



S.F. KOLPING Newsletter

MAY 2022

Mark your calendars!

Installation Luncheon

Saturday, June 11th — 12:00 – 4:00

Nick's Seafood Restaurant

100 Rockaway Beach, Pacifica

It's been a long time since we've been able to gather at Nick's to congratulate our officers as well as welcome our new members. Since we missed our 2021 installation, we will have quite a few members to honor. As in prior years, we ask that member rsvp with a \$35 check, which will be refunded to them at the dinner. Guests are welcome for a \$40 fee. **Please return the enclosed RSVP form to Lisa by Tuesday, May 31st** so we can make arrangements. With inflation and prices the way they are these days, this is a great deal!

25 year Members

- Lisa Brinkmann
- Arline Elliott
- Brigette Kruger
- Trudy Reinhard
- Mimi Springer
- Karen Taylor
- Ursula Younger

New Members

- 2022:** Maria Link
2021: Lucy Chambers
2020: Charlene Folcomer
Erna Stucky

Western Dinner & Bingo

Saturday, July 9th — 4:00 – 7:30

\$5 donation suggested for dinner, drinks \$2 each

Summer Fun & Bingo

Saturday, August 13th — 4:00 – 7:30

The Kolping Hall

Believe it or not, our beloved Kolping Hall is pretty much ready for our next activities. With a new roof, ceiling, floor and lighting we are more than ready to open the doors again for our events. We hope to see you there in July and please feel free to invite family and friends.

Kolping Convention

There is still time to join us in Cincinnati at the Kolping convention, September 9 – 11. A group of San Francisco Kolping members will be flying out on the 8th and returning the 12th, if anyone is interested in attending. It looks like a fun event and is always a wonderful way to meet other Kolping members and see what other Kolping families are doing. If you do decide to go, let Lisa or Cathy Vennemeyer know and the San Francisco Kolping will reimburse you for the registration!



In Memory

We are very sad to tell you that **Caroline Zollinger** passed away on Sunday, May 1st, only months after Emil's passing.

Caroline thoroughly enjoyed her membership at the Kolping and was always excited to win the bingo raffles, especially when a prize was one of Shirley's afghans. Though a newer member, she endeared herself to many.

Sending Love and Prayers:

Mimi Springer is recovering from a fall and is in rehab in Burlingame. We hope she will be able to make the Installation Luncheon and her recovery is quick. You can send cards to 1250 Roble Rd, Millbrae, 94030

Louise Tschudi fractured her pelvis and is bedridden with 24 hour care. You can send cards to 2320 15th Ave., San Francisco, 94116

Walter Vennemeyer is in memory care at Aegis Living in Corte Madera.

In recovery:

Heinze Beering and **Brigitta Kruger** are recovering from broken hips after falls. We are happy to announce that they are both up and about, though moving a bit slower than they would like. It just takes time!

Moved:

Dolly Gruebl has moved to an independent living facility on the Peninsula. We do not yet have her address, but wish her well.

Please let us know if you are aware of anyone who is on the sick list so we can include them in our prayers.

Word Search

U F C I V V Y K W N Z Y U F P
B X K A Z V L K E N Y A E H O
P C A L Q F K S K H Q F S T P
I A A T B I A S I W M T R A A
L E N T E N P R O J E C T R D
S A N F R A N C I S C O V A O
Q P G J B M L H Q Y W T T V L
B T Q H I I N P B Q K B J E P
F R I E N D S H I P T T D L H
S Q G Z G V B N N K D H L L M
N H Q P O Q Q G P O T L U C K
D W W W K O L P I N G O R G G
C A L I F O R N I A T D W G F
I D L K D L W V F O W O O P U
K O L P I N G W T Z D X M Y N

Adolph	California	Lenten Project	bingo
Kolping	friendship	www.kolping.org	Kenya
Tarvel	pot luck	San Francisco	fun

Falls are called accidents for a reason. Tips on avoiding them.

One out of three seniors will fall this year resulting in hip fractures, cuts, and even serious head and brain injuries. And even when there's no serious injury, a fall can still be so frightening that many people may avoid certain activities because they're afraid they'll fall again.

Some of the most common causes of falls are in the home where you might have a false sense of security. Below is a quick list of things you may consider for your home to avoid for avoid falls:

- **Clean up clutter** – this includes newspapers, cords, Amazon boxes, ect., especially in the hallways and around the stairs;
- **Repair or remove tripping hazards** – loose carpet, throw rugs, uneven walkways;
- **Install grab bars and handrails** – and then use them, especially if going up and down stairs;
- **Avoid loose clothing** – especially pants that might drag on the ground;
- **Keep things lit** – install brighter lights, use night lights in hallways and bathrooms, keep walkways well lit;
- **Wear shoes or slippers with backs and non slip soles;**
- **Use nonslip mats** in kitchens, bathrooms and on porches;
- **Take your time** – pause after standing up, don't rush, take time for your eyes to adjust to lights when going in and out of buildings;
- **Exercise** – keep your bones strong and work on your balance.

Did you know...

In 2022 the San Francisco Kolping made over \$70,000 in donations to local Catholic Schools in lower income neighborhoods and organizations serving the needy.

We welcome submissions for the newsletters and topics that might be of interest to all.

Warmly, Lisa Brinkmann and Kathy Biesty