

March Special Dinner

Thursday, March 18th, Noon

\$13.00/person



Prime Rib w/Horseradish Sauce

Or

Portobello Stuffed Mushrooms

Parmesan Rosemary Crusted Red Potatoes

Roasted Garlic Green Beans

Dessert: Chocolate Cherry Trifle



***Please call to reserve your dinner by 4:00 pm, Monday, Mar. 8th.**

Know Your Neighbors

Tiffany Brasesco

Alex Marcus, #71

Alex immigrated to the US in 1970 and became a US Citizen in 1976. She was born and raised in Israel and has dual citizenship. This made her move from The Village to Israel and back again easier. Prior to coming to The Village, Alex traveled to different countries working with Churches and Communities to empower and educate them about HIV and Aids prevention.

Her travels were frequent and she would be gone on assignment often for 3-4 months and then back stateside for 2 weeks. Then it would be off to the next community.

Alex first came to Oregon about 30 years ago on assignment and made some powerful and deep relationships. It was easy for Alex to know that God was directing her back to The Village. Everyone needs a support system and Alex has that here at The Village and in Oregon. Alex may have come back to finally settle in for retirement, but she is far from being done making an impact in people's lives.

Alex is very strong in her faith and would love to pray for you if you find yourself needing an ear or want to praise God and his many blessings.

We hope that you also always feel supported. We are a community....a village.



Happy March!

When you happen to see a rainbow, what do you do? Rainbows are one of those phenomena of nature that usually invoke some kind of wondrous reaction. Whenever I see one, I have to stop and admire it and look for the Roy G. Biv color display. According to Irish legend, leprechauns preciously hoard their pots of gold at the end of the rainbow, even though there is no "end" of a rainbow, because they are a full circle. Rainbows are featured in poetry and song, such as "Somewhere Over the Rainbow." God sent His promise in the form of a rainbow after the flood. Rainbows, I believe, are a sign of hope. They appear AFTER the storm is over. I hope you'll ponder on rainbows when you see one— and maybe, instead of a pot of gold, you'll find a golden golf ball at the end of it. (-;

We weathered the winter storm, now we just have to get through to the end of the pandemic storm. Let's continue being positive, and to help us out, you'll find positivity messages in this newsletter that you can color, or just hang it uncolored, in your window. Here's looking forward to spring, to the ends of storms, and to rainbows! ~Solveig 



Remember to set your clocks ahead one hour on Saturday night, Mar.13th. Daylight Savings Time begins 2:00 AM Sunday, Mar.14th.

WELCOME NEW NEIGHBORS

Barbara Cannard into #102
Joan Cornish into #18



AN IMPORTANT MESSAGE FROM THE OFFICE!

As we continue through this pandemic and maintain social distancing:
ALL STATEMENTS WILL BE DELIVERED.
YOUR CHECK
WILL BE PICKED UP BY OFFICE STAFF.
PLEASE SEE THE NOTE ENCLOSED WITH YOUR STATEMENT FOR YOUR PICKUP DATE. PLEASE DO NOT COME TO THE OFFICE.
STAY HEALTHY.

Administrator's Corner

Dear Residents,

We survived the storm! This storm was a real challenge to stay on top of. Thank you for your patience as we struggled to keep our sidewalks and roads cleared and the food served. I am sorry that our Valentine's dinner had to be cancelled. During a storm, it is a real challenge when staff cannot get here. Thank you to those of you who helped us and your neighbors in any way you could.

I hope you received the letter that we sent out the day that the storm started. I think the wind and snow destroyed some of them. We are doing all we can to assist you in getting your Covid-19 vaccinations. We have been trying to work with a clinic in Woodburn where they would be able to vaccinate 7 residents in one trip. So far, because of the storm, Thursday was the first time they were able to keep any of the 4 appointments we had set up. If we are able to use their services it is the best choice we have right now despite the distance. The only other appointments that have opened up are infrequent ones at the Portland Airport drive thru clinic. Depending on what appointments are available, we can only take 1 or 2 or maybe 3 residents at a time there, and it takes about 2 1/2 hours or longer for each trip. Like I have said before, if you have any other way that you can get the vaccination either on your own or with help from family and friends, please use that opportunity. We are not staffed or set up to make reservations for and take 200 residents to the airport at two different times to get 2 different doses of vaccine with 1-2 people per trip. That would equal over 200 trips! (and that would be if we are fortunate enough to take 2 people each time. So far that has not been possible.)

I do NOT want to discourage you from getting the vaccine. I hope that everyone who can will be vaccinated as soon as possible. And I want to be able to help everyone get it that really needs help in getting it. But if you have another avenue to obtain it that would be a benefit to all. Talk to your family and friends and see if they can help you. If you are able to obtain the vaccine on your own or with help from family or friends, be sure and let us know.

We are hoping more vaccine opportunities will open up that will be closer or more convenient, but we cannot wait. We need to move forward in getting as many vaccinations as we can as soon as possible, so we can keep everyone Covid free!

On another virus topic, our state and county case counts has been declining. Although Multnomah County's risk level has not yet changed, I would expect some easing of the restrictions in the weeks to come. When that happens, I will let you know how that will affect our services and events here at The Village. In the meantime, please follow all precautions.

Our remodels are still progressing. They will be working on #'s 46, 47, 51, 89 and starting #103. It is so encouraging to see a neighborhood completed and know that it will not have to be torn up again. Thank you for your patience as you endure the noise, mess and disruption.

Our quote for the Month reflects on how easily stress can affect our lives. I hope that we can all find ways to make our lives as stress-free as possible. It is probably one of the most important healthful living tips there is.

Our Thankfulness Wall is a reflection of how important it is to be thankful in our lives. This month it asks the question: "Can you think of some positive things that have happened because of Covid-19?" If you need to be in the building, please share your thoughts on the board, otherwise please put it in your window.

Have a great March!
Dennis

Quote for the Month

Stress is wanting something to be the way it isn't.
~Eckhart Tolle

Multnomah Public Library Outreach



The Library Outreach program has been very thoughtful. Since they are unable to come in person during the pandemic, they brought us bags of books that are available for checkout.

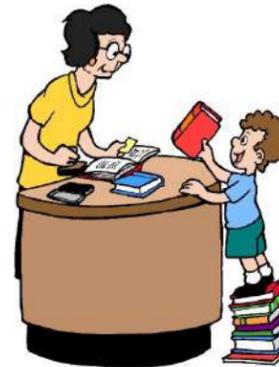
There are 7 different bags: 2 of Romance novels, 1 each of Westerns, Mysteries and Non-fiction, 1 bag of current magazines and 1 bag of DVD's.

You may come to the library in the Community Center and check out a **blue bag** of your choice, found on the "puzzle table".

You MUST check out the entire bag! And when you are finished, please bring back the entire bag.

Do not just remove the book/magazine/DVD that you want. There is no time limit on the check out, but please be considerate of others.

Please do not rifle through the bags before you check them out. There will be a list of items contained in the bag for your perusal.



A Note of Appreciation

If you happen to come into the Community Center, you may notice that the library shelves look very neat and orderly. This is due to the hard work of 2 very dedicated volunteers, **Evelyn Long and Beverly Lewis**, who spent many hours organizing it. The library IS currently open for you to check out books, just remember to wear your mask and practice social distancing.



2021 CREATIVE WRITING AND POETRY FESTIVAL SPONSORED BY LEADING AGE OF OREGON

LeadingAge Oregon has extended its deadline for submissions for the 2021 Creative Writing and Poetry Festival. Here's your chance to become a published writer! I highly encourage you to submit your writing or poetry for this contest.

All the rules are in the February newsletter, but if you have any questions, please contact Solveig.

The new deadline for submissions is March 11th.



MARCH QUARANTINE ACTIVITIES

1. Included in this month's newsletter is a "positivity" coloring sheet. You are encouraged to display it in your window, colored or not, to bring words of positivity and encouragement to our community!
2. There is STILL a golden golf ball hidden on campus. Take a walk and see if you can find it!. If you DO find it, bring it to Solveig or Caroleana for a prize. The golf ball will then be hidden in another outdoor location for someone else to find.



The Village Foundation

Good News from the Village Foundation!

The snow is melting and spring is coming! Flowers will be springing forth soon! The Foundation is here waiting and willing to help you with your extremely high bills and unexpected medical expenses. We want to help you over the tough times!

May God be with you. ~ Jan



VILLAGE VOICES

Every March, our networking organization, LeadingAge Oregon, holds a Creative Writing competition for the residents in their retirement communities. The Village always has a few entries which are included in an e-published book called "Reflections". I would like to share this year's entry from our very talented poet, Ann Ingemanson:

A FRIEND

A friend knows all about you
But likes you just the same
Not just because you're popular
Or have a famous name.

It really makes no difference
Where your ancestors are from.
A friend couldn't care less if you
Are intelligent or dumb.

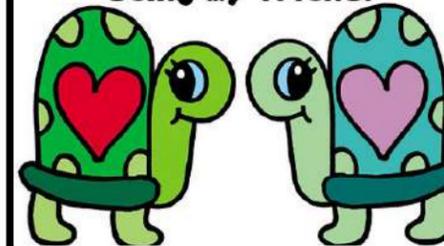
A friend is someone with whom
Secrets you can share.
She will lend you something
When she has none to spare.

She tells you her troubles
And you can sympathize
Because she listens to your problems
With teardrops in her eyes.

If you are fortunate to have
A trusting loving friend
Always treasure your friendship
So it will never end.



Thank you for being my friend!



- Please put all your garbage in bags.
- According to The Village guidelines, you are required to use a garbage can liner.
- Please utilize The Village's garbage cans - we will not be responsible for removing garbage that is in your personal can.
- Call the office IF you need a garbage can.

ATTENTION!

Those of you who have garages, take a few extra minutes to watch your garage door and make sure it closes fully. There have been some garage doors that have been left open all night.



TECHNOLOGY SURVEY

We had a great response to our technology surveys. Thank you to everyone who filled out and returned them.



MARCH BIRTHDAYS

3 Dolly Henrickson
4 Karen Rund
7 Keo Sananikone
8 Grace Ball
9 Anthony Frazier
11 Jean McEwen
15 Wayne McSweeney
16 Cynthia Copple



16 Duane Huey
16 Terry Tygielska
22 Esther Balchunas
23 Judy Bergh
23 Sandy Frazier
24 Alan Johlman
29 Jerry Brass
29 Roger Johnson
31 Patricia Crow





31 Ways to Celebrate March



- March 1st: National Peanut Butter Lovers Day:** Have a peanut butter and jelly sandwich!
- March 2nd: National Banana Cream Pie Day:** Enjoy a slice from your local supermarket or bake one yourself!
- March 3rd: What if Cats and Dogs had Opposable Thumbs Day:** If you've never considered this quirky question, today's the day to do it!
- March 4th: National Pound Cake Day:** Originally made with 1 pound each of flour, sugar, butter and eggs, pound cake is delicious with a cup o'Joe!
- March 5th: National Cheese Doodle Day:** Honor the snack that is most known for leaving orange fingerprints on everything.
- March 6th: National Oreo Cookie Day:** How do you enjoy your Oreo cookie? Do you eat it whole, eat the creamy filling first or twist it and eat each half?
- March 7th: National Cereal Day:** From healthy to sickeningly sweet, there is a cereal for everyone. Pour yourself a bowl of your favorite.
- March 8th: International Women's Day:** Today (and every day), honor all of the smart, hardworking, kind, hilarious, compassionate women in your life.
- March 9th: National Meatball Day:** Enjoy a mountain of spaghetti with your favorite meatballs on top.
- March 10th: International Day of Awesomeness:** Celebrate yourself today, because **YOU are Awesome!**
- March 11th: Johnny Appleseed Day:** Have you ever imagined what it would be like if Johnny Appleseed hadn't brought apple trees to many parts of the country? Have yourself a piece of apple pie or just take a bite of a nice, crisp, juicy apple.
- March 12th: National Plant a Flower Day:** Brighten and beautify your space by planting a colorful flower in your yard or in an indoor pot.
- March 13th: Genealogy Day:** What's in your genes? Do you know your family's roots? Talk about your family's history with another family member.
- March 14th: National Pi Day:** Can you list the first several digits of pi? 3.141592653...See how far you can memorize them, or just have a piece of pie!
- March 15th: The Ides of March:** This is the first day of the Roman New Year, as well as the first day of spring in the Roman Calendar. It is also the day Julius Caesar was assassinated in 44 B.C.
- March 16th: National Artichoke Hearts Day:** Versatile and delicious artichoke hearts can be used in spinach artichoke dip or cooked and eaten as a side dish.

31 Ways to Celebrate March, continued

- March 17th: St. Patrick's Day:** Are ye Irish, me lads and me lassies? Well the saying goes, everyone is a little Irish on St. Patrick's Day! Make sure to wear green.
- March 18th: Awkward Moments Day:** Face it, we've all had those awkward moments - share some of those moments with a friend and laugh about it!
- March 19th: National Poultry Day:** A day to ponder the eternal question: "What came first, the chicken or the egg?"
- March 20th: International Earth Day:** Always celebrated on the first day of spring, or the vernal equinox, it is a day to take responsibility for our care of the earth.
- March 21st: World Poetry Day:** Poetry makes the world go round. Read some poetry today (there is a poem in this Newsletter) OR write your own!
- March 22nd: World Water Day:** A day to highlight the importance of universal access to clean water and sanitation. Appreciate our clean drinking water by having a couple extra glasses today.
- March 23rd: National Chip and Dip Day:** Grab your favorite chips and some guacamole, salsa, or other dip and celebrate this tasty holiday.
- March 24th: National Chocolate Covered Raisins Day:** A great combination, but not necessarily for your waistline.
- March 25th: International Waffle Day:** Enjoy one with butter and syrup for breakfast, with tomato sauce and mozzarella for lunch and as a bun for dinner. Finish off your day with ice cream served in a waffle cone!
- March 26th: National Spinach Day:** Make Popeye happy and eat some spinach today. Or go ahead and plant these healthy and nutritious greens.
- March 27th: Passover or Pesach:** Passover celebrates the freeing of the Jews from Egyptian rule around 3000 years ago. Eat some matzo.
- March 28th: National Something on a Stick Day:** Everything tastes better on a stick, from corn dogs to ice cream bars. If you don't have a stick, you could use a toothpick!
- March 29th: Festival of Smoke and Mirrors Day:** This day is one big illusion.
- March 30th: Take a Walk in the Park Day:** Walking has been linked to reduced stress and improved brain function. And spending time outdoors can brighten your mood. Take a stroll in our beautiful "Village Park".
- March 31st: National Crayon Day:** Today is a colorful day, truly worth celebrating. Did you know that the smell of crayons is the most recognizable scent for adults? Indulge your senses and color a picture in celebration.