

June's Kitchen Korner

June Lavoie

Wowzers!!! It sure has been warm!

We are so happy that you all love to come enjoy ice cream. We will be having different flavors as time goes on. When one runs out, we will be replacing it with a new flavor. We will now be offering ice cream from 2pm to 4pm. We hope you all understand that we need time to recoup from lunch and do a little clean up along the way, but we are here to get you that ice cream. Just make your treat plans between 2pm and 4pm. If you have any flavor suggestions, please let me know and we will do our best.

Its time to Celebrate our Residents!! Be sure to sign up for the Resident Appreciation Dinner that is currently scheduled for July 14. We have limited space for indoor dining but we are delivering as well. This meal is free to you as an appreciation for all you do to help Your Village Retirement Center be the wonderful community it is.

Thanks for stopping in for the read. We look forward to seeing all your smiling faces. Remember ICE CREAM is now from 2pm to 4pm every day. New flavors arriving: Mocha Almond Fudge, Wild Blackberry and Chocolate Peanut butter. We still have Banana Split, Maui Wauai Sherbet and No Sugar Added Black Cherry...while supplies last.

Happy Days ~ Chef June, Samantha, Nicole, Rose and Lori



The Village News

JULY 2022

Happy July!

I'm going to jump on the recycling bandwagon for this month's article. We had a great presentation on recycling through the City of Gresham in June, led by master recycler, Kris LaMar. Those who attended learned a great deal about recycling and how often we think we understand what can and cannot be recycled, but are often incorrect. I've included handouts inside this newsletter with recycling information that Kris handed out at the meeting. I encourage you to keep them handy (like on your refrigerator), so you are continually reminded of what goes in the trash and what goes in the recycling bins. Kris wanted to look at The Village's recycling bins and we found items that did not belong in every single bin! I bet we can do better than that! Here are just a few things to keep in mind:

- ◆ Only corrugated cardboard should go in the cardboard bin
- ◆ No plastic bags **at all** in recycling bins
- ◆ Pizza boxes are NOT recyclable, nor anything else that is contaminated with food

Let's take pride in our Village and help make the world a better place for our children, grandchildren and successive generations. We are a very caring community—let's care for our earth that God created so beautifully for us!

On another note, please read your newsletter carefully and sign up soon for activities you'd like to participate in and get your tickets for the Resident Appreciation dinner now! ~ Solveig



Know Your Neighbors

Tiffany Brasesco

Judy Wiedemann, #114

Judy was born in Sacramento, California, as it was the closest hospital to Camino, CA where she was raised on an apple orchard. When she and her husband decided it was time for a family, they also wanted to raise their children on a farm of some kind. They lived in Somis, CA where they had an avocado farm! She recalls paying their two children, a boy and a girl, \$.25 per bucket that they filled up with avocados.

Judy is very much a family person. When I asked Judy what home means to her, it was clear that home is anywhere her family is. Judy is very excited to be closer to her only grandchild, a young boy that plays baseball and sings in the school choir.

Judy's favorite holiday is Thanksgiving. This is for two reasons: the first is because her birthday is so close to Christmas, but most of all it is such a family oriented holiday. Having her son nearby means that Judy will not have to host and prepare this year's Thanksgiving feast; instead she will get to go enjoy the time with her family.

Judy moved here from Tillamook, OR. She and her late husband retired there 18 years ago. Judy is looking forward to the many outings with us here at The Village, along with being involved in many activities! Say hello and talk about the arts with Judy when you see her on her walks around campus!

WELCOME NEW NEIGHBORS

Joyce Jordan into #3

Barbara Swardlik into #62

David & Carol Walcker into #73

Franklin & Marcella Gearhart into #86

Jan Wagoner into #91

Jan Clendenon into #92



THE VILLAGE OFFICE
WILL BE CLOSED
MONDAY, JULY 4TH,
IN HONOR OF
THE BIRTH OF OUR COUNTRY



Administrator's Corner

Dear Residents,

We have had one of our wettest springs in years and now we have had a sample of the hot summer. Let's hope the rest of summer is not too hot. I hope you enjoyed our Strawberry Feed last month. This month we get to share our Resident's Appreciation Dinner that we had to postpone earlier due to COVID. I hope everyone will sign up and join us as we celebrate YOU - our residents.

We have a book called the Helpful Information Guide. We give it out to each resident when they move in. In it you will find very helpful information that will help you understand what services are available to you to make your lives easier. We find that many times people are frustrated over what to do or how to get something done. Often the answers are in your Helpful Information Guide. We encourage you to read it often so your questions will be answered. We are still happy to answer your questions, but it is even easier to understand the answers if you read over the Helpful information Guide first. If you are new, we ask you to read it. If you have been here for a while, we encourage you to read it again. If you need another copy, just ask for one at the Office.

Our apartment transitions are continuing. This month we have new residents scheduled to move into #'s 62, 92, 3, and 73. Please welcome your new neighbors as they move in. The good news is that we have no new notices at this time.

As you have seen, we have had many new residents in the last few months. We still have a waiting list on most apartments, but it is not as long as it has been in the past. Be sure to let your friends and family know that now would be a great time to get on the list so they can join us here at The Village.

Our new fence has been installed between us and Powell Vista Manor. We are happy that it will bring added security. The fence installers did a great job. We have many other projects that are in the works, but many of them depend on us getting adequate staffing in place first. We are still looking for maintenance staff as well as additional housekeeping staff. If you know of friends or family who want to work in a great place, please tell them to contact us.

We have a new Grounds Supervisor! His name is Robb. He comes to us with a great deal of experience in both park and residential grounds care. He has worked for municipal and private companies as well as operating his own landscaping business. We are glad that he has joined our team. Be sure to welcome him to our Village Family.

Please remember that we serve great lunches every day in the café. Even though it may not be listed on the menu, we always offer a similar vegetarian entrée as well as the meat entrée. No need to cook, just stop by and enjoy a meal with your friends and neighbors.

I want to thank you for all of the help that our volunteers have been doing recently. It is encouraging and appreciated. From pulling weeds in the lawns and beds, or sweeping or watering or picking up trash or checking on your neighbor, answering phones or delivering trays or any number of different ways that you have been helping out - Thank you!

I need to ask all residents to not release any squirrels that we are trapping. We have had squirrels do extensive destruction to residents and staff cars, causing great expense. They have destroyed lawn furniture and caused other problems around campus. We have been trying to reduce their population by relocating them. Our Village Council has recommended that we try to reduce their population. Please do not hinder these efforts.

This month our thankfulness wall asks the question: "What is your favorite summertime activity?" Stop by and share your thoughts and see what others have written.

Have a great July! ~ Dennis

Quote for the Month

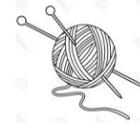
The ability to be at peace in any situation, with your Creator's help, constitutes true freedom.
~Unknown

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.



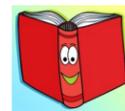
CRAFT TIME

FRIDAY, July 8th
2:00 pm ~ Kitchen Annex
Come craft and laugh with Chrissy!
Be sure to sign up outside the
Activity Office.



GRIEF SUPPORT GROUP

MONDAY, July 18th
1:00-2:00
Adventist Hospice hosts a
Grief Support Group
in the Sitting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, July 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! 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, July 19th
1:00 pm ~ Small Meeting Room
Anyone is invited to meet and help plan exciting activities for our community.
Come share your ideas!



BINGO

TUESDAY, July 26th
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!

The Village Foundation

Well I hope your summer is starting off well. The Foundation once again made over \$1,000.00 in the garage sales for June. Thank you for your donations and for purchasing what you can use. We have been given a 55" TV new style, a real Lane cedar chest, and a Lift chair. If you can use any of those things please let myself or Tiney Husbands know. Many other items are also available. Have a Happy Fourth of July! May God bless you. ~Jan

Village Monday Gatherings Mondays at 11:00 in the Community Room

Monday July 4th: NO MONDAY MEETING
"Happy Independence Day!"

Monday July 11th: Jenny Coulter with NW Medicare Advisors

Are you confused about Medicare? Come learn and have your questions answered.

Monday July 18th: Enable Dental

Are you tired of going to the dentist? Maybe it's time for the dentist to come to you! Join us for an informative presentation about Oral Wellness Care - complete with jokes and giveaways!

Monday July 25th: Estate Planning with Nathan Begley

Attorney, Nathan Begley, is returning to The Village to give us more information on how to protect our assets.



JULY GROCERY SHOPPING



Concierge shopping will continue on Thursdays during July, EXCEPT shopping will be on FRIDAY, July 15th, instead of the 14th. Grocery lists must still be in by 2:00 pm Wednesdays.

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



A Note from the office:

Please remember to register your vehicle/vehicles with the main office. Also make the office aware of any visitors that are staying overnight with a vehicle. This helps us identify vehicles of residents or guests.

When your car doesn't work it can be a very stressful time getting it repaired.



The Village Council has been working on a service that can provide you with knowledgeable advice for getting your car fixed. If you would like this assistance please contact the office and they can connect you with help.

Thank you for all your donations of used eye glasses and hearing aids for the Lions Club. Keep bringing them in to the donation box in the lobby. At this time, there is no further need of used laptops.



VILLAGE VOICES

Fourth of July

I'm glad I live in this great land
The home of the free and the brave
It's free because some took a stand
Though it led them to the grave.

We owe a lot to the servicemen who
Had to die so we could be free
They gave their lives for the red, white and blue
And they did it for you and me.

This is the greatest country on earth
May our flag so proudly fly
As we celebrate Independence Day
On this Fourth of July.

~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 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!

JULY BIRTHDAYS

1 Kathy Davis
2 Teresa Lilly-Hollbrook
7 Jerry Davis
9 June Lavoie
12 Nancy Thomas
15 Linda Price
16 Samantha Carlson
16 Donna Thomas
17 Bob Burback
20 Kathleen Smith
20 Harold Krull



20 Wendall Wagler
22 Solveig Nyberg
24 Nancy Armintrout
25 Rose Barrows
25 Linda Skeels
25 Bob LeBlond
26 Sue Anderson
26 Ruth Fevec
27 Ed Herman
31 Tim Krueger



JEOPARDY!

TUESDAY, July 5TH
11:00 am ~ Community Room

In honor of Independence Day, this Jeopardy game will be focused on patriotic trivia! Come have fun and test your knowledge.

"CELEBRATING AMERICA" CHIME CHOIR AND SING-ALONG

THURSDAY, July 7th
1:30 pm ~ Community Room

Keeping the patriotic theme going throughout the week, the Village Chime Choir, "Belles and Beaux", will present some American pieces and then we'll lift our voices in honor of our country's birthday!

RESIDENTS' MEETING

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

Make sure you attend this very informative meeting! Find out what is currently happening at The Village and bring your questions. Pick up your name badges on the way in. You may win a door prize!



DINNER OUT TO OLD SPAGHETTI FACTORY

TUESDAY, July 12th
4:00 pm ~ \$5 bus

Invite your friends and neighbors to have a delicious dinner together at this favorite Italian restaurant in Clackamas!

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.



BREAKFAST OUT TO TOLLGATE INN & VISIT TO THOMPSON FARMS

TUESDAY, July 19th
8:30 am ~ \$5 bus

Join us for a lovely drive to Sandy for breakfast (and to stop in at their bakery). Afterwards, we'll stop at Thompson Farms to see their operations and maybe purchase some very fresh produce!



OUTING TO VIEW WATERFALLS ALONG HISTORIC COLUMBIA GORGE HIGHWAY

THURSDAY, July 21st
9:00 am ~ \$12 bus

Enjoy a lovely bus trip along the Historic Columbia Gorge Highway. We'll see Crown Point, Bridal Falls, Multnomah Falls and more! On our way home, we'll stop for lunch at the brand new Troutdale Station, where there are plenty of food cart options.



VILLAGE BIRTHDAY PARTY

THURSDAY, July 28th
3:00 pm ~ Community Room

Everyone is invited to celebrate June and July birthdays at our bimonthly party! Come enjoy entertainment and ice cream and cake and good ol' fashioned camaraderie!



JULY GUESSING CONTEST

Come guess how many **patriotic M&M's** are in the jar at the office window. June's winner was Joy Williams with a guess of 225! The correct number was 221 DumDums.



BOOKWORMS BOOK CLUB!

TUESDAY, July 26th

11:30 am ~ Small Meeting Room

July's book is

The Lincoln Highway by Amor Towles
A 2021 NY Times Bestseller

Set in the 1950s, *The Lincoln Highway* is filled with nostalgia as well as the gentle naïveté and hijinks of those who are young, optimistic, and on a mission

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

VILLAGE VIDEO VIEWING

TUESDAY, July 5th at 1:00 pm **OR**
FRIDAY, July 8th at 11:00 am
Community Room



We are offering two opportunities to view the video that we have been working on the past several months. Make sure to not miss seeing this beautifully filmed and edited video that features our campus and many of our residents.

"SOUND OF MUSIC" at CLACKAMAS REP

THURSDAY, August 25th
6:30 pm ~ \$53 Bus and tickets

Clackamas Rep has wonderful, semi-professional productions! Please **sign up AND pay by July 7th** to ensure our reservations.



RESIDENT APPRECIATION DINNER

12:00 PM, THURSDAY, JULY 14TH

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 NEW reservations for eat in or delivery

BY NOON, JULY 5TH.

Please get your tickets at the office, EVEN if you had tickets for the can-

