

Café News

Sue Jensen

September Greetings from The Village Cafe'

Summer is nearly over and the abundance of local fresh fruits and vegetables will slow down. I always have a hard time knowing I will have to wait for 9 months again for my favorite time of year.

The beautiful fall colors and end of the season Harvest Festivals help me look forward as I say goodbye to the long days and warm evenings. I am preparing for The Village Harvest Special Dinner as I know how many great memories it has brought to The Residents for many years. We will use only local produce harvested by nearby farmers to get as close to the grass roots of what a harvest meal is really about. Although we won't personally reap what we sow, we will be supporting local farmers. I love that concept.

I believe that being connected to what we eat and where it comes from is vital to our well being. I recently ate food prepared by Julia Whitted. She was so connected to the food she prepared and served that the meal was much more fulfilling than most meals. I felt both emotionally and physically fed after eating her delicious and nourishing meal.

Looking at what we eat and how we think about it can be life altering. I hope that September not only is a month of gratitude for the harvest we gather but also gratitude to God, the beautiful earth we have been blessed to care for, the people who helped in planting, nurturing and selling the food we eat. Who grew it? What is their story? How do they care for the farm and workers? I really care and I know that farming practices make a huge difference to the earth and all living things on it.

In closing, I'd like to inform you all that Anjib will be phasing out of his time with The Village. You will see him this month and you will see me more on the weekends toward the end of the month. I'm terribly sad to say goodbye to him as he's not only a co-worker but a great friend to many of us. Please enjoy every meal he prepares while you still can. I ask for your understanding while we have a limited working crew which will mean I must pace myself and the rest of the kitchen staff until we find the right person to take the position of weekend cook.

Know your Neighbors

Anne Mottice

Bonnie Stevens #16

Bonnie is originally from Bingen, Washington which is in the gorge. She has 3 married daughters. She has six grandchildren, 3 girls and 3 boys, ranging in age from 7 to 23, which keep her pretty busy. She retired after 31 years from Col-Tab Inc. a printing shop and bindery. She still works there part time a few times a year during their busy season. She also works for visiting angels as a companion caregiver. She is pretty busy with family and friends. She also participates in the red hats society. She enjoys dressing up in her purple clothes and red hat. She loves to read, do crafts, flower gardening and decorating her home. She also enjoys garden art. She hopes to have more plants next year. She loves walking around the grounds of the Village with her dog Pixie, who is a Chihuahua. Pixie loves to visit with everyone and to get a back scratch now and then. Bonnie feels very blessed to be living here at the village. "It is a piece of heaven".

Barbara Mariani #307

Barbara has been at the Village since May of this year. Barbara was born and raised in Oregon and spent most of her life in Portland. She graduated from Franklin high school in 1952. At 18 her first job was working for The Journal Paper; which is now the Oregonian. She also worked in the office of Smith Home Furnishings for 25 years. She recalls her main career as a mom and grandmother. She lived in her previous home with her husband in Portland off Powell for over 50 years. Her husband worked for 30 plus years for the city of Portland as a fireman. They had 2 children and 3 grandchildren who all live in Oregon. She has traveled to 4 different states thanks to her son, who works for Delta Air Lines. She enjoys reading and flower gardening. Some of her favorite authors are Debbie Macomber and Sherryl Woods.

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The Village News

Dear Village Residents,

Well I am still here writing to you in this capacity. That means we are still looking for the right person for our Activity Coordinator. I hope you have been enjoying the events in the meantime.

We did many fun things in August. I hope you didn't miss out on any of them. We had a great trip to Bob's Red Mill. Many of you enjoyed the sights and the ice cream on our scenic drive. The theater play of 'Annie' was great. We had an exceptional trip to the wildlife refuge and saw many different types of wildlife. The Lunchtime music by Donna Jones was fantastic. I think everyone enjoyed the evening of music in the park, provided by both The Village and The Foundation. Our Sale was a great success, and we wrapped up the month with a great time at Bingo. It was a fun month!

We are still looking for more residents to help us with the planning and selection of the events that we offer. If you enjoy activities and would be willing to meet once a month, please join us on September 18 at 1:00

Just a reminder that for most of our events we need to have 10 people who have signed up by noon on the day before the event and can actually go in order for us to be able to provide the trip. Be sure to sign up for the events you are interested in. Most sign up sheets are put out at least a week before the event.

This month we have some more fun events planned. Be sure to post both the calendar and the menu so you won't forget any of the events or any of your favorite meals.

Have a great September,
Dennis - Temporary editor

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 musician is:

Rollie Halberg - September 5

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

WELCOME NEW RESIDENTS

Barbara Gohl has moved to #10
Don Walters will be moving into #309
Ellen Bluer will be moving into #19
Loyal Lee will be returning to the Village and moving into #12

The First day of Fall is

September 22

Enjoy Fall!

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

Computer Help

Thursday, September 13 2:00 to 4:00
Computer Room

Do you get stumped or frustrated with how to get your computer to do what you want it to? 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.



ART TIME WITH JANET

TUESDAY, September 18th 10:00 - 12:00
Small Meeting Room

Featuring some keys to drawing - Let's practice together. Bring your own supplies or project - We can provide some supplies if you need them.



KNITTERS & MORE

Join us MONDAYS at 2:00 pm
Recreation Room



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

Craft time with Lois

FRIDAY, September 21st
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!

THE BOOKWORMS BOOK CLUB

MONDAY, September 24th
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 John Grisham's 'The Street Lawyer'



Friday FRIENDS

Friday September 14
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.

Exercise Class

Recreation Room

Meets most Monday, Wednesday and Friday morning at 8:30. And every Wednesday at 2:00 Stop by and join them.



Zumba

Recreation Room

Meets most Monday morning at 9:30 - Check your Calendar
Join them for an invigorating exercise program



Guessing Contest

Are you ready for guessing the number of school supplies in the big jar? Come on down and put in your guess. You may be our next winner!



August winners were Mavis Petersen with a guess of 503 and Josephine Litvin with a guess of 523. The actual number was 513.

MEN'S MEETINGS

Meets 2nd and 4th THURSDAYS of every month
8:30am ~ small meeting room

This month it will be on September 13th and 27th

Come and join them !

Reflective Thoughts

Marge Fink

UNDISTURBED LOVE

It was a chilly beach day, the aroma of rain still in the air. There she was down on all fours as only a two year old can do. Hands and knees having become slightly immersed into the wet sand, she was motionless. For there before her lie a half submerged little entity. And it had her whole attention, whole devotion and whole commitment.

Grammy, sensing the reverence of the scene, quietly made her way over to a weather laden log and silently sat down - eyes fastened on her nearby toddler. She watched as the little one inched her nose toward this most fascinating and unusual creature. For the toddler, at this moment, this was her universe. Nothing else existed but her and this water soaked little crab!

Grammy continued to watch intently, and yet very much mindful of the ebb and flow of both tide and a little one's universe. She was concerned at what point she might have to intervene. And exactly what action she might have to take to separate the living babes from a secreted moment in time.

However, as so often happens, in both a little one's life and a big-person's life, a moment comes when action must be taken. The water had taken upon itself a time to call an end to life's stillness. Grammy solemnly made her way back into the presence of an "others-centered world".

Cold, Oregon waves began lapping at the toddler's knees and wrapping themselves around her tiny shivering fingers. The real-world beckoned her to arise once more. Head still bowed, she whispered most assuredly to the still motionless little friend - "See you later."

Wherever we are, whatever our circumstances, we can always rest assured - God bends down on all fours, nose to nose with us - and there *He remains*. *Never* will we have to hear the parting words from His lips - "See you later".

Unlike the events surrounding the toddler, neither time nor tide can remove Him from our side. In his presence we are always safe and secure, protected forever-after through his caring commitment of undisturbed love.

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 6.00 and a midweek meeting on Wednesday at 6:00.

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

September Vespers Programs

6:00 pm Saturdays

- September 1: When Jesus was real to me - Pastor Fink
- September 8: Oregon Men's Chorus - Romanian Tour of Concerts Video
- September 15: His Praise Men's Chorus
- September 22: Thoughts on the Nativity = Charlie Drury
- September 29: Harmony for Jesus - Marge Schnibbe

Special Sunday afternoon Musical Program

4:00pm

- September 23: John Rau and his Musical saw
Don't miss out on these wonderful programs!

The Village Foundation

Update for the Senior Shuffle: We have now received \$3,124.60.

I can tell the Lord has really blessed each of you, because in return, you have given many treasures for the Community Sale where we were able raise **\$3,502.83** with some outstanding IOU's.

Be watching your mailboxes for your Labor of Love cards this month.



THANK YOU FOR ALL YOU DO FOR US SO WE CAN HELP YOU.

Jan Johnson

I would like to share with you a testimonial from one our residents, Barbara Pierce. Barbara was over-weight and pre-diabetic. She also battles with sleep apnea and has had cancer. She felt very sluggish and generally didn't feel real good about herself. Her doctor had told her she probably wouldn't be able to lose any weight, although she needed to. Since moving here and having the "free" produce available each week and getting involved with the exercise group she has lost 45 pounds and wants to lose another 20 pounds. She is giving the Lord glory in making all of this possible. Way to go Barbara and what an inspiration you are to others.

Jan Johnson

NOTICE

Please do not flush any disposable wipes down the toilet. They cause sever plumbing problems!

Making a Difference

Caroleana Smallwood

I want to thank each of you for your part in helping with the School supply drive last month. Your contributions make a great impact for the teachers and students at Davis Elementary. Thank you!

September in Oregon, is when the school year starts back up. Centennial High School starts on Sept 4th. As a reminder, this will start the morning and afternoon school traffic on 181st and Powell. Be safe.

I also want to remind each of you of the great opportunities to make a difference in our school communities. There are several opportunities at Davis Elementary School: clothing closet, reading program, Head Start, and others. Also, the mentoring program with Hood View Jr Academy will re-launch this September. These grade school students come here to The Village, one day a week for 1 hour.

If you are interested in either school's program, come see me, Caroleana, Resident Services. I am happy to help connect you to the right volunteer opportunity for you.



SEPTEMBER BIRTHDAYS

2 Fran Cope
3 Tonya LaFollette
4 Archie Derryberry
4 Leokham Sananikone
7 Glenna Jones
10 Esther Nold
13 Dorthy Larson
13 Audrey O'Neal
14 Nancy Meadowcroft
15 Dorothy Heft

16 Diane Ferris
16 Sue Messenger
20 Norm Reiber
21 Ray Haynie
23 Haydee Francis
26 Lee Beaty
27 Stephan Bukojemsky
30 Lee Haynes
30 Elsie Thompson
30 Allan Wilson

Administrator's Corner

Dear Residents,

We have had a hot August. I am hoping September will be a little cooler. Yet, I am thankful that no matter what the weather, or what happens in our lives, God is with us and gives us the strength to find joy in each day.

Our major remodels have slowed to a stop for at least a few weeks now. We had some transitions in August and we will be having new residents moving into #'s 12, 309 and 329 this month.

I want to remind everyone of the wonderful services and amenities we have here for each resident.

- Our Transportation services take residents to appointments or other trips and picks them up within a 10 mile radius on Wednesdays for \$4.00.
- Our custom trips are available for appointments Monday thru Friday - 8:00 to 3:00, as long as we have a driver available. We will go wherever you need. The cost is \$1.00 per mile. Other restrictions and fees may apply. Call the office to schedule your appointments or to sign up.
- Our grocery bus on Fridays goes to Safeway, Winco and Fred Meyer for a \$2.00 fee. We drop you off at the store, then pick up you and your groceries later and take you back to your apartment and deliver your groceries to your apartment. You don't even have to carry your groceries at all!
- Our Food Services offer great tasting nutritious 'home cooked style' meal options in our cafe every day. Lunch is open for you to drop in any time between 12:00 and 1:00. Breakfast is available between 7:30 and 8:00 and supper is available at 5:00 pm on a prearranged basis by the month or by the day with at least 4 hours notice. Stop by and have a great lunch and call the office to arrange for breakfasts or suppers.
- Our Housekeeping Services are available to help you with your cleaning or laundry needs. You can set the frequency and time. There is a 1 hour minimum and the rate is 18.00 per hour. Call the office to make arrangements to arrange for your service.
- Our Grounds Services will help you with your special needs in your personal yard areas. The cost is \$18.00 per hour. Call the office to arrange for your service.

By making use of the services that are here for you, you can make life easier and less stressful. Give us a call!

This month's birthday party features my favorite entertainment of the year -- YOU! It is time for our annual Talent Program. Please let us know how you can entertain us. Check with Caroleana if you have any questions or are willing to be on our program.

And, don't forget our special Harvest Dinner on the 13th.

In light of this back to school season, our Thankfulness Wall poses the question "What words of wisdom do you have for the next generation?"

Please stop by and share with everyone else and see what others have written.

Have a great September!

Dennis

Quote for the Month

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."

Henri Nouwen

SEPTEMBER ACTIVITIES 2018

OMSI Empirical Theater Presents
'Mysteries of the Unseen World'
 TUESDAY, September 4
 10:00 am ~ \$10.00 Bus and admission

We will enjoy this National Geographic Documentary and then stop for lunch at Sweet Tomatoes. Come and join us!

Dahlia Gardens

TUESDAY September 11
 10:00 am ~ \$5.00 Bus



Join us for a trip to see the Dahlias! We will look around the farm and the gift shop and then stop at Bugatti's in Oregon City for lunch on our way back.

Senior Gardening Day at Portland Nursery



WEDNESDAY September 19
 1:00 pm ~ \$3.00 Bus

Come and enjoy the plants and flowers at the nursery, see special demonstrations and obtain a special discount.

Enjoy the live music and programs. You are welcome to buy small plants or flowers and we will deliver them to your yard.



Bingo

TUESDAY, September 25
 1:00 pm
 Recreation Room

Caroleana will be hosting our favorite game. Come and join your neighbors and friends and see if you can win!

Japanese Gardens

THURSDAY, September 6
 9:30 am ~ \$5.00 Bus

Josephine Litvin's son Darrell is providing admission for the gardens for our residents to be able to enjoy. And for a genuine Japanese experience we will have lunch at the Umami Café at the gardens.

Dinner out to La Costita Mexican Restaurant

TUESDAY, September 18
 4:30 pm ~ \$2.00 Bus



Come and enjoy this popular Mexican restaurant. Some say it has the best Mexican food in the area.



Village Birthday Party

THURSDAY, September 20
 7:00 pm ~ Recreation Room

This is the time for our annual Talent Program. Come and enjoy the talents of your fellow residents, and share your own talents too.

We are looking for residents willing to share their talents whether it be musical, speaking, or acting or other talents.

Please see Caroleana or Dennis



Spotlight

WEDNESDAY, September 26th
 12:45

Come and have a good lunch with us as we learn more about our fellow residents. This month we will feature

David Hollenback
 who just celebrated his 90th birthday by skydiving!

SEPTEMBER ACTIVITIES 2018

VILLAGE COMMUNITY GATHERING

Every Monday at 1pm in Rec Room

Monday Sept 3rd: ~ Labor Day NO Meeting & Office Closed ~

Monday Sept 10th: Celebrating transitions W/ Penny Carter

We will have a guest speaker from signature home health, Penny Carter sharing on transitions and how we can face change with grace and a smile.

Monday Sept 17th: City of Gresham Emergency Management

Kelle Lazavado will be here to share Gresham's Emergency plan. We encourage all residents to attend. Come learn and be reminded about the importance of preparation.



Monday Sept 24th: How to Feel Great w/ Dennis

This month we are going to look at herbs, supplements and remedies. We will talk about ways to find answers to your questions

Monday October 1st: Priority Footwear

Presentation on the effect diabetes has on your feet, Top Ten Footcare Tips, and the annual benefits available to diabetics for therapeutic shoes and custom inserts through Medicare's Therapeutic Shoe Bill



Harvest Dinner THURSDAY

September 13
 12:00 ~ \$12.00

Be sure to sign up and come to our annual Harvest Dinner. This year we will feature Spinach salad with whole grain bread or rolls, Steak or Parmesan Crusted Portobello Mushroom, Herb seasoned New Potatoes, Garden Beets and seasonal fresh green vegetables, finished off with a delicious dessert. Must sign up by noon on Tuesday, September 11 - Those signing up after that will pay 13.00 per person



Clackamas Repertory Theater Presents

Rip Cord

THURSDAY, September 27
 6:30 pm ~ \$33.00

Come and join us as we watch this play that tells a story of a lady in a senior living facility who has to share her room with a 'chipper' new residents, but tries to oust her new roommate.

Must sign up and pay by September 10 at 12:00



Mt Hood Community College Planetarium presents

Autumn Sky Wonders

THURSDAY, October 2
 5:00 pm ~ \$7.00 Bus and admission

Come and enjoy the wonderful shows of the stars in the planetarium. The programs are put on by astronomer **Pat Hanrahan**.

