

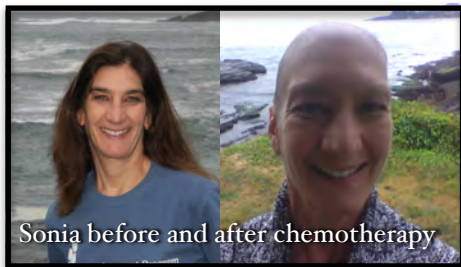
# TRASH TALK

November 2020



## BATTLING CANCER WHILE THINKING OF OTHERS *Sonia Graham*

**She received her diagnosis and not long after thought of others facing the same situation**



Sonia before and after chemotherapy

Getting a cancer diagnosis is devastating. Many need all of their energy to simply fight it, but not Sonia. Sonia Graham, resident of Depoe Bay, received her cancer diagnosis in April 2020 and a month later was organizing a campaign to raise \$5,000 towards CAN Cancer. It is a local campaign providing non-medical living expenses related to treatment, for Lincoln County residents fighting all forms of cancer, through Pacific Communities Health District Foundation. Sonia's full time work and passion is in senior living. Many know her in the community through her position as Community Relations Director at Oceanview Senior Living. When she explained to her boss, Becky Donaldson, she wanted to raise money for cancer, Becky offered to shave her head if the goal was met. Sonia went to work creating a Facebook page called "If I'm not going to die, I might as well try, laughing" and set the goal of \$5,000. Sonia conveyed that "organizing this helped me focus on something I love to do, helping others". Just in time for Sonia's October 11 deadline, her fellow Newport Chamber Ambassadors chipped in enough cash

to get her to the goal and Becky shaved her head live on Facebook. Sonia has had all of her treatment through the Samaritan system, with much of it being at our local hospitals, and expressed her gratitude to her wonderful care team.

"Sonia has to be the kindest, most selfless person I know. In the midst of her own treatment for cancer, she mobilized her friends and colleagues to support other people going through her same challenging journey. She understands that what people need when facing health challenges is to know that other people care. My admiration and appreciation are endless." Ursula Marinelli, Exec. Director of Pacific Communities Health District Foundation, said of Sonia.

Thompson's Sanitary is celebrating nine years as a CAN Cancer partner through our November envelope campaigns (please consider making a donation with the enclosed envelope). To date, through this campaign and other fundraising, \$62,190 has been raised and 271 of your neighbors have been helped. You can also make a tax-deductible online donation through [www.samhealth.org/pchdf](http://www.samhealth.org/pchdf).



Becky before and during head shaving

## In the Know

### Holiday Schedule

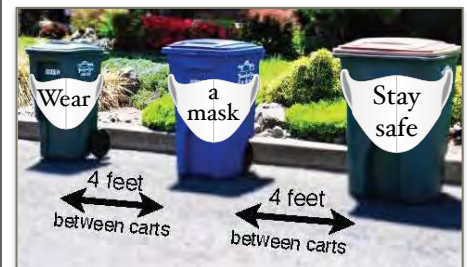
Just a reminder, Thompson's observes three Holidays: **Thanksgiving, Christmas, & New Year's.**




Thanksgiving - Thursday, Nov 26.  
Christmas - Friday, Dec 25  
New Year's - Friday, Jan 1  
If your regular service day falls on one of these holidays, you will receive service the following day. Subsequently, all pick-up days after the holiday will be one-day late ending on Saturday.

### Carts need space too

**Our carts have been socially distancing for years - keep your carts 4 feet apart**



Even pre-COVID, our carts have practiced social distancing by asking customers to keep four (4) feet between them so TSS trucks with animated arms have room to grab and empty them efficiently into the truck. Do your part to help them practice social distancing!

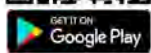
 Please recycle this newsletter when its useful life is over.

With our app you'll be...  
Singing fa-la-la all the  
way to the curb

Look up items on the  
Waste Wizard to  
learn what carts  
they belong in



Get service alerts  
including holiday  
info and tree  
pickup



## Your guide to **HOLIDAY** Recycling & Disposal

Recycle in MIXED COMPOSTABLES Cart



Recycle in MIXED RECYCLING Cart



Reuse or Donate (or Trash)



Throw in LANDFILL Cart



## Employee Spotlight:

### MISTY BEARDEN



Misty and her three children on a road trip!

Have you noticed when you call the Thompson's Sanitary office that you still get a "live" person answering the phone?

Our newest customer service representative, Misty Bearden, is one of those helpful "live" people on the other end of the call. Growing up in Toledo and living between Newport and Toledo her whole life, she is a tried and true local! She started with Thompson's Sanitary in February, and it's been quite a learning curve with COVID-19 coming down on us at the end of March, but she hasn't missed a beat in providing excellent service.

In April, she started working from home, and as of last month transitioned back into the office every other week. During that time, she has keenly navigated how to work remotely, all while continuing to learn her new position and juggling the needs of her three school-aged kids logging into virtual school from their house.

Misty is the mother of three beautiful and bright children - Jake (12 years), Dominic (10 years), and Lilly (7 years). The family lives in Newport, and Misty has created lovely learning spaces for all of them in their home where she keeps a close eye on their studies.

When Misty and her family are not working or going to school, they love to go on road trips where they can make their own adventures! When they're home, they enjoy making crafts and hosting family get-togethers. As a family, they also make it a priority to shop at Pick of the Litter, supporting the Animal Shelter, or Habitat for Humanity ReStore before they buy new for their projects so their money goes back into the community. And when cleaning their closets of outgrown clothes, Misty insists on finding someone to pass it onto or donate to the homeless shelter, Grace Wins, as well as Pick of the Litter. When Misty gets time for herself she loves to read, her favorites being Louis L' Amour and Dick Francis.

Please help us in welcoming Misty to the TSS family! Her attention to detail, excellent customer service, sense of humor, and ability to get along with everyone makes her a standout in our book.

**30 day notice:** A cost of living adjustment of 3.57% will begin December 1st and be billed starting January 1st, 2021.