

Café News

June Lavoie

Happy, happy summertime!

Your Café team would like to remind all of you about our new ice cream bar! Flavors available are:



Maui Wauai Sherbet
Huckleberry Cream
No sugar added Sweet Cherry
Rocky Road



Only \$.75 a scoop. Have just one or stack them tall! We offer bowls and cones, come one come all for a sweet, cool treat and spend some quality time with a friend!

Hours noon to 3:30 pm daily.

No delivery of Ice cream!

Please remember to join us for lunch as well. We have seating and food for all!

Thank you for all the support during the pandemic. We look forward to seeing many faces return!

Your Team,

June, Sam, Tonya, Nicole and Rose

VILLAGE VOICES



The Tower Lamplighter

By Steven E. Pierce

We had this elderly lamplighter in our town

Never once knew where he might be

He made our home town much brighter

Yes, it was so many years ago.

Grandpa's hair just kept getting whiter

As he stood beneath the bright candles glow

For he was the town's only lamplighter

I guess it was nearly eighty years ago.

We often heard his weary foot steps

Noisily crunching on gravel and fresh snow.

So many from town saw his weathered smile

Knowing he saw young couples in the town park

But the elderly lamplighter passed them by.

Then one day the lamplighter just went away

Said his work down here was now done

Now he lights all the lamps there in heaven.



The Village News

SEPTEMBER 2021

Happy September!

I don't know about you, but I'm ready for Fall! It has been such a hot, dry summer and I'm really looking forward to cooler days and nights and the blessed rains to return. Besides that, I am a football fan-especially of my beloved Nebraska Cornhuskers- and I'm excited to see them have a decent season after many years!

We had such a wonderful beginning of August here at The Village with our fun Olympic games! And the staff had a blast competing in their corn hole challenge the following week. It was great to have so many residents come out to support both events! And outings were beginning to ramp up again, with a lovely trip to the Oral Hull Foundation Gardens, but...here comes Covid's nasty head roaring up once again to squelch our fun! We're planning on holding the Foundation's "Concert in the Park" on September 16th after a year's hiatus and The Village Birthday Party on September 30th as well. But, be aware that things might change at the last minute as they have so many times the past 18 months. Hopefully that won't be the case and we can gather to celebrate again! Get your tickets and share your talents!

~ Solveig



The Village Foundation presents

Concert in the Park

THURSDAY, September 16th

FREE Dinner at 5:00 pm

Box suppers with Chicken and Veggie chick wraps, fruit cups, pasta salad and chips. Ice cream treat for dessert. Entertainment begins at 5:30 pm:

Mary and Steve

You must have a ticket to dine!

Get your tickets today at the Village office!



WELCOME NEW NEIGHBORS

Renate and Kurt Matzke into #82

Don and Starr Schell into #83

Beverly Lewis into #312

Patsy Dimmick into #99



HAPPY LABOR DAY TO ALL OF YOU

The office will be **closed** Monday, Sept. 6th, in honor of Labor Day.

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

Administrator's Corner

Dear Residents,

We have had a great August. I hope you enjoyed the Olympics and all of the other fun activities that we offered. As you have experienced, with the new cases of COVID at The Village, we have had to cancel many events and activities. Watch your calendar and for announcements on what is available and participate with what you feel comfortable with.

The Hot weather is not over. I want to remind everyone how important it is to stay cool. When it is over 90 I would encourage you to simply stay in your apartment where the air conditioning can keep it comfortable for you. If you must go out, go out for short periods only - like coming down to the community center where it is cool. Please remember to set your air conditioning to where you like it and just leave it there so it can do its job. If you turn it off and wait till your apartment heats up then it may not bring the temperature down to where it is comfortable and you are making it work way too hard and use even more electricity. Just set it and forget it and it will keep you comfortable all the time. Most of our residents like to keep the temperature between 74 and 77. The number is not as important as your comfort. And it can keep you the most comfortable if you "set it and forget it". So set it and leave it there until "the frost is on the pumpkins"!

Please remember all COVID precautions and follow them carefully. We are all depending on each other to do all we can to prevent this virus from spreading on our campus. If you have any questions, read your letter from August 16 and/or give us a call.

Our remodels are continuing with units 82 and 83 and 13 being completed this month. After those are completed the last two units will be started. Those are #15 and #81.

We will see transitions in apartments 318, 99, 312 and 325. Be sure to welcome your new neighbors as they move in.

I want to remind you that I am available at most times if you wish to talk with me or come and see me. No appointment is necessary. If I am with someone else you may need to wait until I am free. If I am out that day you can talk with Jan or Steve. We are here to make your life as easy as it can be. Please let us know how we can help.

The talent and wisdom we have among our residents always amazes me. Because we have such amazing people here we are encouraging residents to share as part of our Village gatherings on Mondays. When we are able to begin meeting again, we will schedule a resident speaker that can share with us on a topic that they know of. Please come and learn from your fellow residents. And if you have a subject that you would like to share about, please let Caroleana know.

We all like to be appreciated, but each of us prefers to be appreciated in different ways. This month our Thankfulness Wall prompts us to think about how we can encourage others. It asks "In what ways do you like others to show you that you are appreciated?"

Have a great September!

Dennis

Quote for the Month

"Trade your expectation for appreciation and the world changes for you."
~ Anthony Robbins

EXERCISE CLASSES

Monday, Wednesday, Fridays
8:30 and 9:30
Community Room



Come get moving and get your heart pumping! Please make sure to keep your distance during your workout, but you're welcome to participate in getting healthy!

KNITTERS & MORE

MONDAYS at 2:00 pm
Community Room
(no meeting on August 30th)
Join us **every** Monday
to learn, share and visit!

You do not have to knit to join us. We bring all sorts of projects to work on when we gather. But, most importantly, we laugh and have fun. We should call it a "therapy" session!

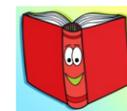


FALL BINGO

THURSDAY, September
23rd
1:30 PM ~Community Room
Notice change of Day!



Bring your friends, neighbors and your LUCK to our fun bingo game!
There will be light refreshments and lots of prizes to be won!



**MULTNOMAH COUNTY
LIBRARY OUTREACH**
WEDNESDAY, September 22nd
1:30 -2:15 PM ~ Community
Room

Take advantage of the library coming to you. You may check out books as well as return them.

CHIME CHOIR

MONDAYS at 3:00 pm,
Community Room



We have a wonderful time making music together and we invite you to come and participate! There are spots for 2 more players. You do NOT need to read music. If you have any questions, please call Solveig.

ACTIVITY COMMITTEE

TUESDAY, September 14th
2:00 pm ~ Small Meeting Room
Anyone is invited to meet to plan our activities as we are slowly opening up.
Come share your ideas!

LEARN TAI CHI FOR BETTER BALANCE

Tai Chi is an effective exercise, which will improve your balance and your body's core strength. Lessons are tailored for older adults offered in an easy to learn format. Classes will be in the Community Room
Tuesdays at 1:00 pm.
***Classes will resume
Tuesday, September 14th***

SEPTEMBER GUESSING CONTEST "A Penny for your Thoughts"

Come to the office and guess how many pennies are in the jar. The winner for the August guessing contest was Tiney Husbands, with a guess of 525 seashells. The correct number was 509.



Village Monday Gatherings

11:00am ~ Community Room

Monday, September 20th:

Armchair Traveler

Bring your Armchair “passports” to get stamped OR get a new one and join us for a virtual trip to **Colombia!** We’ll also enjoy some refreshments that are typical Colombian.

Monday, September 27th:

Focus on Residents -

Sandy Zaugg and Alan Wilson

The Village is home to so many talented and gifted people. Each month we will have a resident or two share with us during our Monday gatherings.

This month, Sandy Zaugg, a published author, and Alan Wilson who has recently taken up writing will discuss their work and read some excerpts.

The Village Foundation

Well it’s that time:

GARAGE/RUMMAGE SALE TIME!

Hours are

AUGUST 31ST FROM 4:30 – 6:00 PM.

This special time is for residents and employees only, please.

SEPT. 1ST & 2ND - 9:00 AM – 5:00 PM.

SEPT. 3RD - 9:00AM – 12:00 PM.

No presales and no checking things over prior to the sale.

Thank you for your donations and for coming and buying all the treasures you can’t pass up.

Also thank you to all the volunteers!

Remember, the proceeds are to benefit you, our residents. God bless you and keep you safe and healthy.

~Jan

VILLAGE VOICES

COMFORT AND JOY by Alex Marcus

No, this is not a story about Christmas but of a very personal experience.

Some of you know that I lived (and worked) in The Village several years ago. Just when I thought that I was happily settled into Village and Oregon life, God, in his inimitable way, began tap-tapping me to return to Israel. Really? At this stage of my life? Back into the pressure cooker of the Middle East?

Well, there is no point in arguing with God. So, like Abraham “going, not knowing” I up sticks and went, mumbling that he was also an old chap and I am, after all, a resilient member of The Tribe. That was in 2015.

Everyday life in Jerusalem, a city of almost a million people, challenges one’s grace, faith, fortitude, civility and resilience. Bureaucratic processes are challenging, complicated, time-consuming and difficult to understand especially when moving from a western country. One of the reasons why Israelis are crusty – like New Yorkers.

Yet, and perhaps not surprisingly, all things related to my re-entry were done in record time, smoothly and with no complications. In addition, I was offered an excellent opportunity to work with a Christian, non-profit organization whose 200-year-old primary focus is to share the Gospel of salvation with the Jewish people (Romans 1:16).

Sometime last year the tap-tapping started again; this time to return to Oregon. Now what? As soon as I was certain that the “directive” was real, I went into practical mode and began listing all that needed to be done on both sides of the pond to come back. Oh, yes, there is US bureaucracy also, especially in the time of COVID-19.

But first things first! I contacted Dennis to find out if I could move back to The Village. His response was great, encouraging and very welcoming. But I had a huge task ahead and did ponder if I could get back into the rhythm of life in the US and adjust to so many of its recent changes. Then I remembered “KADIMA” the Hebrew word for “forward” - often used by Israeli soldiers. When a directive is given you obey, go, no dilly-dallying, no looking back”.

What awaited me at The Village was, indeed, welcoming and heartwarming! The JOY of rekindling old friendships, of seeing the familiar faces of former neighbors and colleagues, and the physical and emotional COMFORT of life in a place where everyone matters and is treated with dignity are immeasurable.

I have only one request: Please, Lord, no more up sticks on this side of Heaven, OK?

In honor of GRANDPARENTS DAY, we’ll have our Village Lemonade Stand open on Tuesday, September 7th from 2:00—4:00 pm. Come celebrate being a grandparent or celebrate with those who are grandparents!

Grab a lemonade and a cookie and sit and visit with a friend out on the patio.

GROCERY BUS & GROCERY SHOPPING

We are currently offering the grocery bus on Fridays at 8:30 am for trips to Fred Meyers or Winco for a **\$2 fee. The bus is limited to 10 passengers.** Please sign up at the office.

If you would prefer The Village to shop for you on Thursday, please have your list ready by Wednesday and call the office for it to be picked up. There is a **\$5 service fee.**

Groceries will be delivered Thursday afternoon.

MAKING A DIFFERENCE

The Village will begin collecting used hearing aids and eye glasses in collaboration with the Lions of Oregon. These will be cleaned and calibrated and then used in developing countries around the world to help individuals see and hear more clearly.

The collection box will be available in the Community Building’s lobby. Here’s your opportunity to get rid of those glasses that have been sitting around AND make a difference!



The Village offers many different worship choices here on Campus

The Village Adventist congregation meets on Saturday mornings at 10:00 am. There is also a Wednesday evening prayer meeting and Sabbath School at 6:00 pm.

The Village Community Church group meets Sundays at 4:00 pm.

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

SEPTEMBER BIRTHDAYS

15

2	FRAN COPE	16	DOROTHY HEFT
3	TONYA LAFOLLETTE	16	MARILYN GEARY-SYMONS
3	KARLINE MENDENHALL	16	SUE MESSENGER
3	CINDY WADE	16	HELEN STONE
4	LEOKHAM SANANIKONE	20	NORM REIBER
9	DARLA LUTTS	22	ORVILLE WILLIAMS
10	ESHTER NOLD	26	LEE BEATY
10	NICOLE MACK	27	STEPHAN BUKOJEMSKY
13	DOROTHY LARSON	30	LEE HAYNES
13	AUDREY O’NEAL	30	ALAN WILSON





THE VILLAGE

OLYMPICS

Congratulations to all the athletes who participated in our 2021 Village Olympics!

And thank you to everyone who participated in the Opening Ceremonies and came out to support our athletes! It was a wonderful time had by all! Here are our medal winners:



Javelin Throw

Gold: Richard Rosnack

Silver: Anni Ingermanson, Bronze: Delbert Troub

Basketball

Gold: Richard Rosnack

Silver: Anni Ingermanson Bronze: Cindy Wade

Ping Pong

Gold: Richard Rosnack

Silver: Anni Ingermanson



Bowling

Gold: Becky Rosnack

Silver: Richard Rosnack, Bronze: Anni Ingermanson

Corn Hole

Gold: Richard Rosnack

Silver: Delbert Troub, Bronze: Jim Belfiore

STAFF CORN HOLE COMPETITION

I wanted to give you a report on our Staff Corn Hole contest. First I must disclose that I am a loyal member of the Team Huskers (aka Administration).

It was looking real good for our team. We had chosen our name carefully - The Huskers. We had organization. We had a great Team Captain (Tiffany). We had Team spirit. We had even practiced, and thanks to Tiffany, we even had team t-shirts. Then the competition started. It wasn't looking too bad, but Los Mecanicos (aka Maintenance) pulled ahead. I was expecting stiff competition from Steve, Abe and Roger, but then they pulled out their secret weapon - Cliff. Turns out that Cliff had been practicing this for about 50 years. When he pulls his stakes out of the ground for his forms for the concrete, he tosses them into his bucket. Who would have thought? They pulled ahead, but even they were no match for The Corn-Dawgs (our youthful grounds team joined by our cook - Sam). I thought we would have a chance for third, but no, the Winnrs team (aka Resident Services), with their resident Olympic corn hole medal winner Jim, managed to beat us too.

Oh well! I give us a first place for the most team participation, (even though that was not even a category).

Thanks to all who came out to cheer us on.... I hope you enjoyed it as much as we did. ~ **Dennis**, guest reporter

THE VILLAGE BIRTHDAY PARTY

THURSDAY, September 30TH
6:30 pm ~ Community Room

It is time again to celebrate residents' birthdays and to hold our Talent Program!

Our birthday parties are generally held every other month with live entertainment!

EVERYONE IS INVITED!!

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 magical, musical, theatrical or...? Please see Solveig or sign up outside the activity office!!



SUMMERTIME LAUGHS WITH RAMONA

How do we know that the ocean is friendly? *It waves!*

What did the reporter say to the ice cream? *"What's the scoop?"*

Why do bananas use sunscreen? *So they don't peel!*

What should you do if you get rejected from a job at a sunscreen factory? *Reapply!*

When do you go at red and stop at green? *When you're eating a watermelon.*