Dear Village Residents,

First I want to thank everyone for their patience. Last month was a hard month for me and my family. The newsletter maybe a day late, but it's filled with many opportunities for you!

I want to thank Lee Haynes daughter and friend who performed in April. It was a terrific evening, enjoyed by everyone. We had a terrific dinner out to Sweet Tomatoes...20 residents participated! John White led us on a wonderful Arbor Day walk and the rain held off, thankfully!

This month we are off to shop for plants, dine out, view lilacs, dine out again, feel appreciated, celebrate birthdays, tour a museum and lastly play some BINGO! Please join us for one or all events!

I will be working very hard on catching up the Resident Picture Board, so expect a phone call from me to schedule a time to get your picture taken. If you want a re-take let me know!

Happy Spring to All of You... Taunya

The office will be closed Monday, May 28th in observance of Memorial Day

No Zumba class this day!

Men’s Fellowship

Thursday, May 10th
Special guest, Rabbi Yitz Husbands-Hankin

Thursday, May 24th
8:30 am
Small Meeting Room

Blood Pressure Checks at 2:00pm in the Small Meeting Room every Monday

VILLAGE COMMUNITY GATHERING
Our Village Gatherings begin at 1:00 pm.

MONDAY MAY 7th
Helping Unite & Gather “HUG” : Come share your ideas for this new group: HUG. Our goal is to stay in touch with our residents

MONDAY MAY 14th
“How To Feel Great: Please join Dennis Whitted for the second half of “Fork over Knives” documentary.

MONDAY MAY 22st
Rescheduled: City of Gresham Recycling: Master Recyclers, Taunya McKee and Emma Spajer will be presenting “Green Cleaners”. We will make our own eco-friendly safe cleaners.

WELCOME NEW RESIDENTS
DIANE FERRIS
APT #100
BARBARA MARIANI
APT #329

My family and I want to thank the residents and staff at The Village for their compassion, love, hugs, cards, and other terms of endearment. Nita Parker was a resident for nearly 24 years at The Village and she loved living here. Thank you for being there for me and my family, she was an amazing, fun lady that will be missed.

Taunya McKee & Family

The Village News is a publication of The Village Retirement Center - 4501 W Powell Blvd - Gresham, Oregon 97030 (503) 665-3137

The Village News

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Gresham, OR

MAY 2018
Spring Greetings from the Village Café

Spring is a great time to reconnect with gardening and eating fresh fruits and vegetables. Asparagus is at the top of the list for the current fresh local veggie this month. Asparagus is my featured “super food” this month. Did you know that one cup of asparagus has 4 grams of protein, 4 grams of fiber and 404 milligrams of potassium. This super food is good for blood pressure and helps improve blood flow and in turn lowers blood pressure.

May is The Village Resident Appreciation month where we always serve fresh local asparagus and fresh wild salmon at our special dinner. We also make a vegetarian patty with local fresh vegetables, nuts, oats and herbs. There are so many things I appreciate about you. Your kindness is a true blessing to me and my favorite part of the day is serving you lunch. I am often amazed by your stories and great attitude. Thank you for being an inspiration to me. For those of you who are reading this and have not yet been to our cafeteria, I want to meet you. Please join us for a fresh healthy meal and socialization.

-Sue Jensen / Executive Chef

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**SPOTLIGHT WEDNESDAY**

**MAY 23rd**

**12:45 pm**

**FEATURING: DOLLY HENRICKSON**

Please join us for a treat and some fun!

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**CRAFT TIME WITH LOIS**

**FRIDAY, MAY 18th**

1:30 pm -3:00 pm

Lois is bringing her amazing talents to The Village. Please sign up and join the fun.

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**ART TIME WITH JANET**

**TUESDAY MAY 15th**

10am-12pm Small Meeting Room

Inge Johnson will be teaching the next ACRYLIC Painting class. Please sign up if you want to participate. Bring your own paint brushes, if you wish. Supplies will all be provided. As always you are welcome to observe or work on your own project.

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**THE VILLAGE BOOKWORMS BOOK CLUB**

This month we will be reading, John Grisham’s “The Rainmaker”

If you need a copy let Taunya know.

We will meet Monday, May 21st 11:00am in Rec Room to discuss the book.

READ AWAY!

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**May Flower Count**

Come down to The Village office and guess how many Flowers are in the Jar. Contest will run through May 9th. Closest guess wins a prize.

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**THE VILLAGE FRIENDS GROUP**

Friday May 11th

9am in the Café

Join us for friends, food, & fun. Enjoy a cup of coffee or juice on us. Donuts and pastries will be available for purchase.

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If you were at the last resident meeting, then you heard me share about the visiting group that I am starting here at The Village. Our first meeting will be May 7th at 1:00. This will be a casual gathering for you to learn more and share your great ideas.

One of my goals for this new group; HUG is to stay in touch with you, our residents. This could look like a friendly visit to a neighbor who may not get out, or sending a get well card to a neighbor in the hospital. I want to invite you to be the main driving force behind this visiting group. Please come, share your ideas of how we; Resident Service and you, our residents, together, can better serve you.

I hope to simply facilitate this group. My goal would be for the residents in the group to drive the ideas and initiatives that this group would undertake. Please join us on May 7 at 1 to learn more and share your great ideas.

~ Caroleana Smallwood

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On Monday April 30th Master Recycler, Taunya McKee gave a presentation on “Thoughtful Consumption” and offered a challenge to think about our daily life with information about reducing, reusing, and recycling. It was an entertaining presentation and we are grateful to have a Master Recycler as part of Our Village.

~An enlightened Village Resident
**MAY 2018 ACTIVITIES**

**Administrator’s Corner**

I hope you are enjoying our springtime. The warm days are bringing out the flowers and making everything grow. It is good to see the beauty and feel the sun’s warm rays again.

Work on #16 is continuing. We are still finishing up the recycle area and are working on repairing the wall in the small meeting room and replacing the sliding doors there. The rooms will need to be closed periodically as we do the work. We are filling apartments #'s 93, 100 and 329 this month as well as starting construction on #48.

Our ‘How to feel Great’ series continues with the second half of the video ‘Forks over knives’. It was encouraging to see so many people come and learn from our last meeting. There is so much that we can do to make our lives better. We are not destined by our society or even by our genes. We can make things better for ourselves and our families.

The Thankfulness wall question for May is: If The Village were given $100,000.00 dollars. What would you like to see done? Stop by and share your comments and see what others have written.

May is the month that we get to show our appreciation to YOU by offering all residents a free dinner. It is on May 17th at 12:00. Come and enjoy a delicious dinner featuring wild salmon or homemade vegetarian patty along with many other delicious items and great company.

Please remember that when our workers are working at their jobs, it makes it very hard for them to work if they are being interrupted. If you have needs please contact the office so we can coordinate the most effective and efficient response to get your needs taken care of.

With the increased growth of the beauty around us there is also the weeds and debris that come from cleaning our areas. Please remember to take the debris to the dumpster. Just leaving plies on the lawn and around the area is unsightly and creates even more work for the grounds crew.

Please remember to call 911 if you see suspicious activity at The Village. The best protocol is to call 911 and also to call us so we know what is happening on campus. Remember that we have staff on duty 24 hours a day and can take your calls at any time.

While we do not like to have suspicious people on campus we also do not like to have unwanted animals on campus. Please help us control the wild animals by not feeding or having food available to them.

Please remember that you are welcome to come and use the Community Center any time it is open. Stop by and read the newspaper in the sitting room or help put together the puzzle in the lobby. Stop by for a bite to eat at lunchtime or bring a friend and play a table game in one of our rooms. Use the exercise equipment or play a game of pool or ping pong any time the room is not being used for something else. We are so fortunate to have space to get together in. Let’s make use of it.

I hope you enjoy the beauty of Spring here at The Village!

Dennis

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**SHOPPING AT AL’S NURSERY**

LUNCH OUT TO BISTRO 214

THURSDAY, MAY 3rd
10:00 am
$3.00 Bus

We will go shop first and then have a great lunch at a local bistro!

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**LUNCH OUT TO OREGON CULINARY INSTITUTE**

TUESDAY, MAY 8th
11:00 am
$23.00 includes a 3-course lunch, gratuity, and bus

We’ll travel downtown and enjoy lunch.

Please sign up and pay by Monday, May 7th

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**HULDA KAGER’S LILAC GARDEN**

AND LUNCH OUT TO OAK TREE IN WOODLAND, WA

THURSDAY, MAY 10th
9:00 am
$16.00 includes admission & bus

Let’s enjoy some beautiful lilac’s and have lunch out!

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**ROD’S DINNER OUT TO IXPATA MEXICAN RESTAURANT**

TUESDAY, MAY 22nd
4:30 pm
$2.00 Bus

Come out with Rod to this fun Mexican restaurant and enjoy dinner!

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**END OF THE TRAIL MUSEUM**

AND LUNCH OUT TO BUGGATTI’S ITALIAN RESTAURANT

TUESDAY, MAY 29th
11:00 am
$15.00 includes bus & admission

We will travel to Oregon City and tour this wonderful museum and watch a movie about the Oregon Trail. We will have lunch before the museum.

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**BINGO**

THURSDAY, MAY 31st
1:00 pm
Rec Room

Come enjoy some fun and a treat!

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**BINGO**

THURSDAY, MAY 31st
1:00 pm
Rec Room

Come enjoy some fun and a treat!
**The Village Birthday Party**  
**THURSDAY, MAY 24th**  
7:00 pm  
Rec Room  
**FEATURING: JOHN WHITE & SCOTT "MANDO" COHEN**  
**EVERYONE IS WELCOME! WE WILL SERVE CAKE AND ICE CREAM AFTER THE PERFORMANCE!**

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**Resident Appreciation Dinner**  
**JOIN US FOR A COMPLIMENTARY DINNER**  
**THURSDAY, MAY 17th**  
12:00 pm  
**WE MUST HAVE YOU RSVP BY NOON TUESDAY MAY 15th**  
To-go dinners, guests and late sign ups are $14.00 per person  
**OUR CAFÉ AND STAFF WILL BE SERVING A FABULOUS DINNER**  
Starting with Tossed Salad and Hot Dinner Rolls, then Wild Salmon or Spring Veggie Nut Patty, along with Baby Potatoes, Fresh Asparagus. We’ll finish the meal with a Spring dessert!  
**After dinner Eddie Pramuk will entertain us with his music!**

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**Reflections of a Yellow Buttercup**  
LeRoy Finck  
Do you remember – a few years back - walking through a field of yellow buttercups? Are you also young enough to remember a school chum holding a yellow buttercup up to your chin? If the yellow reflected on your face, the theory was, you were in love! The interesting thing was – yellow buttercups ALWAYS reflected their soft glow on your face. Consequently, then, we must always have been in love.  
As I look out the window into my backyard, I see large mature Rhododendrons. We have eight all varying in colors. There is one in particular that catches my eye. It’s at least ten feet high and just about as wide. With its soft cherry color with a Bing-cherry colored center which gladdens my soul with just a quick glance. I believe God intended the beauty of His creation to always warm our heart with His love.  
Is it possible to be in the companionship of God and not have His beauty reflect on your face? Is it possible to stand heart-to-heart with God and not have Him reflected on your face so much so that all who look at you cannot but conclude – that God is love.  
Yellow buttercups always reflect on your face, consequently then, we are always in love - with our Creator Redeemer God.  
Father, may your love and beauty always be reflected on our face.

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**The Village Foundation thanks you for your donations and purchases at the Bake Sale we had in April. We made approximately $630!**

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**Patchwork Quilting**  
**FOR BEGINNERS**  
Every Thursday in May (except May 17th)  
1:00 pm  
Small Meeting Room  
Come learn to quilt with Joan Yu. She has many supplies and will have them available for you!