

# June's Kitchen Korner

June Lavoie

May is here and I am wondering just like the rest of you, Will we see the beautiful weather? Will we feel the warm sun on our vitamin K deprived bodies? I sure hope so. Cameron and his crew work so hard to beautify our campus, please make sure to thank them all. It's such a privilege to come to work every day and see the beautiful landscaping.

We will be having our Annual Resident Appreciation Dinner on May 18<sup>th</sup>. We do hope to see you all. This dinner is free to you all but it is very important that you contact the office to reserve your ticket in the time frame allotted. I want to make sure everyone gets a wonderful meal, but I need your help, so please get those reservations in by **4:00 pm, May 6<sup>th</sup>**. Thank you so much in advance for your expedience and cooperation.

Another issue on my mind is *ice cream*. *Hard ice cream* or *ice cream bars*??? I am leaning towards starting the afternoon ice cream experience again this year, but not until Memorial Day weekend. I am hoping the weather will cooperate at that time. If you have a favorite ice cream you would like to see, please drop a note in the suggestion box. Remember, I cannot have every flavor at one time, only four. We will do our best to meet your requests throughout the summer. I need all your votes on flavors and types, so please use that suggestion box and fill it up for me.

Thank you for allowing us the opportunity to serve you,  
Chef June, Brea, Sonya and Rose

## Know Your Neighbors

Tiffany Brasesco

What is it like to be the housing coordinator? In a word, rewarding. When I began this journey almost 3 years ago, I was leaving my two boys for the first time. Connor was four and Wyatt had just turned a year old. In fact, I remember sitting down with Dennis to discuss my start date and how accommodating The Village was to respect that I wanted to wait until he turned a year old. This was in 2020 so we were in the Covid Era and we weren't doing any kind of apartment tours at all unless they were empty, so my start date had some flexibility. In my previous jobs I never had an office all my own so to have that here, it felt like a big deal!

During these last almost 3 years I have had the pleasure to meet so many wonderful people. Part of my role is to also do resident interviews for the newsletter! I apologize as the articles have not been consistent due to my duties fluctuating; I know how much some of you readers enjoy this section. I will be reaching out to residents again very soon to set up interview times; we can chat at your place or mine. If you're open to having an interview but I haven't spoken to you yet, please feel free to call the office to ask for me or send me an email. ([tiffany@villageretirementcenter.com](mailto:tiffany@villageretirementcenter.com)) I am looking forward to continuing to get to know our neighbors! Thank you for allowing me into your lives! ~Tiffany

# The Village News

MAY 2023

Happy May!

The month of May is named after Maia, the Roman goddess overseeing growth. And after all the rain we've had in April, there should be an abundance of colorful flowers growing and bringing us joy this month! We'll have opportunities in May to witness beautiful growing things when we go to Al's Garden Center on the 4th and Schreiner's Iris Gardens on the 16th.

Our annual Resident Appreciation Dinner will be held on May 18th. The theme is "You are Our Favorite Work of Art" (from the song, "My Funny Valentine"). This is a complimentary dinner, but you still MUST sign up and get your tickets at the office BEFORE 4:00 pm, May 6th, or you will be charged for it. June's menu looks delicious!

I would like to let you know how much I truly appreciate each and every one of you wonderful people. You have shown so much love, support and care in regards to my trip to New York and my concert in Carnegie Hall on April 29th. I should be receiving a DVD recording of the concert and would love to share it with you, so watch for an upcoming "concert" happening in our Community Room.

Speaking of concerts, Ron Neighorn is bringing his choir from Dexter McCarty Middle School on May 23rd. His students always are a joy to watch and listen to.

Enjoy the sunshine and all the beauty that May brings with it!

~Solveig



WELCOME NEW NEIGHBORS

MARGARET NIKANDER—#206

OMER & LYNNE SCHNEIDER-#21



Remember -  
our fallen heros.  
They are the reason  
that we are free.

The Village News is a publication of The Village Retirement Center - 4501 W Powell Blvd  
Gresham, Oregon 97030 (503) 665-3137 [www.villageretirementcenter.org](http://www.villageretirementcenter.org)

# Administrator's Corner

Dear Residents,

While Spring started in March, the plants and flowers are on their own schedule. Some of our plants are blooming 6 weeks later than usual. We are glad for the warmer days of May.

Our transitions continue with changes happening. Margaret Nikander has moved to #206 and new residents are moving into # 21, #108 and #1. Be sure to welcome your new neighbors.

I am happy to announce that our Community Room meeting chairs are scheduled to be here the first week of May. We have waited a long time and it will be nice to have them.

Our next big project is the paving of the upper circle and the road into the 300's. This is going to be a big project and will impact all of us. There will be times that you may not be able to park your vehicle where you normally do. We will be notifying every one of how this will impact you and what you need to do if you need access to your vehicle when the road is closed. While it is too early to know for sure, since the weather determines a lot of it, we are hoping that the project will start the last week of May or the first week of June.

As we explained at the Resident's Meeting, our security has been greatly enhanced by our cameras in the front of our community. The cameras notify us when someone comes on our property. This gives security a lot of information so that they can keep track of who is here. Please be sure to keep watch in your own neighborhoods. If we are all aware of what is going on around us we can be a safer community. Don't hesitate to contact Security if you are aware of something suspicious, and/or to call 911 if you think it is a problem.

I hope all of you have taken the time to read your new Helpful Information Guide. It is an explanation of our rules and guidelines and the services that are offered. It is important to understand what is available and what is expected. I want to highlight one of the important rules that are listed. When you move to a retirement center you are making a commitment to not only sharing the benefits of living in a great place with people of your age, you are also making a commitment to living with rules that will benefit the safety of all of the residents here. One of those policies is our Guest Rules. You are welcome to have guests stay with you for up to two weeks. The office should be informed when your guests are staying longer than overnight. This is especially important as Security is keeping track of everyone coming on our property. These are rules that have been requested by past Resident Councils many times over the years, and have been made a part of The Rules and Agreements that everyone follows. If you have any questions regarding this or any other policy, please talk with me about them.

I hope everyone will come and hear our Gresham Mayor Travis Stovall speak to us on May 3 at 10:00 am. This will be his first visit to The Village. He will be talking about options to increase our police protection here in Gresham.

This month our Thankfulness Wall asks the question: What is your favorite part of springtime? Stop by and share and see what others have written.

Have a great May!  
Dennis

## Quote for the Month

"Spring shows us what God can do with a drab and dirty world."

~ Virgil A. Craft

## EXERCISE CLASSES

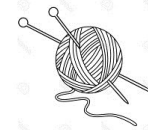
Monday, Wednesday, Fridays  
8:30 and 9:30  
Community Room



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, May 12th  
**2:00 pm** ~ Kitchen Annex  
Come craft and laugh with Chrissy!  
Be sure to sign up outside the  
Activity Office.

## GRIEF SUPPORT GROUP

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



## MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, May 24th  
1:30-2:15—Community Room  
The Multnomah Library will visit us again after their move to temporary quarters during the library's remodel.

## 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.

## TAI CHI

WEDNESDAYS at **2:20 pm**—Qigong for the heart

WEDNESDAYS at **3:00 pm** for Balance  
Community Room

Tai Chi classes will continue in May with 2—30 minute classes. The class at 2:20 pm will focus now on Qigong for the heart and the class at 3:00 will focus on **balance**.

## Wii BOWLING

FRIDAYS at **11:00 AND 1:00 pm**  
Community Room

Wii Bowling is offered at both 11:00 am and 1:00! Come bowl with friends or new neighbors! It's a great way to have fun!

## ACTIVITY COMMITTEE

TUESDAY, May 23rd  
**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**, May 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!

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

**Monday, May 1st: No Monday Meeting**  
 Happy May Day!!

**Monday, May 8th: Tory Thompson, Elderplace**  
 Join us to learn about Providence ElderPlace PACE – Program of All-inclusive Care for Elders. This national program is available to seniors who have low resources and high care needs. It is a public health option for those eligible for Medicaid. ElderPlace PACE provides medical care, transportation, in home care and much more at no cost to you. If you or a loved one is looking for more support come learn what is available. Families welcome.

**Monday, May 15th: Show and Tell**  
 Bring something you own of interest to the Community room and tell us its story.

**Monday, May 22nd: Armchair Travel to Mexico**  
 Bring your passports to get stamped for our trip to Mexico. Jean McEwen #7 will be on hand to talk about her experiences in Mazatlan and the school we helped donate supplies for.

**Monday, May 29th: No Monday Meeting**  
 Happy Memorial Day!



**MAY GROCERY SHOPPING**



Concierge shopping will continue on Thursdays during May.

Grocery lists must 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 by the volunteer desk.

*The Village Foundation*

The Foundation is looking for a “techy” resident to help with taking pictures of the sale items and posting them on different sites. Please contact Tiney @503-887-5808 if you can do this.

The monthly garage sale will be held on Thursday and Friday, May 25 & 26th. If you are able to volunteer, please call Tiney.

ENJOY THE SUNSHINE!

GOD BLESS YOU ALL!! ~Jan

**A VISIT WITH GRESHAM'S MAYOR**

WEDNESDAY, May 3rd

10:00 AM ~ Community Room

Don't miss this opportunity to come and meet our mayor, Travis Stovall.

He is coming to talk about Gresham Safety Levy Measure 26-239 which will be on the May 16th ballot:

- Adds police to address the unacceptable rising rate of crime.
- Ensures 24-7 emergency response by Fire and Police Departments.
- Restores teams to traffic, homeless services, and neighborhood enforcement.
- Sets up a dedicated levy fund with community oversight holding the government accountable for where money is being spent.
- Professional staff additions for homelessness and those experiencing a mental health crisis.

**VILLAGE VOICES**

**MEMORIAL DAY**

May Thirty is Memorial Day.  
 We go to the cemetery and lay  
 Blossoms on graves of people who  
 Would have loved a flower from me or you.

Little flags so proudly wave  
 Over every Veteran's grave,  
 But when they were alive did we  
 Thank them for their bravery?

We owe a debt we can't repay,  
 But we bring rosebuds anyway,  
 Our parents' graves to decorate.  
 But isn't it a bit too late?

By our actions did we show  
 Love, so Mom and Dad would know  
 We thought they were the very best  
 Before they were laid to rest?

Why not bring your bouquet while  
 Friends can thank you with a smile.  
 They'll know how much they mean to you  
 By the little things you do.

~ 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!**

**MAY BIRTHDAYS**

- 6 Lea DeLight
- 7 Rose Frazier
- 7 Winston John Baptiste
- 8 John Barrows
- 11 Robert Ybarra
- 21 Jean Hewitt



- 22 Debi Jackson
- 22 Kathryn Williams
- 28 Ann Gimble
- 28 Esther Jones
- 29 Kathy Duff
- 29 Mavis Petersen
- 31 Tiney Husbands



**BE ON THE LOOKOUT FOR PHISHING SCAMS!!**

*If you receive an urgent email or letter request to unlock your bank account, verify your identity, or confirm account details, don't click any links or respond. It's likely a phishing attempt and should be deleted. Phone numbers can be spoofed to impersonate legitimate companies. If someone calls asking for your PIN, temporary access code, or online banking password, hang up AND CALL YOUR BANK!*

**MOVIE MATINEE at CINEMARK**

**"Are You There, God?  
It's Me, Margaret!"**

TUESDAY, May 2nd  
12:45 pm ~ \$9 bus and ticket

Based on the well-loved book by Judy Blume, this timeless coming of age story has transcended decades and spoken to generations. It is the theatrical event for everyone who has ever wondered if they fit in.



**BREAKFAST AT  
MCRAE'S &  
AL'S GARDEN CENTER**

THURSDAY, May 4th  
9:00 am ~ \$3 bus

Try to eat one of McRae's 12 egg omelets or any of their wonderful breakfast items. Afterwards we'll go get inspired to beautify our outdoor spaces by the beautiful flowers, plants and hanging baskets available at Al's Garden Center.



**MOTHER'S DAY  
POTLUCK TEA**

TUESDAY, May 9th  
2:00 pm ~ Community Room

Mothers should be celebrated all year long, so we're having a tea in honor of them! Please SIGN UP outside the activity office and let us know if you are bringing something sweet or savory to share. We will provide the tea and the tea-cups!

Bonnie Stevens will provide hats for you to wear, or wear your own!



**BUNCO**

THURSDAY, MAY 11TH  
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!

**OUTING TO SCHREINER'S IRIS  
GARDENS & LUNCH**

TUESDAY, May 16th  
9:00 am ~\$14 Bus & Admission

Join us for a lovely trip to this Iris Nursery north of Salem. Wander through their colorful gardens and have the opportunity to purchase flowers. We will stop for lunch on our way back.

**DEXTER MCCARTY MIDDLE  
SCHOOL CHOIR**

TUESDAY, May 23rd  
10:30 AM ~ Community Room



Our good friend, Ron Neighorn, will bring back his choir for a spring concert just for us. The students would love to visit with you following the program!

**VILLAGE BIRTHDAY PARTY**

THURSDAY, May 25th  
3:00 PM ~ Community Room



Make sure to come to our bi-monthly birthday party celebrating April and May birthdays! There will be live entertainment followed by cake and ice cream!



**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.

**MAY GUESSING CONTEST**

April Showers have brought May Flowers! Guess how many are in the jar at the office window. April's winner was Marvin Johnson, #5, with a guess of 300! The correct number was 306 Easter Eggs.

**GAMES, GAMES, GAMES!**

SUNDAYS 2-4 in the Community Room

Come meet with other game enthusiasts in the Community Room to play games, meet new people, make new friends! We have dozens of games in our game cabinet or bring your favorite!



**BOOKWORMS**

**BOOK CLUB!**

TUESDAY, May 23rd  
11:30 am ~ Small Meeting Room



May's book is:  
*A MYSTERY!!*

Come to the office to see what Carol G. from Multnomah County Library Outreach has brought for us to read for the month of May. She picks some wonderful reads for us and there are 10 large print copies available as well as an audible book!

**NW MEDICARE ADVISORS**

Jenny Coulter from NW Medicare Advisors will be here at The Village **May 19th** from 1:00—2:00 to help guide you through your Medicare questions on a one to one basis. She will meet with you in the sitting room. **Please sign up for a time on the sign up sheet outside the Activity Office.**

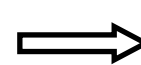
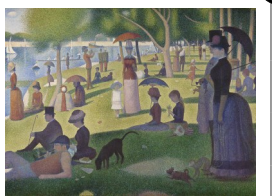


**RESIDENT APPRECIATION DINNER**

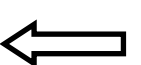
**"YOU ARE OUR FAVORITE WORK OF ART!"**

**JOIN US FOR A COMPLIMENTARY DINNER**

**THURSDAY, MAY 18TH~12:00 PM**



**WE MUST HAVE YOUR RSVP BY 4:00 PM, MAY 6TH**  
To-go dinners, guests and late sign-ups are \$14.00 per person



Starter: Fresh Veggie Platter with Hummus and Ranch Dressing  
Entrée: Lemon Dill Salmon or Lentil Loaf w/ Blackberry Balsamic Reduction

Served with Savory Couscous and  
Vegetable Medley and Hot Rolls

Finishing with Petits Fours Assortment and Fresh Berries