

Café News

June Lavoie

Menu items I would like to see on Sundays:

We want to thank everyone that has participated in dining with us again. During the shutdown, you may still come to the café for lunch, but you will need to eat outdoors on our beautiful patio. Please clip this out and leave at the office with menu ideas and suggestions.

Thank you,
June, Tonya, Sam and Nicole

I will be the gladdest thing under the sun!

*I will touch a hundred flowers
And not pick one."*

~ Edna St. Vincent Millay

Know Your Neighbors

Tiffany Brasesco

Terry Tygielska, #79

Terry was born and raised in Philadelphia, PA and lived in New Jersey for some time before deciding to go west to Myrtle Creek, OR. Myrtle Creek was a tad too small town for Terry so she moved to Roseburg. After a while Terry decided Roseburg just wasn't big enough either and that's when she moved to Portland. She's feeling at home here and does not plan on moving back to the East Coast. Terry is enjoying life right now, right where she's at! This is the time of enjoying a sense of freedom she's never felt before. The only time clock she goes by is Monday from 8:30-12:30 when she is here in our office answering our busy phone! In her spare time Terry enjoys puzzles; she was gifted a black and white puzzle by someone she thought was a friend! (Hahaha! If you've done large puzzles you understand the challenge in an all black and white puzzle!)

I asked Terry what her favorite vacation was and she said it has to be Italy; she's been twice! Her favorite town was Assisi, a small quaint Province of Perugia. My mouth watered when she told me her favorite meal is - Spaghetti con Gamberetti, which is spaghetti with shrimp! YUM! Terry shared her favorite saying from St. Theresa of Avila; 'All things are passing. Who has God wants for nothing'. Let that sink in for a moment.... I asked Terry what 'family' means to her and she says 'the strange thing about family is that you can't pick them but you love them and they love you anyway!' Terry also wants anyone with a cat to know she is available to be your cat sitter! Give her a call!

The Village News

May 2021

It's May, It's May, the lovely month of May!

This is the month where my favorite flowers are in bloom: lilacs and lilies of the valley! Their fragrance fills the air and our senses! We have a chance to remember and honor our Mothers on May 9th and then we have a chance to honor those who died for our country on Memorial Day, the last Monday of the month. That is also the "unofficial" beginning of summer, but I've come to learn that isn't always the case in Oregon!

The 'Get Moving' event was such a wonderful success last month, that we're going to keep the exercise circuit up and will change the exercises every so often. If you'd like to try it or have any questions about the exercises, I'll be doing a walk-through of them on May 6th. More information is contained in this newsletter.

We are looking forward to honoring you on May 18th, The Village's Resident Appreciation Day, with goodies and live music! Read about that and more inside!

"All things bright and beautiful...the Lord God made them all."

~Solveig



WELCOME NEW NEIGHBORS

Billie Elkins into #304
Linda Price into #46
Janet Walker into #51



AN IMPORTANT MESSAGE FROM THE OFFICE!

ALL STATEMENTS WILL BE
DELIVERED ON MAY 3RD.
WE WILL BE PICKING UP YOUR CHECKS
ON MAY 4TH.
THANK YOU!

The office will be closed Monday,
May 31st in honor of Memorial Day

Administrator's Corner

Dear Residents,

The weather is starting to be warmer and the flowers are cheering us up. It is a beautiful time of year. Be sure and get out and enjoy it as much as you can. I encourage you to start or continue doing the exercise circuit around the campus. The benefits are endless.

I want to thank all of you for your willingness to get vaccinated, not only to protect yourselves, but to also protect others. We are currently at 159 residents that have been vaccinated. If you have not received your vaccinations yet, contact us and we will try to assist you. At the same time, I again want to caution each of you to do all you can to keep the virus from spreading. Because we do not know the amount of protection the vaccine supplies against transmission and against the different variants, we still need to exercise precautions. Oregon is seeing another wave of increased number of people who are getting the virus. This could be because of the variants that are arising. Even though most residents are vaccinated, we still need to be cautious so that we can remain virus free. Even if there has been some relaxing of the mask regulations, it is only for those who have been vaccinated and only when you are outside with others who have been vaccinated.

Please remember that there are **no circumstances** where you should give your social security number or personal information out to someone you do not know, or to 'businesses' that want it, unless it is for something that you have contacted them for and that you are requesting and they have a legitimate reason for needing that. We have had many attempted scams on our people. You need to guard your information very carefully. If in doubt, most situations can simply wait until you have checked out the business to make sure it is a legitimate request, and received advice from a reliable source. Do not go by what friends or relatives have told you on Facebook or other similar avenues for often their accounts may be compromised, or they simply may not know.

The Village is working to get cost estimates on gates and exploring other security measures. It seems there has been an increase in theft and suspicious activity on our campus. They have even been trying to take parts off parked cars. Please be aware of anything unusual and don't hesitate to call the Village number if there is something that looks suspicious or to call 911 if you actually see anything that is not right.

Our remodels are continuing with #'s 51, 46 and 103 being completed this month. Please welcome your new neighbors as they move in. We are working on unit #'s 47, 89, 82, 83 and 60. Billie Elkins has moved to #304.

This month our Thankfulness Wall asks the question; "What is your favorite memory with your child or grandchild? Stop by and share your thoughts and see what others have written.

Have a great May!
Dennis

Quote for the Month

Listen in silence because if your heart is full of other things you cannot hear the voice of God.
- Mother Theresa

RESIDENT APPRECIATION DAY!!

Tuesday, May 18th

WE LOVE OUR RESIDENTS

In honor of you, our lovely residents, we will be handing out a couple of gifts for you during the day. **At 4:30 in the afternoon, our favorite family band, The Neighorn family, will come to help us celebrate.** They will be entertaining us at various spots around the campus, so grab a lawn chair or your walker and meet with your neighbors and get ready to sing or dance along with Ron and his 3 children, Toby, Sofie and Spencer. The Neighorns will begin entertaining in front of the community center at 4:30 and will travel in our golf cart to the next spot in the circle every 15 minutes, concluding with a performance in front of apartments #9-12 at 5:30 pm. Enjoy your special day!!



EXERCISE CLASSES

Are currently cancelled during the 3 week shutdown.

We will inform you when they can start up again.

Please keep your activity level up by participating in our 'Get Moving' Circuit!!

Bread ministry

will begin again on May 1st. The bread will be available OUTSIDE the Community Center. Please hold on to your donations until after the shutdown ends.

The volunteers should be bringing the bread Saturdays around 12:30 pm.

CRAFT TIME WITH LOIS

FRIDAY, May 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!

KNITTERS & MORE

Join us MONDAYS at 2:00 pm
MEET ON PATIO OUTSIDE COMMUNITY CENTER



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

GROCERY BUS & GROCERY SHOPPING

We are currently offering the grocery bus on Fridays at 8:30 am for trips to Fred Meyers or Winco. **Limited to 5 people.** Please sign up at the office. If you would prefer us to shop for you on Thursday, please have your list ready by Wednesday and call the office for it to be picked up.

THE GOLDEN GOLF BALL

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.



From the Village's Grounds Crew

Please **do not** use products to kill weeds in your lawns. Do not use boiling water, Round-Up or any other weed killer on your yard. Let our fabulous ground's crew keep our campus looking beautiful!



The Village Foundation

MAY DAY! MAY DAY!

What a beautiful time of the year. I feel for all of you that suffer during this time with all the blossoms and flowers. **God bless all the Moms** – extra cup of coffee or tea on me. Remember to come see me if you **need financial assistance** for any reason, short term or long term. **Senior Shuffle – June 11th.** Pick up your sign-up sheets and talk to your family and friends about sponsoring you. Let's make this one just as successful as the last 2 years.

God Bless You All! ~ Jan

FOOD BOX DISTRIBUTION

St. Henry's Church is continuing their outreach to the community with fresh food boxes during **May**. The Village will be offering 2 Fridays: May 7th & May 21st. We will have 12 boxes available each time.

Please sign up for one of the weeks by calling the office during business hours.

Food boxes will be delivered **between 12:30 and 1:30!** **You must be home to receive it!**



VILLAGE VOICES

MOTHER

It's nice to know there's someone who
Loves you no matter what you do.

Though you may, your mom neglect,
And show her no love or respect,
She still holds you in high esteem -
You're still the child of her dream.

When you don't visit, write or phone,
She sits there sad and all alone,
She watches for the mail each day.
Does she, for a letter pray?
But then the postman goes on by,
And there's a tear drop in her eye.

A few lines would brighten up her day,
It hardly matters what you say.
And though letters only weigh an ounce,
It's really just the thought that counts.

Mother's Day will soon be here.
Make it the brightest of the year.
It should not be very hard
To find a sentimental card,
For this woman like no other-
The special person you call mother.

DON'T WAIT

How much better it would have been
If we had given the roses when
Our loved one lived, but no we wait
And use them the grave to decorate.
Though they can't smell the roses now
Still we bring them any how.

So decorate the grave of your loved one
Just as you have always done.
Then try to find someone who
Would love a pretty flower from you.
Give it while they are alive and well
And can enjoy the roses' smell.

All too soon they will be gone
Since time as always marches on.
Memorial Day will come again
But there will be no regrets then,
They enjoyed the bouquet you gave-
But no one thanks you from the grave.
~Ann Ingermanson

MAY BIRTHDAYS

1 Lea Delight
7 Rose Frazier
8 John Barrows
9 Joanne Haynie
9 Vi Huntington
11 Helen Haynal
22 Debie Jackson



23 Marge Schnibbe
28 Esther Jones
29 Kathie Duff
29 Mavis Petersen
30 Curtis Bunch
30 Mona Thompson
31 Tiney Husbands
31 Loyal Lee



THE VILLAGE'S OWN ROSE FESTIVAL PORCH PARADE!!

For another year, Portland's annual Rose Festival has been pared down, but there are still ways to celebrate.

The Portland Rose Festival parades have entertained and inspired our community and visitors from around the world for more than 100 years. Each year the spectacular floats, award winning marching bands, talented equestrians, and colorful community groups perform for hundreds of thousands of parade goers on the streets of Portland. This spring, the Rose Festival will continue evolving these traditions to celebrate community spirit and resilience, and inspire hope.

This year, let's show our Rose Festival Spirit here at The Village and celebrate with our own Porch Parade! Similar to what we did at Christmas time, decorate your front porch, front door or front window.

Unleash your creativity and bring a smile to your friends and neighbors!

Get Decorating

The sky's the limit! Think of how you decorate for other holidays, or what brings you joy when you see it walking around your neighborhood. There's no right or wrong way to decorate for the Porch Parade, as long as you're being inclusive and joyful. You can use fresh or fake flowers, Christmas lights, door wreaths, signs, flags, or spruce up a sitting area.

You have all month of May to decorate! Let Solveig know that you are participating by **May 25th**, so we can list all the participants in June's Newsletter. We will also choose three winners: The Most Beautiful, The Most Original and The Most Joyful!



'GET MOVING' Circuit Demonstration

THURSDAY, May 6th

1:30 pm ~ in front of Community Center

Are you curious about how to do the exercises on our "Get Moving" circuit? Are you concerned if you are doing them correctly? Would you like to learn more about the exercises' benefits?

Join Solveig for an informative round of our healthy circuit.

Need something printed or copied?

The copy machine that was located in the prestige living hallway is now in the computer room. There is also a scanner available for your use. You can print from our computers or make copies for 10 cents each.



LEADINGAGE Oregon offers "Artmails"

For those of you who enjoy art and interesting facts about art and artists, LeadingAge Oregon has been sending out regular "Artmails" that were curated by a Norwalk, CT-based nonprofit executive who was concerned about the negative impact of the Covid-19 lockdown on his 91-year-old mother, a resident of a senior living community and a lifelong amateur artist.

Each Artmail profiles a different modern or contemporary artist, principally 20th and 21st-century painters but also sculptors and photographers. The focal point of the Artmails are embedded YouTube videos that display the profiled artist's work. The Artmails usually also include some bio on the artist as well as brief, personal commentary from the curator. (A handful of the Artmails fall outside this established format; in a few instances, the Artmails provide links to well-done, relatively short YouTube documentaries.)

The nonprofit exec thought sending his mother these daily Artmails would help her and others in her retirement community as they grappled with the loneliness and isolation of their Covid lockdown. All told, he created 50 Artmails. He researched and put them together late at night after his day job.

The Artmails are not the work of a trained art historian or critic - they are not professionally "produced" or slick and the quality of the YouTube videos can be uneven. But we strongly believe that they provide value for senior citizens with an interest in modern/contemporary art. Or for curious minds who would like to expand their horizons and learn something new. Or for residents who may want to shake up their day-to-day routine.

Each Artmail offers 30-40 minutes (on average) of diversion, entertainment, and arts education. And, depending upon your outlook and/or point of view, even joy and beauty. And we can all use more of that these days!

If you are interested in receiving these Artmails through your email, please send your email address to Solveig at Solveig@villageretirementcenter.com.



LeadingAge®
Oregon

