

# Café News

Sue Jensen

Happy November from The Village Café

I have so many things to talk about this month! First, we have finally hired a reliable and well known employee for the weekend chef position. Kyle Spriggle, my son will be preparing the meals in our café Fridays through Sundays. I'm so happy for him as he really enjoys cooking, and he especially enjoys serving the residents of The Village.... YOU.

We have a new kitchen assistant who happens to be Natalie Spriggle, my daughter. Many of you have already met Natalie and I'm sure you think she is as kind and caring as I know she is. Clearly we are all quite drawn to the beautiful energy and love at The Village!

Moving on to what we can do to make things easier for you when you are in the café'. Please let us know if you need help reaching items in the salad bar. If there's anything you are unsure of, always feel free to ask. Sometimes it's hard to tell one item from the next especially if one's sight is compromised. Also, if we don't already know that you need us to carry your lunch tray for you, please do ask. We are always available to assist.

Thanksgiving Day will be a typical café day so if you are hoping to enjoy a full Thanksgiving meal please note that we will not be serving one but we will be serving a casserole with similar ingredients to a Thanksgiving dinner – Pilgrims' Casserole. If you are having family join you for lunch on Thanksgiving Day, November 22<sup>nd</sup>, please inform me directly via phone or in person. I encourage you to invite your family to the 'Special Thanksgiving Dinner' which is Thursday, November 15<sup>th</sup>. The Special Thanksgiving Dinner will be a true Thanksgiving meal. You must sign up in advance to attend this event.

Lastly, we have a new product I will be featuring as a vegetarian meat substitute. Seitan is a particular gluten product that comes in various shapes which can easily be seasoned as you would a meat product. What I like about Seitan is the texture and taste. I've never liked a texture as much as this product. Seitan is listed a few times on the 'November' Menu calendar.

Sue Jensen – Executive Chef

## Know your Neighbors

Anne Mottice

### Nancy White #329

Nancy White was born and raised in Pendleton, Oregon. She graduated from Pendleton High School in 1956. She loves to go back for the class reunions. Her first car was a Ford Mustang which she named Mario Andretti. She lived for 10 years on Tortola, British Virgin Islands which contributed to her "gypsy" lifestyle. She has had as many careers as she has had homes. She is a fast learner, so she found jobs she wanted to learn and did them so well she became indispensable.

Her greatest accomplishment in life has been her children and grandchildren. She has 4 children, 8 grandchildren and 10 great-grandchildren. She is generally in pretty good health considering all the not so good things vying for space in life. She is now happy to settle down in a comfortable space at The Village.

### Henry and Veronica Stai #11

Veronica and Henry both grew up in South Dakota, Veronica on a farm and Henry on a ranch. They will have their 59<sup>th</sup> wedding anniversary in November. Their first car was a 1949 Ford. They lived in Peever, South Dakota where Henry worked at a store. They moved to Portland in 1961. Henry worked at Safeway, Hudson House and Termicold warehouses and retired in 1984. Veronica worked at Hartford Insurance, babysat in their home, Portland Christian schools and Open Bible Day care. In retirement Henry blessed people by repairing lawn mowers and making things out of wood. They have 5 children, 1 girl and 4 boys. They also have 14 grandchildren, and 15 great-grandchildren. One of their greatest accomplishments is putting all 5 children through Portland Christian Schools. Karen Stai who works in the village office is married to their son Jeff, who told them about The Village. Henry and Veronica also did a food ministry. They enjoy playing bingo and spending time with family.

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# The Village News



Happy November!

To me and many of you, November is a month of gratitude. Although we should count our blessings daily, Thanksgiving allows us to pay attention to all the gifts we have been blessed with. Personally, I have so much to be grateful for, not the least is the opportunity to work among such wonderful and interesting people who reside here at The Village.

October was a gorgeous month and we took advantage of the great weather for some fun activities. We had a perfect day for our color drive around Mt. Hood and another one for apple tasting (and buying) at Portland Nursery. Our outing to OMSI's Empirical Theatre to see an awe-inspiring "National Parks Adventure" was a big hit. We will definitely plan another excursion there soon, so watch for it and sign up early!

We have planned some fun activities for November, such as a trip to Hood River to see the Western Antique Aeroplane and Automobile Museum. There will also be a pizza and game night, our Village Birthday Party, and an outing to see the Christmas Festival of Lights at the Grotto! Also, save some canned goods to donate to our **Super Big One Day Canned Food Drive** in conjunction with our Thanksgiving Special Dinner on November 15th.

I'm very excited to honor the many veterans we have living and working at The Village. We will have a Wall of Honor inside the Community Room and will have a special program on Monday, November 12th.

How incredible is it to have 2 residents celebrating their 100th birthdays this fall. We had a great time at Russ Sichley's celebration and make sure you come to Frank Juden's on November 13th.

Thanksgiving blessings to you all,  
Solveig



### Music for your dining pleasure

Come and enjoy a delicious lunch in the café while your fellow residents or friends provide music in the background.

This month our musicians are:

Ruth Fevec—Nov. 7th

We want to hear your musical talents!  
Please let us know if you or your neighbors can share with us.

#### OCTOBER'S COLORING CONTEST WINNERS

1st place: Wendell Wagler

2nd place: Ruth Wolf

3rd place: Rollie Hallberg

CONGRATULATIONS!

Thank you for everyone who entered and thank you to our judges:

Janet Almy, Inge Johnson and Mavis Petersen  
Watch for December's Coloring Contest

### The Super Big One Day Thanksgiving Canned Food Drive

THURSDAY, November 15TH

Please help us help others by donating non-perishable food items. There will be a donation barrel out front of the activity office. Donations will be given to My Father's House



Daylight Savings Time ends  
Nov. 4th!

Make sure you set your clocks back on Saturday night!

## Computer Help

THURSDAY, Nov. 8th 2:00 to 4:00

Computer Room

The Library provides us with assistance on the second Thursday of every month. They provide one on one help with your questions. Be sure to sign up for your time slot.



## Friday FRIENDS

FRIDAY, November 9th  
9:00am in the Café

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

## We're Feeling Corny!

Come to the office and guess the number of kernels.

**Congratulations to Rollie Hallberg, our October winner, with a guess of 555 marbles. The actual count was 554.**

## ART TIME WITH JANET

TUESDAY, November 20th 10:00 - 12:00

Small Meeting Room

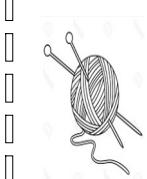


Bring your coloring project and we will start on Christmas Cards. Bring your own supplies or we can provide some supplies if you need them.

## KNITTERS & MORE

Join us MONDAYS at 2:00 pm  
Community Room

Join us every Monday to learn, share and visit! All are welcome!



## Craft time with Lois

FRIDAY, November 16th  
1:30 pm ~ Small Meeting Rm.

Lois helps us make wonderful crafts every month.

Come and enjoy friends and neighbors while you make something creative.

**Be sure to sign up!**

*Time to Craft*

## THE BOOKWORMS BOOK CLUB

MONDAY, November 26th  
11:30 to 12:15

This group meets the 4th Monday of each month in our Sitting Room of our community center. If you are interested, stop by and join them.

This month's book is 'Unbroken' by Laura Hillenbrand.



## MEN'S MEETINGS

8:30 am ~ small meeting room

For the month of November, the meetings will be on THURSDAY, **November 8th and 29th.**

**Come and join them !**

## A SEASON TO GIVE THANKS

LeRoy Finck

November 1, 2018

The reformers proclaimed that it was by faith alone that we are justified by grace alone. We have every reason to give thanks for all they did to make the reformation part of Christians everywhere. So, at this time of the year we should give thanks that the Lord was willing to make such a sacrifice that makes certain what the reformers gave their lives to do can become a reality. So, again I say give thanks every day for what we all believe. I suggest we should all be in an attitude of praise this thanksgiving season. There is something about counting our blessings and praising God that affects our health and happiness. Our Creator and Redeemer designed us that way so that giving thanks positively affects us.

This is what makes this time of the year such an important part of our lives. It is a time when we get together with our families and friends to celebrate all the good things that have been taking place in our lives this past year. God's Word teaches us to rejoice in the Lord always. If our minds are on self and self-gratifying Satan will fill your mind with negative thoughts and regrets.

But, this season of the year is supposed to be a time of rejoicing over what God has given us. It is not uncommon for us to allow a sense of loss and grief overcome us because of what is happening in the world. But we should control our negative thoughts and focus our attention on what is happening in heaven. Claim the promises that God never leaves nor forsakes us and He is the God of all comfort and compassion. So, focus upon the many blessings and evidence of His presence with you since last thanksgiving.

Then enter this season with a heart full of an awareness of how God has opened the windows of heaven and poured out on you the blessings that you do not have room enough to receive them all. HAVE A HAPPY THANKS GIVING AND REJOICE!

## The Village offers many different worship choices here on Campus

The Village Adventist congregation meets on Saturday mornings at 9:30 am. They offer vespers on Saturday evening at 4:00 and a midweek meeting on Wednesday at 4:00. The Village Community church group meets on Sunday afternoons at 4:00 and has Prayer Meeting on Wednesdays at 10:00 am. As well as occasional special meetings announced separately.

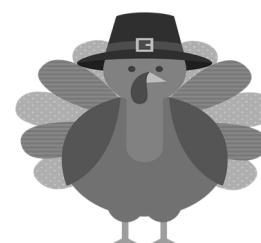
**All are welcomed and encouraged to attend any or all of the meetings**



## Turkey Bingo

TUESDAY, November 27th  
1:00 pm

Community Room



Don't be a TURKEY! Bring your friends and see if you can win some fun prizes!

## November Vespers Programs

4:00 pm Saturdays

November 3: "Donna in Song" Hostess: Donna Jones

November 10: "Belle Cantori" Hostess: Lil Beatty

November 17: "Matthew" DVD Hostess: Marge Schnibbe

November 24: "Carl Parker in Song" Hostess: Karolyn Bradley

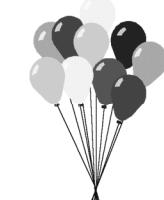
Don't miss out on these wonderful programs!



Come join us for cake and ice cream at

## FRANK JUDEN'S 100TH BIRTHDAY CELEBRATION!

Tuesday, Nov. 13th at 1:00 pm in the Community Room



## Holistic Living for the Holidays

**Thurs Nov 8; Flu Prevention**

**Thurs Nov 15; Healthy Choices During The Holidays**

**Thurs Nov 29; Arthritis & Joint Pain; keep moving**

**Seminar classes will be held at 10:00am In the community room. Resident Services will provide a light refreshment during the seminars.**

## The Village Foundation

Thank you everyone for your responses concerning whether you would like to see the Foundation giving all residents a credit to help with the upcoming increase. More information will be coming out after the announcement from The Village with the exact amount of the increase. Happy Thanksgiving to everyone. Thank you for all you have given to The Foundation this year.

## Holistic Living for the Holidays

I want to share with you an awesome opportunity we have to host a one month health seminar in November. Sarah Driscoll will be leading the health seminar. She is a senior in the Portland Walla Walla Nursing school. She brings with her a wealth of knowledge: 10 years working as a LPN, 3 years working in hospice care, and has experience in skilled nursing and long-term care. Sarah will be presenting on a variety of health topics. Seminar classes will be held Thursdays at 10:00am in the community room. Resident Services will provide a light refreshment during the seminars. **This a great opportunity you won't want to miss!! ~Caroleana Smallwood**

## Making a Difference

There are many residents who are making a difference by volunteering. A great example is Barbara and Steven Pierce, who both volunteer at Davis Elementary School. Come read about their service on the 'Making a Difference' board in the community building. If you are interested in learning more contact Caroleana in Resident Services.

## NOVEMBER BIRTHDAYS

2 Kay Kelsey  
7 Adeline Kykema  
9 Barbara Fadel  
10 Michael Sage  
12 Caroline Dimock  
13 Frank Juden  
13 Eleanor Skeels  
14 Dana Lester  
15 Vera Ayers  
17 Rich Bastini

20 Kurt Matzke  
20 Margaret Nikander  
22 Steven Pierce  
23 Betty Hiebert  
23 Avis Muggli  
23 Gladys Whitted  
24 Abraham Munoz  
27 Carol Helm  
29 Fred Warren  
30 Reba Brown

## Administrator's Corner

Dear Residents,

What a nice fall we have been experiencing. I hope you are enjoying it also. Thanksgiving is upon us and we truly have so very much to be thankful for. God has so richly provided for all of our needs. Yet, I know that when we have pain, either physical or emotional, it is hard to see beyond that, but there are always things to be thankful for, and we always have the hope for a better tomorrow. The interesting thing is that by being thankful, things are more likely to actually improve for us.

It is so good to have Solveig, our Activity Coordinator on our team. She has been doing a great job of providing fun activities and events for you to enjoy. Thank you for your input and please continue to let us know what events and activities you would like to see offered.

Our Thanksgiving Dinner is on November 15. Please be sure to sign up. You are welcome to bring your friends and family. Our cafeteria will be open as usual on Thanksgiving day for those who are not able to be with their families. We will be serving regular cafeteria style on the Holiday so you will come through the serving line like you usually do.

Our remodels are progressing with work being done on #96 and #25. Work will be starting this month on #109 and #67. Our new roof on #301 - 306 is completed and the gutter will be installed on that unit and on #311 -316 soon. Thank you for your patience as we maintain and improve our campus.

In our meeting last month about Cascade Athletic Club, I announced that we will try to provide transportation during regular business hours to their facility for those residents who are exercising there. We understand how important exercise is for our health and want to be able to facilitate that whenever possible for each of you. There is no charge for this service. If you are needing transportation, call the office with your request.

It is not unusual for the weather to turn cold later this month. Please be sure to be safe and stay in your apartments if we have snow or ice. If you have needs please let us know.

In keeping with the season, our Thankfulness Wall asks the question: "What are you thankful for this season?" Be sure to stop by and share your thoughts and read the comments of your neighbors.

Have a great November,

Dennis

## Quote for the Month

"What we do for ourselves dies with us. What we do for others and the world remains and is immortal."

Albert Pike



## Feeling Stressed? Do your Muscles Ache?

Johnathan can help!

Massage available Tuesdays by appointment.

503-803-7892

# NOVEMBER ACTIVITIES 2018

## Harvest Moon Bazaar

THURSDAY, November 1st  
3:30 pm ~ \$3.00 Bus

Hosted by Good Shepherd Community Church, this event is a highlight of the fall season! More than 90 vendors of hand-crafted items are available for sale. We will stay for dinner with several choices available in their food court.



## Western Antique Aeroplane and Automobile Museum in Hood River

TUESDAY, November 6th

10:00 AM ~ \$28 bus & admission

Join us for a fun trip to Hood River with an early lunch at the Riverview Restaurant on the Columbia River and a full afternoon at this wonderful museum!

## THE VILLAGE BIRTHDAY PARTY

THURSDAY, November 8th  
7:00 pm ~ Community Room

Entertainment by

**Wanda and Allen Vaz**

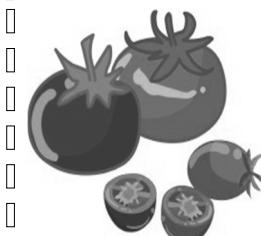
Cake and Ice Cream to follow

**EVERYONE IS WELCOME!**



## Dinner out to Sweet Tomatoes

TUESDAY, November 20th  
4:30 pm ~ \$4.00 Bus



Come have dinner at one of our most requested restaurants! Sweet Tomatoes features a salad bar, fresh soups, pastas, and soft serve ice cream.

## Breakfast out at IHOP

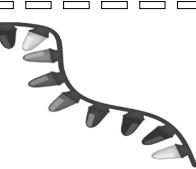
TUESDAY, November 27th  
8:30 am ~ \$3.00 Bus

Pancakes, anyone?!? Or waffles, omelets, eggs benedict? Gather your friends for fun and food out at the iconic pancake house, IHOP!



## Festival of Lights at The Grotto

THURSDAY, November 29th  
6:00 pm ~ \$14.00 Bus & Admission



Start your Christmas season off right with a trip to see the amazing light display around the Grotto and listen to beautiful music in the Chapel.

# NOVEMBER ACTIVITIES 2018

## VILLAGE COMMUNITY GATHERING

Every Monday at 1pm in the Community Room

### Monday Nov 5<sup>th</sup>: Fall Gardening with John White

The lovely and multi-talented Master Gardner John White will share his tips and tricks on fall Gardening.

### Monday Nov 12<sup>th</sup>: Veteran's Day Ceremony

Come celebrate Veterans Day with us as we honor our residents who are Veterans.

### Monday Nov 19<sup>th</sup>: AMR, with Mark Heimann

AMR, American Medical Response is the nations largest ambulance provider. They provide a special membership program for a low yearly rate. Come learn more about this great program and sign-up.

### Monday Nov 26<sup>th</sup>: Low Vision Resources w/ Hanna Burns

Remain active while living with macular degeneration, glaucoma, or other eye conditions that limit reading and activities you enjoy. Hanna & Ken Twergo bring over 20 years of experience.

## THE VILLAGE

### SPECIAL THANKSGIVING DINNER THURSDAY, NOVEMBER 15TH

12:00 ~ \$12.00

Be sure to sign up **early** for our annual Village Thanksgiving Dinner. The traditional meal will include Roast Turkey or Vegetarian Roast, Mashed Potatoes and Gravy, Stuffing, Seasonal Vegetable, Salad, Dinner Rolls and Pumpkin or Pecan Pie.

**Must** sign up by noon on Tuesday, November 13th-  
Those signing up after that will pay \$13.00 per person



## HONOR AND CELEBRATE OUR RESIDENT VETERANS

MONDAY, November 12TH

1:00 PM ~ Community Room

We'll have a ceremony, sing patriotic songs and recognize our veterans for their valiant service

