have two light posts with beautiful three-light fixtures that were chosen by you. Please thank Shawn Shepherd and his crew as they put these up.

### Garage Sale

The annual Monterra garage sale will be held on **August 12th from 9 am to 4 pm**. There will be volunteers who will place signs and some who will advertise in the free papers, on the

Facebook Sequim and Port Angeles group pages, and on Nextdoor.

If you have any questions, please contact any board member. Lori, our activities director will be out of town and will not have access to electronics.

Happy selling!

### Volunteer Opportunities

Each month we try to highlight some of the volunteer needs we have right here in our community. Please join in as you're able. We need people with all levels of expertise to give just a few hours of time, either routinely or for one-time tasks. We're so glad to see Klara Morgan back out there making our garden beautiful, but she could use some more help. Tom Villoni and his crew have been hard at it, keeping our lawns looking great. He could use more crew members. We're looking for someone to create a list of homeowner approved businesses in the area. Let your rep know if you can help.

**Reminder: Fireworks are not allowed in Monterra. Please enjoy them elsewhere for the sake of our animals and those among us, particularly our veterans, who might be living with PTSD. Please be kind.**

## Picnic!

On July 4th, residents of Monterra will again come together for food and friendship at our annual Independence Day picnic,

As a reminder, Monterra will be supplying chicken, potato salad, baked beans, non-alcoholic beverages, and dessert. Residents are encouraged to bring an appetizer or dessert to share., along with any other desired beverage. Sign up sheet in the clubhouse.

There is no charge to residents for this event, but guests will be charged \$5.

We look forward to seeing everyone there!



## Meditation Class

Join Dennis Blair on **Sunday, July 16th at 2:00 PM**, in the clubhouse for his talk that will explore the many ways to meditate. You'll actually even have an opportunity to try out a couple of them.

Dennis leads meditation groups at local assisted living facilities. Before moving to Monterra in 2011, he taught meditation to hospital staff and patients where he used to work in Kansas. He is himself a meditator.

The class will focus on short, easy-to-learn meditations that anyone can do throughout the day, like deep breathing and muscle relaxation. Dennis will also discuss some of the benefits of meditating , like getting better sleep and feeling more peaceful.

Dennis thanks all of you who attended the general meeting in June and chose meditation to be his next presentation. He looks forward to seeing a room full of Monterrans on the 16th.

## Covenant & Bylaws Review Committee

At the meeting of the CBRC on June 4th the original roles and responsibilities of the CBRC were reviewed. In keeping with those, discussion began on the legal opinions which were received back from our law group about some of our proposals for changes to the covenants and bylaws.

We learned that, thankfully, typographical errors and punctuation can be corrected without including those on a ballot for the membership, which will make the ballot shorter and less time consuming.

A suggested change to the makeup of the architecture committee was accepted.

Based on input from the attorney and from members, a decision was made to review the sections in our covenants concerning pets and their control. Come to the next open meeting at the clubhouse on **July 9th at 2:00 PM** to view the new versions and hear discussion about this and other attorney feedback.

**Member ideas and input are important!**

## Dementia: a poem...by Rachael Wonderlin

If I get dementia, I want my friends and family to embrace my reality,  
If I get dementia, I don't want to be treated like a child — talk to me like the adult that I am.  
If I get dementia, I still want to enjoy the things that I've always enjoyed, Help me find a way to exercise, read, and visit with friends.  
If I get dementia, ask me to tell you a story from my past.  
If I get dementia, and I become agitated, take the time to figure out what's bothering me.  
If I get dementia, treat me the way that you would want to be treated.  
If I get dementia, make sure there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.  
If I get dementia, don't talk about me as if I'm not in the room.  
If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.  
If I get dementia, and I live in a dementia care community, please visit me often.  
If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.  
If I get dementia, make sure I always have my favorite music playing within earshot.  
If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.  
If I get dementia, don't exclude me from parties and family gatherings.  
If I get dementia, know that I still like receiving hugs or handshakes.  
If I get dementia, remember that I am still the person you know and love.

## Memory Café

The Memory Café offers those living with memory loss and their care partners a safe and unique environment to enjoy companionship, great food, engaging activities, and lots of fun.

Home Instead hosts The Memory Café on the 3rd Wednesday of each month, 1:30-3:00 PM at the Big Elk Restaurant, 707 E. Washington Street in Sequim. All are welcome.



## Monterra Homeowners Association



Ida Birney, editor  
Phone: 541-601-0348  
newsletter@monterrahoa.com

## Activities Updates

See the calendar for Mexican Train, Bunco, Exercise and Trivia.

Yoga and line dancing are on pause for the summer. Watch the newsletter for their return in the fall.

Mark your calendar for **9/6**, the next ice cream social.

There is a new email for Lori Ferry', activities coordinator: [activities@monterrahoa.com](mailto:activities@monterrahoa.com)

Judi Norton (Holley) 360-670-3464 will be coordinating day trips and outings. Please contact her with your ideas.

Sign up sheets are in the clubhouse for potluck hosts and helpers. We can't have events without volunteers!

Please consider giving a talk or teaching a class. Call Lori!

---

## More Pets Go Missing On July 4th Than Any Other Day Of The Year!



---

### Keep Pets Indoors

Keep pets in a safe, enclosed room, preferably without windows. If you're having guests over, consider keeping pets in a room that's off-limits to guests.

### Create a Calming Environment

Surround pets with their favorite toys and familiar objects. Sometimes the smell of an article of clothing from your laundry can help comfort them. Keep the room as quiet as possible by playing music and closing doors, windows, and blinds.

### Update Identification

Even if a pet is secured inside, the sound of fireworks can cause extreme panic – sometimes causing them to break loose. Make sure your pets are microchipped and wearing identification tags.

