

Café News

June Lavoie

Welcome Fall!!!

I just love the fall, leaves turning all shades of orange, fresh smell of rain in the air, pumpkins and pinecones on every corner, this all just brings comfort to me. Fall was always a big family gathering time growing up. All the men would go hunting and the women would sit around with the kids doing crafts and baking goodies of every kind. My favorite evenings were always when the men returned and we gathered around a fire, just singing and playing their guitars, banjos and Fiddles. My family has many musicians. I am sure some of you may have heard them on the radio back in the day. I was truly blessed with such an amazing loving family that I treasure in my heart forever.

Find time to connect with family. Love each other. Be thankful for the changing of seasons. Celebrate life.

I do hope to see more of you in the cafeteria to enjoy the food we prepare for you daily, always with love.

Happy Fall,
Chef June Lavoie

Know Your Neighbors Tiffany Brasesco

Beverly Lewis #312

Beverly was born and raised here in Portland. Raised in a Christian home, she was surrounded by the Holy Spirit and knew when she was being spoken to. In High School, Beverly became interested in missions after hearing a missionary from Bolivia speak. Beverly received her Master's in education with a minor in Spanish and history. In 2017 Beverly celebrated 60 years of missionary service and has served five countries, including Argentina, Bolivia and Paraguay. During her time in Bolivia, she taught and served in the administration at Berea Bible Institute of Bolivia before founding Wesley Evangelical Seminary, which later became part of Bolivian Evangelical University. Even after officially retiring to care for her mother, Beverly still felt the call to serve and was able to go back to Bolivia to do what she loved most, to serve young people in Latin America.

-  "Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce and cheese. FINE, it was a pizza....OK, I ate a pizza! Are you happy now...?!"
 - "I may not be that funny or athletic or good looking or smart or talented... I forgot where I was going with this..."
 - "I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes!"
- Courtesy of Ted Lutts

The Village News

OCTOBER 2021

Happy October!!!

Isn't October a great month? The cool mornings which give way to sunny afternoons; the rust, red and gold leaves illuminated against an azure sky; the return of refreshing rains - all which are part of God's glorious color pallet!

It's disappointing to not be able to offer outings to see the colors around Mt. Hood or grab some fruit around the Fruit Loop. BUT, The Village's campus contains a lot of beauty and I recommend looking closely at the various colors and shapes of leaves as they FALL to the ground.

I also encourage you to take advantage of our "Get Moving" circuit and Challenge this month before the weather gets too cold for outdoor exercising. There will be a pumpkin decorating contest as well - you can decorate on your own or come join us at Craft Time where we will provide materials. Just make sure to sign up to get your pumpkin!

During the Olympics, we rediscovered the fun of Wii Bowling. You're invited to come try this activity starting this month. Please peruse this newsletter closely and take note of that as well as the return of the Bookworms Book Club and the wonderful Grief Support Class, in addition to a voice recital and a new group for super sleuths. Lots to do to enjoy Fall! ~ Solveig 

- WELCOME NEW NEIGHBORS**
- Chuck Gorder into #329
 - Helga Schneider into #309
 - Jan Stern into #325
 - Ed & Jacqueline Herman into #36
 - Ann Gimble into #60



 **Laughing with Ramona**
Why did the unemployed man get excited while looking through his Bible?
He thought he saw a job.

 **VOICE RECITAL**
Thursday, Oct. 21st
3:00 pm ~ Community Room

Nathan Hlebechuk will perform his senior recital for us! Nathan is the son of **Mark** from our maintenance staff. Come be entertained by a very talented young man who will regale us with a wide variety of music from classical to Broadway!

CITIZEN'S COLD CASE GROUP 
Wednesday, Oct. 13th & 27th
11:00 am ~Small Meeting Room

This is a new program which will be led by our resident, Ed Wade, #27. The group will meet twice monthly to look into some of history's unique "who done its"! Possible event topics would be D.B. Cooper, Amelia Earhart and Meriwether Lewis. Make sure to attend this fun new group.

Administrator's Corner

Dear Residents,

Welcome to Autumn here at The Village. I sure appreciate the cooler weather. We have even had a little bit of much appreciated rain. Hopefully it will be enough to keep the wildfires away.

I know it has been a disappointing September in that we were not able to do as many activities as we had hoped. We had the presence of Covid on our campus throughout most of the month. I am happy to report that we have no active cases at this point. With major restrictions from the state still in effect and state wide case counts still very high, we cannot plan very many activities for October and we still must follow the precautions that are in place. At least they have eased from what they were last year.

I do want to remind you that The Community Center is a public building and that masking is still required. I want to make sure that every resident understands the importance of this. Remember that it does not do any good to wear a mask if it is not covering your nose and your mouth. If a mask is worn correctly it is more comfortable and stays on better and is much more effective. Please make sure the nose piece fits securely around your nose. The masks only have nose pieces on the top of the mask. I see many with their masks on, but not covering their nose. They really do no good when worn like that. I even see many being worn upside down and of course they do not stay on that way and are just a pain. Put them on correctly and they will work much better. Also, remember that face shields do not take the place of face masks. I know there was a lot of miscommunication about them in the past. They are effective when used with a face mask, but are not effective and do not qualify when used alone. The CDC does not recommend them for a mask, only for eye protection.

We have had a very busy month with remodels and move-ins. We have had move-ins at #'s 82, 83, 13, 99, 312, 318 and 329. This month we expect move-ins at 309, 325, 60, and 401. I know this is a lot of new residents, so be sure to welcome them to your neighborhoods. This month we will be working on our final 3 remodels at 14, 15 and 81. Thank you for your patience as we finish up these last 3 remodels!

They are still working on our gates. It seems that Covid has affected the schedules of all businesses and time frames. When our gates are functional, we will give you more final information. Our cameras should be up and working by the time you receive this newsletter. They cover our entrances and the front of the Community center.

This month our Thankfulness Wall asks the question: *How have you balanced the suffering you see in life with meeting your daily needs and hopes?* When we see others in need we want to help, yet we seek a balance so we can meet our needs and continue to help others. How do we find that balance? Is our quote for the month by Anne Frank really an answer? Please share your thoughts and stop by and see what others have written.

Have a great October,
Dennis

Quote for the Month

"No one has ever become poor by giving."
Anne Frank

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

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.



PUMPKIN DECORATING CRAFT TIME

FRIDAY, October 15th

2:00 pm ~Community Room

Sign up outside the activity office to reserve your pumpkin.

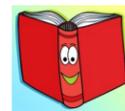


GRIEF SUPPORT GROUP

MONDAY, October 18th
11:00-12:00



Adventist Hospice hosts a
Grief Support Group
in the Sitting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, October 27th
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.

LEARN TAI CHI FOR BETTER BALANCE

TUESDAYS at 1:00 pm



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.

Resumes Tuesday, October 5th

ACTIVITY COMMITTEE

TUESDAY, October 19th
2:00 pm ~ Small Meeting Room

Anyone is invited to meet and help plan our activities as we are slowly opening up.
Come share your ideas!



BINGO

THURSDAY, October 28th
1:30 PM ~Community Room

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



Energy Assistance

Human Solutions, a local non-profit, has an out-reach each year specific to our community. There is a limit of **25 households** for this heat and rent assistance program. You must **SIGN-UP** at the main office and get a list of necessary paperwork. If you have any questions please see Caroleana.

INCOME ELIGIBILITY GUIDELINE 2021

Household size	Monthly Gross Income
1	2,317.15
2	3,030.10



The Village Foundation

The Rummage Sale was a success because of you! We made over \$4,000.00. Thank you to all the volunteers for your hard work. We will be having a Bazaar/Bake Sale on Sunday, November 7th from 9AM to 5 PM. If you would like to get a display table please contact Tiney at 503-887-5808. There will be a charge of \$20.00 or 25.00, if you need electricity.

If you would like to bake some goodies for the Bake sale, please let Inge know at 503-328-6432 or if you wish to donate cash for the purchase of goodies, you may give at the office.

THANK YOU AND GOD BLESS YOU!!
HAPPY FALL TIME ~ JAN

RITE AID FLU CLINIC

October 19th

Please **Sign-up** at the office during office hours.



Keeping a safe distance doesn't have to be lonely. **CaptionCall** helps people with hearing loss connect with friends and family by phone. Easy to read captioning helps you understand conversations better. And there's **no cost** for those who experience hearing loss. If you are interested please reach out to Caroleana.

Village Monday Gatherings Each week at 11:00 unless otherwise noted

Monday Oct 11^m: Leslie Parker w/
HealthBenefits 4ll

Annual Enrollment Period (AEP) begins October 15th through December 7th. Come and hear Leslie's expertise on Medicare and find out changes to your health or prescription plans.

Monday Oct 25th:

**It's Halloween Time
We're having a bash
Wear your best costume
For our fun Monster Mash**

Come party with us! Come for treats, no tricks and lots of fun, including a reading by a very special guest!

Reflective Thoughts

Pastor Bob Brotherton

Dear Village Community,

We are now heading into the Autumn of the year and we have a lot to be joyful about. The ambience of The Village is cheerful and happy with many reminders around that help us to be thankful. The simple pleasures of Autumn are in abundance here at The Village with the beautiful grounds displaying fall's bright and warm colors and the Community Center decked out in artful and traditional ways. Only Christmas time in The Village surpasses Autumn.

The United States has a rich heritage of celebrating the bounty of harvest with thanksgiving offered up to God for his providence and mercy. From the pilgrims of the 17th century to the people who lived through our nation's wars, thanksgiving to God has held a central place in our national life. When we listen to God's Word we can always rejoice and be thankful. Once again the Scriptures set before us the way we should go:

*Rejoice always, pray without ceasing, in everything give thanks;
for this is the will of God in Christ Jesus for you.*
1 Thessalonians 5:16,17 NKJV

Have a great season,
Pastor Bob
The Village Community Church

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 4:00 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!

OCTOBER BIRTHDAYS

3 Nick Phillips
3 Rosemary Hopkins
4 Darlene Fike
4 Joan Swinney
6 Bettigene Reiswig
7 Joan Yu
13 Donna Byre
13 Becky Rosnack
13 Don Schell



15 Gloria Brown
15 Sally Johnson
16 Dana Volkert
23 Marge Wilson
25 Patsy Dimmick
26 Alex Marcus
28 Toni Picklesimer
29 Bea Amelee
29 Rose Mary Tilgner
31 Carolyn Wagler



GET MOVING CIRCUIT CHALLENGE!

October 1st - 14th, 2021

October's cooler weather is a great opportunity for you to use our "Get Moving" Circuit!

Pick up your new "Get Moving" Passport inside the Community Building and keep track of how many times you complete a circuit by stamping your passport for each completion. There will also be a map of the circuit as well as descriptions of the exercises available.

You may earn a total of 12 stamps over the Challenge's time period between October 1st and 14th. Then redeem your stamps for goodies at our "lemonade stand" which will be open on October 14th from 2-4 pm in front of the Community Building!

Grab a friend or neighbor and get in shape together!



RESIDENTS' MEETING

TUESDAY, October 12th
10:00 am ~ Community Room



Make sure to attend this important meeting where we will find out what's happening in our community. We will be voting to fill three positions on the Residents' Council. Please read about the candidates on the insert in this newsletter. There will be a door prize drawing!



Here are a few reminders to help the staff be more aware of all persons and vehicles in our community to help keep you safe:

- ◆ When you will be away overnight or longer, please let the office know **when you are leaving and when you are returning**. We can be sure security is aware no one is at your apartment.
- ◆ When you buy or sell a vehicle you must register this information with the office.
- ◆ Also, if you have a temporary vehicle, please let the office know. All vehicles on our property must be registered with the office or the vehicle may be towed.
- ◆ When you have a guest staying with you overnight or longer, you must let the office know. This applies to their vehicles as well.

OCTOBER GUESSING CONTEST

Come to the office and guess how many *fall leaves* are in the jar. The winner for the September guessing contest was Sandi Frazier with a guess of 1800 pennies. The correct number was 1758.

LEMONADE STAND

THURSDAY, October 14th

2:00 - 4:00 pm,

in front of the Community Building



We will be serving hot apple cider and other fall goodies. Those who earned stamps by doing the **Get Moving Circuit Challenge** can exchange them for treats, otherwise they will be reasonably priced.

BOOKWORMS BOOK CLUB!



TUESDAY, October 26th
11:30 am ~ Small Meeting Room

As the weather gets cooler, what is better than curling up with a good book!
The Village Bookworms is a fun group which reads a book for the month and comes together to discuss it.

Multnomah County Library Outreach provides The Village with a book kit of 10 large print books when they come to The Village the 4th Wednesday of the month. Thereafter, the books will be available at the office.

October's book is a great mystery:
Dead Heat by Dick Francis.

Be sure to pick up your book and come to our book club!

PUMPKIN DECORATING CONTEST

Show us your creative skills by entering our Pumpkin Decorating Contest. Pumpkins can be any size, but under 15 pounds. If you need us to pick up a pumpkin that you will purchase, let us know **before** Wednesday, Oct. 6th. You may carve the pumpkin or keep it whole. You may use any materials you would like to decorate your pumpkin. Use your creativity!
On Friday, October 15th, at 2:00 pm, there will be a special Craft Time where we will have paints, ideas and pumpkins for you to decorate. **Please sign up before Oct. 6th!!**

Decorated pumpkins will be picked up by Thursday, October 21st and will be on display through October 27th in the Lobby.

Come and VOTE for your favorite pumpkin!



Wii BOWLING

FRIDAYS, 11:00 am OR
1:00 pm

Sign up outside the activity office for one of these times to come bowl with friends or new neighbors!
Wii Bowling can be done standing up OR seated and is a great way to have fun with your friends!