

Café News

June Lavoie

Happy New Year!

I want to take a moment to thank all of the residents that have been diligent to dine with us. We are honored to serve you daily. Please, invite your friends and neighbors to return to the Village Café for their lunch dining needs. We would love to see many more faces in the upcoming year.

Have any of you set your New Year's Resolutions yet? If it is healthy eating, just remember that we offer a variety of vegetables and salads daily with well planned entrées for both vegetarians and meat eaters. We prepare homemade soup daily. Please feel free to drop us a comment or suggestion any time you like.

The past year has been very hard for many of us, many have lost dear family and friends. My life has been no different. I strive to keep the memory of my loved ones alive through my daily living as I'm certain many of you do as well. Live, Laugh and Love with all your hearts. Forgive often. Here's to a bright and shiny New Year!!!

Your Village Café team,
Chef June, Nicole, Samantha, Lori and Rose

Know Your Neighbors Tiffany Brasesco

Marge Wilson #327

Marge Wilson born and raised in Columbus, OH. Marge met the love of her life, Jerry as kids in Columbus. When Marge was eleven, her father passed away and her mother moved her and her 2 siblings to the Los Angeles area of California. A couple years after graduation Marge decided to head north to Portland for college. She and her mother went to dinner with their church pastor just before she was set to leave and ended up being surprised with a going away shower from the church!! At this going away party Marge was gifted a one-way ticket to Oregon to attend the college! When Marge arrived she was pleasantly surprised to find Jerry also attending.

Three years later the two were married and had a son; then adopted another son to complete their family. Marge has two grandsons and 9 great grandkids.

I had the pleasure of reading from some of the stories that Marge wrote about her childhood up to marriage, she wrote these for her grandsons to have. What a treasure they are; this small section of the newsletter is just a very small glimpse! If you get the chance to sit down with Marge, grab a cup of tea and soak it up as I am sure there would be many stories to swap.

Be so busy loving your life that you have no time for hate, regret or fear. ~Unknown



Happy New Year!

There is a beautiful blanket of white covering everything outside my window as I write this morning. Last night, I opened the door to the outside and Mike asked what I was doing. I told him I was listening to the snow fall. "You can't hear snow fall", he retorted. Have you heard the snow fall? When the world is hushed and all is still, those gentle flakes DO make the most lovely music, BUT, everything else needs to be silent. It's kind of like God talking, isn't it? His voice is the most lovely music, but you can't hear it when there is noise all around...It seems like the world is getting louder and noisier every year. Can we just turn the world down and listen to the sound of God's lovely, gentle voice? I am going to try this new year—every day! And that's a New Year's resolution that will be wonderful to keep.

Speaking of resolutions, I read an article about a good way to keep your resolutions—it is to JUST SHOW UP! Instead of resolving to go exercise, just SHOW UP—you don't have to exercise, but if you're there, you may as well. And with event and activities at The Village, JUST SHOW UP to them. You'll have fun if you do! We will have some informative Monday meetings, a Resident's Meeting, a Birthday Party and a Thank You Celebration. I'd LOVE to see you there—weather and virus permitting, of course.

Thank you for all the warm and thoughtful Christmas greetings!!

Blessings, Solveig



WELCOME NEW NEIGHBORS

Kathleen Smith into #14

Nellie Lieberman into #81

Doug & Nancy Schippmann

into #110

Carol Henley into #315



A Note of Thanks

Ruth Fevec wants to thank The Village residents who have been so kind during the loss of her dear husband, Herb Fevec, on Dec. 7th, 2021.

Happy New Year to each of you!

Administrator's Corner

We are journeying into a new year again. The darkest days of the winter are over and despite the issues in the world, we are starting another year. I hope and pray that this year will be one where we will be healthy and happy. We know there are struggles and sorrows in each person's life, but the goal is to be the best we can be, and look to God to give us the strength, not only to make it through but to experience His joy in the journey. I can't think of a better place to be during this time than right here at The Village. I hope you feel the same way.

As we have been talking about, this is the last month of active construction for our apartment remodeling here at The Village. #81 has been completed and they will continue working on #'s 14 and 15. We have new residents anxiously waiting to move to those units once they are done. Like I have said before, we are excited about being able to have a cleaner campus without the noise and commotion of the construction. The transition may take awhile, but we are excited to see it happening.

This month we will have new residents moving into #14, #81 and #315. Be sure and welcome them to our Village Family.

Our gate contractors have made some progress. The electrical wiring in the roadway has been filled. The gates are made and ready to be hung. I am sorry for the slow progress overall, and am hoping they will finish soon.

I know the news seems bleak regarding the next wave of the virus. I want to encourage you to not be discouraged but instead to keep taking every precaution that you can so that you stay well.

Despite what they said at the beginning, the virus is mainly spread through the air. Remember to wear your masks faithfully whenever you are around people, Don't just have it on, but make sure your nose and mouth are covered at all times. If your mask is uncomfortable or does not stay on right, then get another one that does. It is about the safety of you and everyone you are around. It is not like the beginning of the pandemic when you were fortunate to have any kind of a mask. Now there are many different kinds available. And don't forget to keep that extra bit of distance between you and anyone else. You do it for their sakes as well as your own.

We were able to have quite a few events here at The Village this last month. I hope you enjoyed them. Be sure to watch your calendars and participate in the events you feel comfortable with this month. It is good to be with your neighbors and friends.

As a member of The Gresham Chamber of Commerce, The Village is participating in their Adopt-a-Cop program. This program allows us to have a Gresham Policeman that we would know by name. We would encourage residents and groups to pray for and encourage this person. We think this would be a great way to contribute to our Gresham Community and say thank you to those who work to protect us. Be looking for more information as the program gets going.

Our Thankfulness Wall this month asks: "What change can you make this year to make the world a better place?" Give it some thought and share what you think. Each one of us has the power to make the world better in a big or small way. What can you do? Stop by and share and see what others have thought of.

Have a great January! ~ Dennis

Quote for the Month

"Every day is a fresh start for you. Every sunrise is a new chapter in your life waiting to be written."
~Juanson Dizon

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.



CRAFT TIME

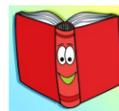
THURSDAY, January 6th
1:30 pm ~ANNEX

Be sure to sign up outside the Activity Office to have fun making snowflake window clings!



GRIEF SUPPORT GROUP

MONDAY, January 17th
1:00-2:00 (new time)
Adventist Hospice hosts a Grief Support Group in the Small Meeting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, January 26th
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 is a spot for 1 more player. You do NOT need to read music. If you have any questions, please call Solveig.

LEARN TAI CHI FOR BETTER BALANCE

WEDNESDAYS at 10:00 am
Community Room



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.

Wii BOWLING

FRIDAYS at 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!

ACTIVITY COMMITTEE

TUESDAY, January 18th

1:00 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, January 25th

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!

Village Monday Gatherings

Each week at 11:00

Monday Jan 17th: Estate Planning with Attorney Nathan M. Begley

Estate Planning Workshop will be discussing: How to be a good steward. Planned charitable gifts. Advanced Directives and POAs. Wills vs Trusts. What is Probate Anyhow? How do I protect my Family, Dignity, and Legacy?

Monday Jan 24th: Oregon Commission of the Blind Resources with Melinda Carlson

Come hear from Melinda the director of Independent Living resources.

Monday Jan 31st: Columbia Medical with Barbara Crawford ~ "Safety in and around the home"

The Village Foundation

Happy New Year 2022 from your Foundation Board

I hope that each of you can look at what you have gone through in 2021 and give praises to our heavenly Father for the many blessings and His protection. We plan to have a lot of fun events this year, so be sure to watch and listen for those. Thank you for all the blessings you have given to the Foundation. Remember, we are here to help you with your heat, rent increase or whatever you are needing.

May God bless you abundantly!! ~Jan



JANUARY GROCERY SHOPPING

Concierge shopping will continue on Thursdays during January. Grocery lists must be in by 2:00 pm Wednesdays. The Grocery bus is also available Friday mornings at 8:30 am. It will go to Winco and Fred Meyer.



VILLAGE VOICES

NEW YEAR'S RESOLUTIONS I'm still trying to get organized
But have a long, long way to go.

I love New Year's Resolutions
But don't know why I make 'em,
'Cause they only last a day or two.
Then I manage to break 'em.

Pack Rats have a difficult time
Tossing out stuff, you know.

I will attempt to get more sleep,
So this is what I plan -
I'll get in bed by ten-thirty
As often as I can.

We all have good intentions
To turn our life around.
We may even have a good beginning
Before we start losing ground.

I'll fill each day with laughter
And develop a sense of humor.
Laugh and the world laughs with you.
Or is that just a rumor?

This year things will be different-
I'm really going to try
To make some improvements in my life,
Or know the reason why.

I've made my New Year's Resolutions.
And there is nothing to fear,
Because if I should somehow break them
I can try again next year.

On frosty morning it is tempting
To stay in my cozy bed.
But I'll go to the Community Center
And exercise instead.

~ Ann Ingermanson

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!

JANUARY BIRTHDAYS

- 3 JUDYANN SCHWARZKOPF
- 7 SIDNEY IHLE
- 8 HOWARD RUND
- 10 WARREN THOMPSON
- 15 PAT BIGLIN
- 17 SUE RADER
- 17 PAT HICKS



- 18 ED SWINNEY
- 23 ELLEN BLEUER
- 24 STEVE BOND
- 25 LLOYD JOHNSON
- 28 MARILYN COOPER
- 31 BRIGITTE PACK



RESIDENT'S MEETING

TUESDAY, January 11th
10:00 am ~ Community Room

Make sure to attend this important meeting where you can find out about what's happening in our Village Community.

Door prizes will be awarded!



JEOPARDY!

THURSDAY, January 20th
1:00 pm ~ Community Room

Come play your favorite game show—at least The Village's variation of it! Test your knowledge of trivia as you are presented with "answers" and must respond with your answer in the form of a question.

JANUARY COLORING CONTEST

Have fun while staying warm and dry inside coloring the picture included in the newsletter this month! You may use crayons, colored pencils, markers or other methods.

Please turn in your finished picture with your name on the back to the office by January 14th.

December's winner was Marilyn Cooper, #77.

ATTENTION, LIBRARY USERS

Multnomah Library Outreach is missing 2 books that are still checked out to someone at the Village and will be billed. They are The Wisdom of Sally Red Shoes and The Daughter of Sherlock Holmes. They were checked out 3/11/2020. Please return them to the office.

FRIENDS HOUR

EVERY WEDNESDAY
9:00-10:00 AM ~ Café

Gather in our cozy café to socialize with old friends and meet new ones. June will have coffee, tea and breakfast goodies available for purchase.



PIZZA & GAME NIGHT

MONDAY, January 17th
5:00 pm ~ Community Room

Come join the "Senior Support Squad" (students from Portland Christian) in a fun evening of pizza and games.

Sign up outside the Activity Room for regular or vegetarian pizza.

The cost for this event is \$5.00 and will be collected the evening of the party.



BOOKWORMS BOOK CLUB!



TUESDAY, January 25th
11:30 am ~ Small Meeting Room

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.

January's Book is Educated by Tara Westover: One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge.

"Extraordinary . . . an act of courage and self-invention."—*The New York Times*

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

JANUARY GUESSING CONTEST

Stop by the office and guess how many marshmallows are in the container. December's winner was Evelyn Long, with a guess of 216 Christmas lights. The correct number was 256.



MAKING A DIFFERENCE

The Village is continuing to collect 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 is available in the Community Building's lobby.



We will also be collecting used laptops which will be used in developing countries. Your donated laptop will be thoroughly cleaned, so no information will be left on it.

If you have a laptop sitting around collecting dust, please call the office and we will come and get it.



THANK YOU PARTY FOR OUR CONTRACTORS!

THURSDAY, January 13th
1:00 pm ~ Community Room

After more than ten years, our construction project will wrap up at the end of January. Ray and his crew have worked hard at remodeling OVER 100 units! Please come over to thank them and celebrate the completion of this enormous project.

celebrate!

CHRISTMAS DOOR DECORATING CONTEST WINNERS

CONGRATULATIONS TO Diane and Curtis Miller-Bunch, Barbara Cannard, Joan Cornish and Terry Pullen #101-104 for winning our Christmas Door Decorating Contest. Their combined decorations are a great example of teamwork.

Thank you to everyone else who entered: Donna and Duane Thomas, #31, Pat Craw #42, Laurie Rhodes #63, and Gloria Brown #92.

Our campus was really beautiful this holiday season!

THE VILLAGE BIRTHDAY PARTY

THURSDAY, January 27th
3pm ~ Community Room

Make sure to come to our bimonthly birthday party celebrating December and January birthdays. We will be warmed by the smooth vocals of Rico Mariano, who will regale us with ballads, movie themes, show tunes and old hits.

Everyone is invited to the party!!!
(remember to bring a little something for the wishing well!)