

# Café News

June Lavoie

Happy November to all you fine residents, coworkers, friends and family.

My husband and I engaged in a conversation about the holidays the other day. I politely asked if we could just skip this year. His Big O Heart responded by saying, no sweetheart, with so many blessings in our lives, we still have a reason to celebrate and be thankful. Yes, you will miss your Daddy, but he needs to look down and see you loving and celebrating the family he has left here. My husband is so right, I love my Daddy so much and miss him with all that I am, but let's not ever forget that we are blessed daily with our children, spouse, extended family, friend and coworkers. As Queen Elizabeth once said..." Grief is the price we pay for Love."

Love with all your hearts, each and every day. Celebrate a day of Thanksgiving often, not just once a year. Hold your loved ones close and never hold a grudge. Love deep and forgive often. I can say that I am ever so thankful for my Momma, my husband, my three Children (Nicole, Dustin and Devin), my handsome little grandson, Elijah and my cousins, Lori and Samantha. Most of all, I am thankful for my Daddy because he taught all of us how to love one another and to cherish family.

Please join us for our Thanksgiving Feast on November 18. We would love to see you all and break bread in Thanksgiving....and there is cheesecake!!!

Chef June Lavoie

## Know Your Neighbors Tiffany Brasesco

### Sandy Zaugg, #18

Born in San Diego and raised in a small farming town outside of Gaston, Oregon, Sandy has a deep appreciation for books. She recalls a book by the name of 'Snow Treasure' by Marie McSwigan as the turning point to embracing her love for books. Since then her book collection grew and grew over the years, but she just recently had to down-size due to moving apartments.

Sandy has actually self-published two books and had 12 more books published. She mostly writes Christian short story books for children. Her most recent published book was on grief recovery.

Sandy has been a teacher her whole working career. She has taught something in every grade from first grade all the way to college courses! Her experience as a teacher has taken her to many places such as Hong Kong and the Philippines! She also had wonderful experiences traveling to Taiwan and she enjoys talking about her travels. If you see Sandy be sure to say hello and maybe get a good book recommendation or two.



# The Village News

NOVEMBER 2021

Happy November!

'Tis the season of gratitude, and although it is good to always count our blessings, it's wonderful to have a specific time of year to focus on an attitude of being grateful. Personally, I am thankful to work among such amazing people—both residents and staff! And I am grateful to see the return of our Thanksgiving Special Dinner! The fellowship that occurs during our special dinner gatherings is second to none. Do make sure to get your reservations early since seating is limited.

We are blessed to be able to offer a Tai Chi for Better Balance class here *free of charge*. I have been participating and can already feel the change in my balance *for the better!* As we are now in wet and windy weather and soon might be dealing with snow and ice, I cannot more highly recommend taking this class! It is a skill that needs to be practiced, so do try to come as often as you can. Steve Hartwell is a wonderful instructor!

It's great to be having more gatherings, such as our bimonthly birthday party and bingo, book club and our Veteran's Day program! I'm also excited to have us attend live theater again. Make sure to closely peruse the newsletter and mark on your calendar what you would like to participate in!

Happy Thanksgiving to you all!

~ Solveig 



## WELCOME NEW NEIGHBORS

John and Susan Anderson into #65  
Lorraine Davidson into 325  
Frances Locke into #401



## THE SUPER BIG ONE DAY THANKSGIVING COLLECTION FOR MY FATHER'S HOUSE

THURSDAY, NOVEMBER 18th

Please help us help others by donating goods from **My Father's House** Wish List.

There will be a donation barrel outside the activity office.

Canned fruit, cereal, jam, jelly, ketchup, mayo, fruit juice, salad dressing, rice, chili, spaghetti O's, Ravioli, peanut butter. Microwave popcorn

Diapers size 4, 5, 6  
Baby Wipes

Windex, Lysol, hand soap, laundry soap, dish soap (no Comet please), Toilet paper, paper towels, feminine products, Kleenex

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Gresham, Oregon 97030 (503) 665-3137 [www.villageretirementcenter.org](http://www.villageretirementcenter.org)

# Administrator's Corner

Dear Residents,

Thanksgiving season is here again. Despite what is happening in our society, we truly have very much to be thankful for. As we have talked about before, Thankfulness is that secret ingredient in our lives that will help us to be more healthy and happy. This week I am thankful to see that we have had events going every weekday for the last couple of weeks. We have waited a long time to be able to start up our activities here at The Village since the Pandemic started. Even though it is not over, I think we have found a way to balance our exposure risks and still enjoy doing things. Thanks to our staff for their commitment to provide for you. Please come out, with your face mask on, and enjoy the things that we can do as we get back to a better 'normal'.

Per the Village Council's recommendation, we have continued to catch our squirrel friends and find better places for them to live where they will not be doing damage to our property and cars. I want to ask you to not feed the squirrels for it makes the situation worse, and it makes it more difficult for us to catch them.

I am really pleased that we are again able to offer our Coping with Loss group meetings. Some people call it Grief Support, but I feel it is really about coping with loss. Every single one of us has had to deal with loss in our lives, it is a very real part of living. For many, it is a huge part of our lives. Losses can range from something that is important to you breaking, or your health failing or the loss of a loved one, or many other situations. The better we learn to deal with loss, the better our lives will be. Very seldom are people able to conveniently find an avenue to get professional help for dealing with it in an individual or a group setting. We are now offering that in a small group setting once every month, right here at The Village for no cost to you. Despite the level of loss you may be experiencing and despite how well you might be dealing with it, it is always good to learn how to do it better. Come and join the meeting on the third Monday of each month at 11:00.

Our construction is continuing with our last 3 units, #'s 14, 15 and 81. Because of the pandemic our completion of those units has been set back until the end of January. We are continuing our renovations with new residents moving into #'s 325, 36 and 65 and 401 this month.

Our gate contractors have been working on the electrical wiring part of the gates. Looking forward to seeing the actual gates put in place soon.

We are happy to have three new employees that have started here on campus. Lisa Hood is working in our grounds department, Tyler Thielke is working in our maintenance department and Ron Loucks is working with security and maintenance. Please welcome them to The Village Family when you see them.

In keeping with the season, our Thankfulness Wall asks the question: "What are you thankful for this Thanksgiving season?" Stop by and share your thoughts and see what others have written.

Have a great November,  
Dennis

## Quote for the Month

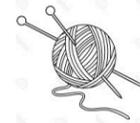
"Acknowledging the good that you already have in this life is the foundation for all abundance."  
~Eckhart Tolle

### 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.



### There's Gnome time like CRAFT TIME

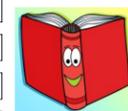
FRIDAY, November 19th  
2:00 pm ~ Small Meeting Room  
Be sure to sign up outside the Activity Office!



### GRIEF SUPPORT GROUP

MONDAY, November 15th  
11:00-12:00

Adventist Hospice hosts a  
Grief Support Group  
in the Small Meeting Room.



### MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, November 24th  
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.

### ACTIVITY COMMITTEE

TUESDAY, November 16th  
**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

**TUESDAY**, November 30th  
**10:30 AM** ~ 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!

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

**Monday November 8th: Dick Karman and RELIVING RADIO!**

Our good friend, Dick Karman, will return with his fun reminiscences using radio shows and videos and wonderful stories from the good ol' era of radio!

**"The Way Radio Was"**

**Monday November 22nd: Armchair Travel to Scandinavia**

Bring your passports to get another stamp as we "travel" to the Scandinavian countries of Denmark, Sweden, Norway and Finland! If you have not been to an Armchair Traveler event, please come and we will give you a passport so you can keep track of where you have traveled to. We will also have some yummy Scandinavian goodies to sample!

**IMPORTANT INFORMATION**

Normally this time of year we would have someone from the Department of Justice here for a presentation on avoiding scams. Each year this presentation is an excellent reminder.

Fraudsters regularly make false claims over the phone and in emails tricking seniors into giving out their personal information.

**Please learn how to not fall victim.**

Take the time to read the important handout in this newsletter and then please post the flyer near your computer or phone as a constant reminder.



**VILLAGE VOICES**

**THANKSGIVING**

We should be thankful all year long  
But we don't seem to remember  
To express our gratitude until  
This special day in November.

If we stop to count our blessings  
I'm sure that we will find  
So many reasons to be grateful  
That seldom come to mind.

Although it may not be fancy  
We have enough food to eat  
And I notice everyone is wearing  
A pair of shoes upon their feet.



Our home may be humble  
But we have a roof over our head  
And we know each evening  
We can crawl into our cozy bed.

We have friends and loved ones  
To visit and to chat with on the phone  
So when Thanksgiving rolls around  
We don't have to eat alone.

So on this lovely Day of Thanks  
Let's all say a little prayer  
And thank our Heavenly Father  
For His tender, loving care.

~ Ann Ingermanson



*The Village Foundation*

**IT'S HOLIDAY BAZAAR TIME!!!**

**Sunday, November 7th**

**9:00 AM- 5 PM**

**Community Room**

COME JOIN US AND GET YOUR  
HOMEMADE  
HOLIDAY GIFTS AND BAKED  
GOODIES.  
HAPPY THANKSGIVING AND  
GOD BLESS ~Jan



**NOVEMBER GROCERY SHOPPING**

Concierge shopping will occur on different days due to Thanksgiving. The week of November 15th, shopping will be done on Friday, Nov. 19th. Your order must be in on Wednesday, Nov. 17th by noon.

Thanksgiving week, concierge shopping will be on Wednesday, November 24th and orders must be in on Tuesday, Nov. 23rd by noon.

There will be NO GROCERY BUS AVAILABLE ON 'BLACK' FRIDAY, NOVEMBER 26TH!

**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!**

**NOVEMBER BIRTHDAYS**

- 4 Yvonne Carl
- 7 Adeline Dykema
- 8 Ted Lutts
- 8 Ila Myers
- 9 Barbara Fadel
- 9 Cliff Dismukes
- 10 Michael Sage
- 11 Helga Schneider
- 12 Caroline Dimock
- 19 Eve Klug
- 19 Jim Belfiore



- 20 Margaret Nikander
- 20 Kurt Matzke
- 20 Mitzi Hanson
- 22 Steven Pierce
- 23 Gladys Whitted
- 24 Abraham Munoz
- 24 David Carl
- 25 Joanne Gabriel
- 27 Carol Pervinich-Helm
- 27 Jim Hagerman
- 30 Reba Brown



## THE VILLAGE BIRTHDAY PARTY!!

TUESDAY, November 23RD  
3:00 PM ~ Community Room

EVERYONE is invited to our birthday party where we will celebrate October and November birthdays!

Enjoy some entertainment and make sure to take a little birthday cupcake home with you!



## CITIZEN'S COLD CASE GROUP

Wednesday, November 9th & 23rd  
11:00 am ~ Small Meeting Room

This group, led by Ed Wade, meets twice a month to look into some of history's unique "who-done its!"



## Wii BOWLING

FRIDAYS, 1:00 pm

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!



## LOST AND FOUND

A red bag containing tools was found in a flower bed in the 300's.

If this is yours, please contact the office!



## SOCKS AND BLANKETS NEEDED

Pastor Clyde Yoshida collects items for the homeless and this fall he is looking for new or used blankets and socks. If you would like to donate, please contact Nancy Armintrout, and she will be happy to come to your apartment to pick them up.

Nancy would also like to remind you to please donate to the bread ministry. Contributions are currently not keeping up with the amount spent on the bread bought. Thank you for your donations.

## OUTING TO CENTENNIAL HIGH SCHOOL'S FALL PLAY

THURSDAY, November 4th  
6:15 PM ~ \$9 bus and ticket

Let's attend some LIVE theater, finally!

CHS is producing the hilarious southern comedy "RED VELVET CAKE WAR".

This comedic romp is about the dysfunctional Verdeen family attempting to hold a family reunion. Sign up outside the Activity office!



## BOOKWORMS BOOK CLUB!

TUESDAY, November 23rd  
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 as well as audio books when they come to The Village the 4th Wednesday of the month.

Thereafter, the books will be available at the office.

November's book is Little Fires Everywhere by Celeste Ng.

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

## PUMPKIN DECORATING CONTEST

I hope you all had a chance to view the beautifully decorated pumpkins that were on display in the community building. Congratulations to Cindy Wade, whose "UP" inspired pumpkin won by popular vote! Thank you to everyone who entered: Cindy Wade, Tiney Husbands, Mavis Petersen, Inge Johnson, Donna Thomas and Haley Rolles.

## NOVEMBER GUESSING CONTEST



Come to the office and guess how many *acorns* are in the jar. We had several winners for the October contest: Bonnie Stevens, Donna Thomas, Ellie Lytsell, Sandy Frazier, Tiney Husbands and Tony Frazier. The correct number was 76 leaves.

## HONORING OUR VETERANS

THURSDAY, NOVEMBER 11TH  
1:00 PM ~COMMUNITY ROOM

Come join us in honoring The Village's Veterans. We will have a program with music, stories and a Boy Scout Honor Guard.



## THANKSGIVING SPECIAL DINNER

THURSDAY, November 18th

12:00—Community Room \$13 per person

Let us all give thanks for being able to gather together once again for our Village Thanksgiving Dinner:

*Roasted Turkey or Balsamic Glazed Veggie Loaf*

*Cranberry and Pecan Cornbread Stuffing*

*Sweet Potato Mash w/ Caramel Drizzle*

*Buttery Baby Carrots*

*Dinner Rolls, Cranberry Sauce*

*Homemade Pumpkin Cheesecake*

**SEATING IS LIMITED THIS YEAR AND YOU MAY NOT BRING GUESTS FROM OUTSIDE THE VILLAGE.** If you'd like to enjoy

your meal with outside guests, you may request to have your meals delivered to your home. You must make your reservations no later than

Monday, November 8th at 2 pm.