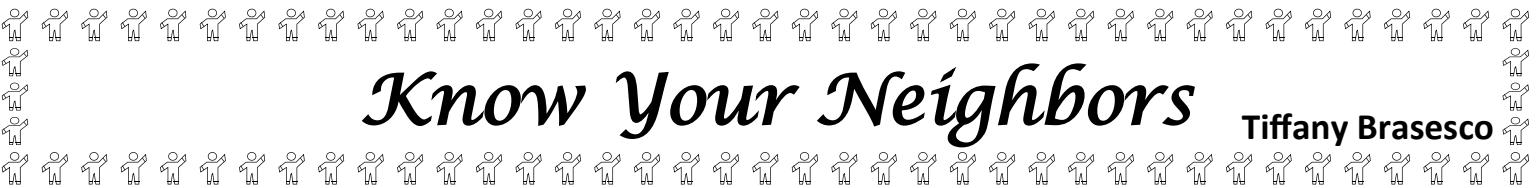


STAYING HYDRATED WITHOUT WATER

Keeping yourself hydrated is always important, but as we approach the warmer months, it's even more so! Here are 7 ways to stay hydrated without drinking gallons of water:

- 1. Start your day with oatmeal.** This one is a classic. Not only is it hearty and filling, oatmeal is also very hydrating. When oats are cooking, they expand and absorb the water or milk they're being paired with.
- 2. Include more moo.** According to a study by McMaster University, milk is more hydrating than water or sports drinks due to its source of protein, carbohydrates, calcium, and electrolytes.
- 3. Try carb alternatives.** When it comes to meal planning, ditch dry, carb heavy staples like pasta. Opt for zucchini noodles, or zoodles for short, which can contain about 95 percent water. When paired with a tomato sauce, which usually has about 90 percent water, this meal can pack a hydrating and healthy punch.
- 4. Sip smoothies.** Between the yogurt and all the fresh fruit, smoothies are a great, and tasty, way to stay hydrated. Not sure what fruits and vegetables to pick? Strawberries, peaches, cucumbers, spinach, and blueberries are all excellent options.
- 5. Pack your plate with vegetables.** Much like smoothies, salads are a great way to give you a hydrating boost. Most lettuce greens contain at least 94 percent water, and that's before you add any other vegetables. Next time you whip up a salad, include celery, tomatoes, bell peppers, and carrots.
- 6. Slurp soup.** When the craving strikes for a filling and hydrating meal, look no further than broth-based soups or gazpacho. Served cold, gazpacho won't make you break a sweat come summer. Blend cucumbers, bell peppers, tomatoes, onions, and garlic cloves for this satisfying soup.
- 7. Freeze your fruit.** Feeling nostalgic about the popsicles? Bring back this classic treat as a delicious way to rehydrate. Blend a hydrating ingredient like watermelon and fill molds and freeze for 1 hour.



Know Your Neighbors

Tiffany Brasesco

Nancy Thomas, #12

Sitting with Nancy, we both admired how beautiful the cherry blossom is right outside her front window. Nancy grew up on a farm in Minnesota and her family wasn't far away. She recalls playing and working with the cows, horses, dogs, pigs, and the many, **too** many cats on her and her relative's farms as a child.

Nancy is blessed with two children and 2 grandchildren. Family means so much to Nancy, she believes that it is her role to help teach her family to grow and be great people in society. For 27 years Nancy worked as a school secretary. During her time at the school it was a K-12 grade school, so she was able to see her son start his schooling and finish it all from the comfort of the front office. I asked Nancy if she could give herself advice 20 years ago, what would that be? Her response is one we should all listen to even today: 'live for today'!

Nancy enjoys the outdoors and traveling. You can catch Nancy and a group of others from the Sandy Senior Center out walking 3 miles every Tuesday all around the beautiful trails that Gresham and the outskirt areas offer. Nancy is also looking for walking buddies here around The Village! "You just gotta keep moving", Nancy said as we discussed the privilege of living in such a wonderful retirement community. So, if you're out walking and see Nancy around be sure to say 'Hello' and you can talk about Hawaii and walking trails, and so much more!

The Village News

MAY 2022

Happy May!

April showers bring May showers? As April is winding up to be one of the雨iest on record, it looks like May is going to be pretty wet as well! But all that water is making everything look glorious around here! Cameron and Javier work hard to keep our campus beautiful and I love that so many of our residents add to that with their gorgeous patio plantings! Not having a green thumb, I truly admire those of you who do! Speaking of spring beauty, make sure to sign up for our trip to Crystal Springs Rhododendron Garden. Not only will the rhodies be in full bloom, but I bet we'll see newly hatched ducklings, other wildlife and much evidence of God's splendor.

Yesterday was our first "Volunteer Fair" and we appreciate everyone who stopped by and are willing to volunteer their time to help out the various departments. I was thrilled that Tiney Husbands won the grand prize of a hanging flower basket; she is a resident who donates a great deal of her time serving The Village in many capacities. Thank you, Tiney, and all of you who help make our community the BEST place to live!

Remember to make your reservations for the Resident Appreciation Dinner asap!

~ Solveig



WELCOME NEW NEIGHBORS

Judy Weidemann into #114

Mackie Hagerman into #41

Warren and Helen Rathbun into #112

Donna Becker into #308

Shirley and Bob Jordan into #6



The Village Office will be closed

Monday, May 30th
In observance of the Memorial Day Holiday!

MEMORIAL DAY

REMEMBER AND HONOR



Dear Residents,

Administrator's Corner

May is here and the flowers are bursting out all over campus. Be sure to take the time to walk around and see the beauty!

We have had many nice activities in April and are looking forward to a fun May. Please look over the activities and sign up early for the ones you want to participate in. We are so thankful to have Solveig here to lead us in our activities. She does a wonderful job!

Our gates have been working out well for us. I feel it really helps our overall security at night, and it has not been too much of a burden for everyone to deal with. Thank you for putting up with any inconvenience they may have caused. We are on the list for our contractor to install the new fence between us and Powell Vista Manor next. We hope to see it done either late May or early June.

As we talked about earlier, our wave of vacancies is continuing. While we hate to see our residents leave, we often know it is for the best as people move to places where they can receive the help they need. We are presently working in #'s 308, 112, 324, 6, 91 and 33 with 2 or 3 more coming up. Be sure to welcome your new neighbors.

We are still in need of more staff in our Grounds, Maintenance and Housekeeping areas. If you know of anyone who likes to work with seniors and is interested in these areas, please let us know.

I want to remind everyone that if you have something that you need fixed in your apartment, or a request for personal grounds work to be done, please report it to the office. Just telling a staff member while they are working on something else does not get you on the list to get it done. You can call the office or stop by and report it. That way it will get on our worksheet and it will get done.

May is the month that we say 'Thank You' to YOU! It is the month of our Resident Appreciation Dinner. It is a free dinner for you to enjoy. Be sure to sign up for it and come down to enjoy the meal and your neighbors. Check out the menu here in the Newsletter. We are hoping to have a large crowd, but we do have to stay within our maximum occupancy. To ensure that, we are asking that only those connected to our Village Family join us.

Thank you to all who came out and learned about having an outward mindset and what an impact it can have on communities, our families and ourselves. Be sure to talk with me if you would like a copy of the book "Outward Mindset". This month's Thankfulness Wall keeps that theme in mind when it asks the question: "In what ways have you put others first in your life?" Please share your ideas so others can learn from them.

Have a wonderful May!

Dennis

Quote for the Month

There is no such thing as a small act of kindness ,
Every act creates a ripple with no logical end. ~ Scott Adams

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!

**No exercise on Friday, May 20th,
due to an event.**

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.

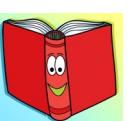


GRIEF SUPPORT GROUP

MONDAY, May 16th
1:00-2:00
Adventist Hospice hosts a Grief Support Group in the Sitting Room.



BINGO
TUESDAY, May 24th
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!



MULTNOMAH COUNTY LIBRARY OUTREACH
WEDNESDAY, May 25th
1:30 –2:15 PM ~ Community Room
Take advantage of the library coming to you.

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! 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
Community Room

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, May 17th
1:00 pm ~ Small Meeting Room
Anyone is invited to meet and help plan exciting activities for our community.
Come share your ideas!



CRAFT TIME
TUESDAY, May 31st
2:00 pm ~ Kitchen Annex
meet our **new craft leader, Chrissy!**
Visit and laugh as we create a springy craft this month. Be sure to sign up outside the Activity Office.

The Village Foundation

Well we made it through the April showers and snow storm. They say if you don't like the weather just wait a few minutes and it will change. We found that out for sure. But now we are going to reap those times with a beautiful campus. Enjoy God's handy work. June 10th we are going to have the Senior Shuffle.

It's a great time to meet new neighbors and friends and get some exercise. What better way than just good old fashioned walking. Now if you can't walk, be sure to use any of those help aids to get out and enjoy the fellowship and fresh air. Come pick up your sponsorship papers and start calling your family and friends to see how much they are going to sponsor you for going around the lap here at the village. Four times around gives you a mile. Your doctor will be so happy.

God bless each of you. Jan

Village Gatherings

Mondays at 11:00 (Except May 2nd)

Friday, May 6th
in the Community Room

Monday May 2nd at 12:30: Multnomah County Sheriff Candidate Forum

Watch this recording from Gresham Chamber of Commerce's Business and Leaders Luncheon. "Meet" 2 of the candidates for Multnomah County Sheriff

Friday May 6th at 11:00: Oregon's Traveling Historian, Darrell Jabin

It's the 100th Anniversary of the first land being given for a state park in the state of Oregon. Darrell will talk about our state parks!

Monday May 9th: Armchair Travel

We will travel to the continent of Africa! Abe (from maintenance) will demonstrate his African drum and Alex Marcus will also be able to elaborate on life there. Bring your passports to get stamped!

Monday May 16th: Jeopardy

Come test your knowledge and win some prizes! This is a great way to stretch your brain power!

Monday May 23rd: TriMet's RideWise

Devon will visit with us about utilizing the Portland area's TriMet system. Find out how to easily negotiate our area's fabulous transit system.

MAY GROCERY SHOPPING

Concierge shopping will continue on Thursdays during May, EXCEPT shopping will be on FRIDAY, MAY 20th, instead of the 19th. Grocery lists must still be in by 2:00 pm Wednesdays.

The Grocery bus makes weekly trip to Winco and Fred Meyer, Fridays at 8:30. Please sign up at the office.

VILLAGE VOICES

My Mother Was Beautiful ~Joan Sharpe Yu I knew she hadn't time To contemplate

her fate.
She ran it past
Before reruns were compared.

Time changed places.
As she slowed,
The outer flower withered.

But curiously,
The beauty transformed
And the flower re-opened anew.



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!

MAY BIRTHDAYS

- | | |
|----|---------------|
| 6 | Lea Delight |
| 7 | Rose Frazier |
| 8 | John Barrows |
| 9 | Vi Huntington |
| 22 | Debie Jackson |
| 28 | Esther Jones |



- | | |
|----|----------------|
| 29 | Mavis Petersen |
| 29 | Kathryn Duff |
| 30 | Mona Thompson |
| 30 | Curtis Bunch |
| 31 | Tiney Husbands |



OUTING TO CRYSTAL SPRINGS RHODODENDRON GARDEN

TUESDAY, May 3rd
1:30 pm ~ \$7 bus & admission
Come with us to explore the beautiful gardens close to Reed College. The paths are accessible and there are plenty of places to sit and enjoy the rhodies, which should be in full bloom!

CHS's SPRING MUSICAL: "THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE"

THURSDAY, May 5th
6:30 pm ~ \$11 bus & admission
The show centers on a fictional spelling bee set in a geographically ambiguous Putnam Valley Middle School. Six quirky adolescents compete in the Bee, run by three equally quirky grown-ups.

MOTHER'S DAY TEA

TUESDAY, May 10th
2:00 pm ~ Community Room



Don your favorite hat, or just come and you can choose one as well as a favorite teacup. Sign up outside the activity office and let us know what you would like to bring to this **potluck** event—it could be a dessert or a savory item, but it should go well with tea.

BREAKFAST OUT TO ELMER'S & SHOPPING AT BIMART

Tuesday, May 17th
8:30 am ~ \$3 bus

 Invite your friends to join us for breakfast at Elmer's on 181st. Then use your energy from a good meal to go shopping at Bimart on Hogan! Get your lists ready!

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.



JEOPARDY!

MON- DAY,

MAY 16TH

11:00 am ~ Community Room

We're having a great time playing Jeopardy together. Come test your knowledge and win some prizes!

THE VILLAGE BIRTHDAY PARTY

THURSDAY, May 26th
3:00 pm ~ Community Room



EVERYONE is invited to come celebrate April and May birthdays! There will be entertainment, cake and ice cream and we always have a great time!



BOOKWORMS BOOK CLUB!

TUESDAY, May 24th
11:30 am ~ Small Meeting Room

May's book is "*The Invention of Wings*" by Sue Monk Kidd.

This exquisitely written novel is a triumph of storytelling that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved.

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

MAY

GUESSING CONTEST

Stop by the office and guess how many **May Flowers** are in the container. April's winners were Barbara Pierce and Isla Hastings, who both had **perfect** guesses of **375 total jelly beans!**



THANK YOU!

The American Red Cross extends a hearty thank you to everyone who donated (as well as attempted to donate) at our blood drive in April. We met our goal of 17 units, enabling us to impact at least **51 lives!**



American Red Cross



RESIDENT APPRECIATION DINNER

12:00 PM, THURSDAY, MAY 19TH

In honor of "Our Favorite Things!" -YOU!



Menu:

Caesar Salad
Herb-Crusted Salmon
Vegetarian option: Vegetable Croquettes w/Hollandaise
Rice Pilaf

Green beans Almandine
Rolls

Apple Dumplings w/ Caramel Drizzle

You MUST make your reservations for eat in or delivery
BY NOON, MAY 12TH!

DID YOU KNOW?

Most people don't know that back in 1912, Hellmann's mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York. This would have been the largest shipment of mayonnaise ever delivered to Mexico. But as we know, the great ship did not make it to New York. The ship hit an iceberg and sank, and the cargo was forever lost. The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great, that they declared a National Day of Mourning, which they still observe to this day. The National Day of Mourning occurs each year on May 5th and is known, of course, as Sinko de Mayo.