

HUGS

In order to be happy
You need ten hugs a day
So if you want to get one
Give lots of hugs away.

Give them to your children
Or your husband or your wife,
And notice how much happiness
Will be added to your life.

Give them to a neighbor
Who drops in for a chat,
But if nobody comes to visit
Hug your puppy or your cat.

If you want to get a hug
You first have to give one.
Once you start you will not stop
'Cause hugs are so much fun.

The greatest part of hugging
I have always learned
Is, whenever you give a hug away
It usually is returned.

~ Ann Ingermanson

CONTINUED PRAYERS NEEDED

Gresham police officer, Jarom Sweazey, was one of the officers who came to The Village to accept our donations for their Buddy Bear program earlier this year. The treatments for his advanced stage 4 melanoma are not being effective. He and his wife and small children could use your continued good thoughts and prayers!

If you would like to send him a card, you may send one in care of the
Gresham Police Department
1333 NW Eastman Parkway
Gresham, OR 97030.



LAUGH WITH RAMONA

“ I hate peer pressure and you should, too!”

“I accidentally handed my wife a glue stick instead of a chap stick.
She still isn't talking to me!”

The Village News

AUGUST 2022



Happy August,

How can it be the 8th month of the year already? I can't get over how quickly time flies! I'd like to thank all of you that helped make my birthday such a special occasion; your thoughtfulness with all your cards and well-wishes meant the world to me. We have such caring residents here at The Village.

Did you know that August is "Admit You're Happy Month"? Being happy doesn't just make us feel better, it improves our health. It helps us eat healthier, be more active and sleep better. Because happiness leads to healthier behaviors, it helps stave off high blood pressure and excess body fat, resulting in lower risk of stroke and cardiovascular disease. Ways to help yourself with happiness are to practice positivity, count your blessings, practice random acts of kindness and stay connected with ones you love to keep your spirits high. And you can help your happiness by engaging in the many activities we try to provide for you here at The Village! Whenever we gather together to go out to eat, when we celebrate at our bimonthly birthday party when we play Bingo and other games, there is laughter and joy which contributes to your healthiness and well-being!

Please look through everything there is to do in our newsletter this month and maybe try something new—for example, sign up for Bunco, come play Croquet, or join us for an outing on the bus....Get healthy! BE HAPPY!!!

~Solveig



Know Your Neighbors Tiffany Brasesco

Toni Pickelsimer, #316

Toni was born in Port Angeles, Washington and was raised in Tillamook, Oregon. It was 18 years ago that she moved into The Village. During her time here, she has enjoyed helping her neighbors with various tasks and grew very fond of our church here on campus. The first couple of years of living here she used to drive to the Tabernacle in Portland until she decided to just give the church a chance. She ended up really enjoying it and made the switch. Toni's favorite 'holiday' is the Sabbath, the day of rest for God.

Growing up, Toni spent her summers helping on her aunt and uncle's farm. After grade school she was enrolled at Laurelwood Academy where she met lots of wonderful people, some of which also currently live here!

Toni has 8 daughters and one son, so she has many grandchildren, some great grandchildren, and even some great great grandchildren. Most of Toni's family lives within the states of Oregon and California with the exception of a daughter who lives in Canada where all of Toni and her children lived for some time.

Toni retired from being a CNA. Originally she worked for the Adventist in Home Care until the department dissolved then became a private CNA for the four clients she had with Adventist. Toni is a helper by nature and enjoys spending her time with others and doing as she can. Say 'hi' when you see Toni around campus.

WELCOME NEW NEIGHBORS

John and Anita Silvestri in #53



AUGUST "HOLIDAYS"

- August 3rd: National Watermelon Day
- August 5th: National Water Balloon Day
- August 7th: Friendship Day
- August 8th: Sneak some zucchini onto your neighbor's porch Day!!

NEWS FROM THE OFFICE

Attention:

The office will temporarily be relocated to the small meeting room (in the community building) **AUGUST 8TH-12TH** for carpet replacement.

CALLING ALL ARTISTS

LeadingAge Oregon's annual Ageless Art will be a little different this year. We will host our own Village Art Show in September and will submit a slide show from it for LeadingAge. Please let Solveig know if you have art work you'd like to show!

Administrator's Corner

Dear Residents,

The hot weather of summer is here. I hope all of you are staying cool. Be sure to drink plenty of fluids and take care of yourselves. Avoid being out during the hottest parts of the day.

The Oregon OSHA has put out new rules regarding employees working in hot conditions. You may see our outside workers leaving earlier on really hot days. This is to remain in compliance with these new rules. We used to do it simply because it was the right thing to do, but now there are rules that require it. It seems that every year there are more and more rules to comply with.

It has been so nice the last couple of weeks to have all of our apartments full and no one transitioning. We have received one notice to vacate and expect to receive at least one more soon. We have looked at the number of move-ins over the last 15 months. We were surprised to find out that about 1/3 of our residents have changed over that period of time. Some of those have moved across to other apartments, but the majority of them are new residents. So if YOU are a new resident, you are not alone. All of us can reach out to each other for support, understanding and friendship.

Our grounds and maintenance staff have both been working hard at catching up with tasks that have had to be delayed. Thank you very much for your patience as we keep working on the big task of getting everything caught up. We are also starting up our annual in home maintenance check. Someone may be knocking on your door or calling you to check on some maintenance items in your apartment. Feel free to ask to see their Village ID card if you do not know them.

Please remember the importance of reading your Helpful Information Guide. It can help you understand what services are available to you and how to get them.

Sometimes people are confused by what our community gardens are. They are actually just plots of land that some of our residents garden in. Residents pay a small fee each year to help offset the costs of the water that is used. But the gardens and the produce from them belong to the people who plant and care for them. The gardens are not there for others to come by and harvest from. That is reserved for the owners who have put a lot of work into making them nice and producing fruits and vegetables (and even flowers). Please be respectful of our gardeners and their hard work and do not take their produce from them.

We are happy to announce that we have 3 new employees. Josh Beauchamp has joined our Grounds team, Brad Thompson has joined our Maintenance team and Sadie Bolton has joined our Housekeeping team. And we want to welcome Cade Oxentenko to our Grounds team who should have been acknowledged in last month's newsletter. Be sure to welcome them to our Village Family.

Following the recommendations of the Village council, we have decided to start closing the east gate at 6:00 in the evening, beginning August 1. It is just another step in making our campus more secure.

Remember that you can still exit either gate any time. If the east gate is closed, just wait behind the white line for it to completely open. If you are entering The Village after 6:00 pm, just use the west gate. We are also opening the gate between us and Powell Vista manor only between about 8:00 am to 6:00 pm. This will allow increased access for our residents to access Powell Valley where many of our residents have moved to.

I recently came across an excellent blog article that I feel is very helpful. It talks about how to be there for a dying friend. But it's principles can apply for helping others under stress also. If you are interested in reading it, copies are available at the front desk.

This month our Thankfulness Wall asks the question: "What is your favorite way to cool off?" Share your secrets of comfort during this hot season and see what others have written.

Have a nice August,
Dennis

Quote for the Month

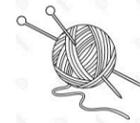
A simple act of caring creates an endless ripple that comes back to you.
~Unknown

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.



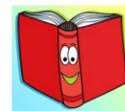
CRAFT TIME

FRIDAY, August 19th
2:00 pm ~ Kitchen Annex
Come craft and laugh with Chrissy!
Be sure to sign up outside the
Activity Office.



GRIEF SUPPORT GROUP

MONDAY, August 15th
1:00-2:00
Adventist Hospice hosts a
Grief Support Group
in the Sitting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, August 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! 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, August 16th
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, August 30th
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

This year is rushing by. I hope you have Made some good memories. My family has so many things to celebrate this month. I love to see the family as they grow, but that reminds me that I am growing older along with them. But age is just a number, it is your state of mind and condition of your body that really counts.

These days are so hot!
Please remember to stay hydrated and get somewhere to keep cool.

Remember we are here to help you in a financial crisis. Just ask for Dennis or me.

Thank you again for all the donations. The garage sale will be Friday, August 12th and 19th. Get the word out and let's have some great sales. Volunteers are always needed and welcomed.

God bless each of you! ~ Jan

Nancy Armintrout, #84, still has a great deal of adult underwear that Sanctuary Church gave to her to be distributed to those who need it here at The Village. Please contact her if you would like some.

Need your hair done?
Contact Kathy at 503-544-6197

She is available most Fridays by appointment. Everyone says how good Kathy is. Don't miss out!

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

Monday August 1st: Gresham is —
The Gresham Chamber of Commerce has made some wonderful videos featuring our lovely city. Definitely come and watch it if you are new to the area and even if you have lived here your whole life!

Monday August 8th: Armchair Travel –Israel
Bring your passport and travel to Israel with us. Alex Marcus will enhance our travelogue by sharing her personal experiences. We'll also enjoy a treat.

Monday August 15th: Village Show and Tell
Do you have an item with a great story behind it? Bring it today and let's have a wonderful time sharing and discussing each item.

Monday August 22nd: No Meeting

Monday August 29th: Taunya McKee on Doernbecher's Children's Hospital
Come hear about some of the history of Doernbecher and its NICU from our previous activity coordinator, Taunya.

AUGUST GROCERY SHOPPING

Concierge shopping will continue on Thursdays during August, EXCEPT shopping will be on FRIDAY, August 19th instead of the 18th. 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.

Reflective Thoughts

Pastor Bob Brotherton

Dear Village Community,

The Village Retirement Center is clothed in the beautiful greens of summer and I'm sure all of you are drinking a lot of water and staying cool. What a wonderful time of the year we are in. At The Village Community Church, we are enjoying much wonderful music and we are about to finish our study in the Gospel according to John. We, of course, want to be life long students of this deep and penetrating portion of God's Holy Bible. Once again, I would like to set before you the purpose statement of this Gospel which comes near the end. What a statement for study, meditation and life.

And truly Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and believing you may have life in His name. John 20:20-21

*Love in Christ,
Pastor Bob Brotherton*

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!

AUGUST BIRTHDAYS

2	Rollie Halberg	12	Duane Thomas
3	Gudrun Bartholomew	15	Gary Ihle
3	Tiffany Brasesco	16	Anita Silvestri
3	Mary Dickinson	16	Brad Thompson
3	Marcella Gearhart	16	Ed Wade
3	Robb Scarbrough	17	Betty Burbach
4	Carol Krueger	23	Jan Johnson
9	Linda McSweeney	26	Maxine Johnson
10	Ben Brown	26	Karen Stai
10	Josephine Litvin	27	Teresa Ashton
11	Jackie Herman	27	Shirley Jordan
12	Sue Blanning		



DINNER OUT TO THAI CARNATION

TUESDAY, August 2nd
4:30 pm ~ \$4 bus



For a change of pace, let's go have some delicious Thai food! From chicken satay to pad thai to curries, this restaurant serves up very flavorful cuisine.

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.



MOVIE MATINEE

WHERE THE CRAWDADS SING

THURSDAY, August 4th

11:45 am ~ \$11 bus and ticket

Stay cool during the dog days of summer sitting in an air-conditioned movie theater. From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina.

BREAKFAST OUT TO KINGS OMELETS TRIP TO PACS

TUESDAY, August 16th

8:30 am ~ \$5 bus



We haven't been to this breakfast place since pre-Covid times. It's a great way to start the day. Then we'll head up the street a bit to see what PACS has to offer at its thrift stores.

OUTING TO

SWAN ISLAND DAHLIA FESTIVAL

THURSDAY, August 11th

9:00 am ~ \$12 bus



Let's take a trip to celebrate the season of DAHLIAS! A Rainbow of Color! We'll stroll through a beautiful display garden of stunning dahlias featuring over 370 varieties. Then we'll head into Canby for lunch at the Backstop Bar and Grill—which is becoming one of our favorite restaurants.

GAMES, GAMES, GAMES!

Do you like to play games, but are having trouble finding partners? **Rosemary Hopkins, #29**, is looking for people to play pinochle and **Dana Volkert, #106**, is looking for people to play Scrabble. Give them a call and set up a game date!

BUNCO

TUESDAY, August 9th
1:30 pm ~ Community Room



Sign up outside the activity office to secure a spot for this fun game! Don't worry if you don't know how to play—the rules are easy and it's TONS of fun! It's also a great way to get to know new neighbors and have a chance to win prizes!



AUGUST GUESSING CONTEST

Come guess how many pieces of popcorn are in the jar at the office window. July's winner was Xintao Yu, #331, with a guess of 1250! The correct number was 1437 M&M's.



BOOKWORMS BOOK CLUB!

TUESDAY, August 23rd
11:30 am ~ Small Meeting Room
August's book is

The Giver of Stars by Jojo Moyes.

Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic.

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

ENABLE DENTAL

is a mobile dental service that would hold dental clinics here at The Village. If you would like more information, brochures are available in the lobby of the Community Building.



NW MEDICARE ADVISORS

Jenny Coulter from NW Medicare Advisors will begin coming to The Village in **September** to help guide you through your Medicare questions on a one to one basis. Watch for the sign up sheet next month.

"SOUND OF MUSIC" at CLACKAMAS REP

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



VILLAGE BBQ

12:00 PM, THURSDAY, AUGUST 18TH

\$10 PER PERSON

MENU:

Hamburgers and Veggie Burgers
Potato Salad
Watermelon Slices
Ice Cream Treat
Assorted Beverages

You **MUST** make reservations for eat in or delivery

BY NOON, AUGUST 8TH

Please get your tickets at the office

