

# June's Kitchen Korner

June Lavoie

Hello Valued Residents,

Another month has come and gone already! We hope you are all enjoying the afternoon ice cream trips. We are sorry that we had to cancel the Strawberry Feed. Maybe next year will be better for the Berry Farmers.

We do have a fun July BBQ coming up on the 20<sup>th</sup>. Make sure to get those tickets early so you do not get left out.

We are currently seeking to add another staff member to our team in the kitchen. This is a paid gig, so if you want to earn some extra cash and help a lady out, give me a holler.

I hope you all enjoy your 4<sup>th</sup>. Have a safe and happy holiday!

Chef June, Rose, Brea and Sonya

## Know Your Neighbors

Tiffany Brasesco

### Kathy and Robert Ybarra #99

Married for 50 years, Kathy and Robert Ybarra have 4 beautiful children, 11 grandchildren and one great-grandchild! A lot of people love to know what brings others to The Village specifically, but for the Ybarra's that is a not so simple two word answer... The Lord. Many things in their life have led them here to retire in our wonderful community. This may come as a shock to most of you reading this, but Kathy and Robert only spent 3 months on the waitlist! That's what we call God's time!

Kathy enjoys hunting for beach glass; the different sizes and shapes she can find intrigue her and allow for some beautiful rock/pebble/glass art! Robert has a sizable collection of Hot Wheel cars and is getting back into collecting stamps and coins. Robert and Kathy have lived very busy lives so I asked them what they do to stay active in retirement; some may know that Robert is a volunteer for Security right here at The Village and Kathy has offered up her time to also volunteer at the reception desk. The two love to explore and be outdoors and they walk Powell Butte a lot. They've also made it a point to take one day a week to 'date' and make sure they do something they like TOGETHER.

If you're also looking to stay active and explore be sure you say hello to your lovely neighbors in #99.



Dear Residents,

Somehow the year 2023 is half over! I have always loved the month of July - perhaps because it's my birthday month, or because of fireworks on Independence Day, I'm not sure, but with beautiful summer days and long, warm evenings, it's a fabulous month of the year.

We will celebrate summer at The Village with our annual BBQ on July 20th. Make sure to make your reservations by July 11th and get your tickets at the office. We will also have some fun outings to the new Vancouver Waterfront, Dave's BBQ and a shopping trip to Deseret Industries, which is a fantastic thrift store. We'll play Jeopardy and Bunco and of course, Bingo!

I'm excited to bring a local singer-songwriter to our July Birthday Party on the 27th. Annie Sea's music will appeal to everyone. While we're on the subject, I'd like to remind you of our Village Wishing Wells: these cute little green wishing wells are out for your donations to help offset costs for entertainers and prizes. You'll see them during the birthday parties, bingo, bunco and other occasions. Please remember to contribute what you can!

We have a fabulous committee of staff members and residents who have begun working on the celebration of The Village's 60th Anniversary. This will be held on Thursday, September 14th, so SAVE THE DATE!

Happy 4th of July! ~ Solveig



### WELCOME NEW NEIGHBORS

Robin and Carol Pease in #1

Fran Cope in #309



THE VILLAGE OFFICE  
WILL BE CLOSED  
TUESDAY, JULY 4TH,  
IN HONOR OF  
INDEPENDENCE DAY



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,

Summer is here! Let's hope it will be a mild one. So far it has been really nice. If the weather turns hot, please remember to drink plenty of water and stay out of the heat. Remember that the best way to keep your apartment cool is to set it where you want it and keep it there. Do not try to get by without turning on the air conditioning and then turn it on when it gets too hot. If you wait until it is too hot then it is too hard for the air conditioner to bring the temperature down to where it is comfortable. The units will work well when they can keep the apartment an even temperature. But to expect them to bring the temperature down after it is too hot on a 100 degree day is expecting too much.

Thank you for your patience as we completed our new asphalt work. As part of this project we are going to put in two speed 'humps': one will be by #117 and another will be by #56. These are areas where there is no reason for people to be walking in the roadway, so there should be no risk of residents tripping over them. But please beware and don't try to walk in those areas. We hope these humps will help drivers remember to go slow and stay within our 10 mph limit. We are also considering the second phase of the asphalt project which would involve sealing the asphalt in the front loop. This might happen later in the summer. I will keep you informed.

Our sidewalk replacement project in the 89-100 area is going well. This is a huge project and one that will last quite awhile. Thank you for your patience as we make this huge improvement in that area. Our staff has been working hard and doing a wonderful job.

Please remember that there is no reserved parking on campus. The closest we come to that is we have a few spaces designated for parking for a specific area. There are no reserved spots for individual residents. Please respect this be accommodating of your neighbors and their needs.

Also please remember that the roadways where the curbs are painted red are no parking zones. These are required by the fire marshal. Do not park in these red zones. If you are actively loading or unloading it is fine, but the vehicle cannot be left there. Areas where the curb is painted yellow are also no parking zones, but parking is allowed for short durations such as up to 15 minutes or for certain authorized users. These locations are marked that way for the safety of other residents or to maintain accessibility for residents, postal vehicles and staff. Please be careful to follow these requirements.

Our transitions continue with Fran Cope moving across into #309 and new residents moving into # 321.

This month our Thankfulness Wall asks; "What can you and I do to make our country better?" Stop by and share your thoughts and see what others have written.

Don't forget that we serve good homemade meals in the Cafe every day. Lunch is served from 12 to 1 Monday thru Friday and 12 - 1:30 Saturday and Sunday. Come and enjoy the food and your friends and neighbors.

Have a great July!  
Dennis

## Quote for the Month

*"If we ever forget that we are one nation under God, then we will be a nation gone under."  
~ Ronald Reagan*

## EXERCISE CLASSES

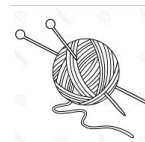
Monday, Wednesday, Fridays

9:30 am

Community Room



Come get moving and get your heart pumping! We will be having only 1 class at 9:30 during the summer while the weather is nicer for outdoor exercise.



## 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 7th

2:00 pm ~ Café Annex

Come visit and laugh as we do an easy craft with Chrissy! Be sure to sign up outside the Activity Office.

## GRIEF SUPPORT GROUP

MONDAY, July 17th

1:00-2:00

Adventist Hospice hosts a Grief Support Group in the Sitting Room.



## MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, July 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! You do NOT need to read music. If you have any questions, please call Solveig.

## LEARN TAI CHI FOR BETTER BALANCE

WEDNESDAYS 2:20 - Qigong for the heart and 3:00 PM—for Balance

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 11:00 and 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 18th

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 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!



# The Village Foundation

We are so fortunate to have wonderful residents like you! You are there to volunteer or with your donations of items and of course your cash donations. I know that with the rising costs of food, electricity, medical expenses and rent, your paycheck does not stretch as far as it did in the past. We can also help with the cost of an event from the Village, for example, the outing to Tillamook. So i am just reminding you-please come see either Dennis or myself to complete a short questionnaire for some assistance from the Foundation. We are here for you and our sales are for you.  
God bless each of you!! Jan

## PROTECT YOURSELF FROM CAR THEFT

If you are parking your car on the Village grounds, protect yourself and your automobile from theft. A steering wheel lock is a great deterrent to car thieves. You can purchase them reasonably on Amazon.



## JULY GROCERY SHOPPING



Concierge shopping will continue on Thursdays during July. Grocery lists must 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 volunteer desk.

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

**Monday, July 3rd: No meeting**  
Happy Independence Day!  
**Monday June 10th: Teepa Snow and Dementia Care**  
Solveig will share information learned at a recent conference with Teepa Snow, one of the leading experts on dementia.  
**Monday July 17th: Jeopardy!**  
Come play this fun Village version of the famous quiz show! Win prizes!  
**Monday July 24th: Weight Loss Support Group**  
There are many of us around The Village who are on a weight loss journey. If you are interested in starting a support group, make sure to attend this meeting.  
**Monday July 31st: Tri-Met's Ride Connection**  
A representative from Tri-Met's Ride Connection will be here to explain our area's public transit system and answer our questions

## SAVE THE DATE!

THURSDAY, Aug. 24th  
2-4 pm ~ Community Room

We will be having a baby shower for our two staff members, Tiffany and Haley! Tiffany is having a girl and her theme is *sunflowers*. Haley is having a boy and the theme is *sports*.



## COMMUNITY GARDENS

Residents have their own garden plots which they rent from The Village.  
**PLEASE DO NOT** take flowers or produce from them if they are not your garden plot unless you have been invited to do so.

# VILLAGE VOICES

## INDEPENDENCE DAY



It's the Fourth of July and time to say  
Happy Independence Day.  
It's America's birthday so let's all cheer.  
She's 247 years old this year.  
May we remember as we celebrate  
That USA is the greatest of the great.  
No country on earth could ever be  
As good as our land of liberty.  
I'll pledge allegiance to the Red, White and Blue  
Because I love America and I hope you do too.

Ann Ingermanson

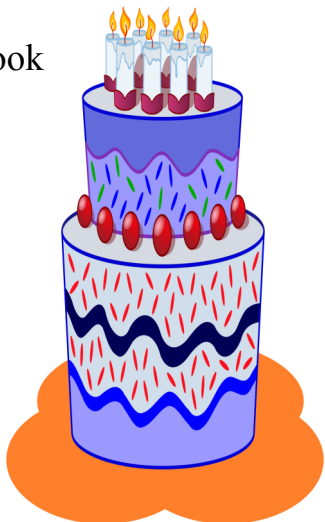
## The Village offers many different worship choices here on Campus

The Village Adventist congregation meets on Saturday mornings at 10:00 am. There is also a Wednesday evening prayer meeting 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!**

## JULY BIRTHDAYS

1	Kathy Davis	22	Solveig Nyberg
2	Teresa Lilly-Hallbrook	24	Nancy Armintrout
7	Jerry Davis	25	Rose Barrows
9	June Lavoie	25	Linda LeBlond
12	Nancy Thomas	25	Linda Skeels
14	Darryen Watson	26	Sue Anderson
15	Linda Price	26	Ruth Fevec
16	Donna Thomas	26	Denise Fielder
17	Bob Burback	27	Amy Burk
20	Harold Krull	27	Ed Herman
20	Kathy Smith	28	Omer Schneider
20	Wendell Wagler	31	Tim Krueger





## BUNCO

THURSDAY, July 6th  
1:30 pm ~ Community Room

This is a fun game where you can get to know new neighbors! The rules are simple—all you really need to know is how to roll dice!



## RESIDENTS' MEETING

TUESDAY, July 11th  
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 FAMOUS DAVE'S

TUESDAY, July 11th  
4:00 pm ~ \$5 bus

Join your friends at this fabulous barbecue restaurant. There is something for everyone and their bread pudding is out of this world!

## JEOPARDY!

MONDAY, July 17TH  
11:00 am ~ Community Room

Come have fun playing our Village version of this iconic game show. Test your knowledge and your memory and win prizes!

## BREAKFAST OUT TO BLACK BEAR DINER AND SHOPPING AT DESERET INDUSTRIES

TUESDAY, July 18th  
8:30 am ~ \$6 bus



We will go to the Black Bear Diner on 82nd, which has always given us good service and great breakfasts. Then we'll go down the road to a WONDERFUL thrift shop—Deseret Industries. This store is well-organized, clean, and has very reasonable prices. It is highly recommended.

## OUTING TO THE NEW VANCOUVER WATERFRONT AND LUNCH ON THE COLUMBIA



THURSDAY, July 13th  
11:00 am ~ \$7 bus

We'll take a lovely drive over the Glenn Jackson Bridge to have lunch at Beaches Restaurant on the Columbia River. After lunch we'll head over to the new Vancouver Waterfront area where there are some cute shops and a beautiful waterfront park.

## VILLAGE BIRTHDAY PARTY

THURSDAY, July 27th  
3:00 pm ~ Community Room

Don't forget to come celebrate June and July birthdays at our bi-monthly birthday party.

We will be entertained by singer-songwriter, Annie Sea, whose music will be sure to delight everyone! Then we'll enjoy cake and ice cream. Please remember to bring along a donation for our Village Wishing Wells.



*Everyone is invited!*

## JULY GUESSING CONTEST

Stop by the office and guess how many *Strawberry Candies* are in the container. May's winner was Ila Myers with a guess of 86 flowers. The correct number was 137!

## 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.

## NW MEDICARE ADVISORS

Jenny Coulter from NW Medicare Advisors will be here at The Village July 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.**



**You MUST make reservations for eat in or delivery BY NOON, JULY 11TH**

**Please get your tickets at the office.**



## BOOKWORMS BOOK CLUB!

TUESDAY, July 25th  
11:30 am ~ Small Meeting Room  
July's book is:

*The Last Days of Night* by **Graham Moore**  
New York, 1888. Gas lamps still flicker in the city streets, but the miracle of electric light is in its infancy. The person who controls the means to turn night into day will make history--and a vast fortune. A young untested lawyer named Paul Cravath, takes a case that seems impossible to win. Paul's client, George Westinghouse, has been sued by Thomas Edison over a billion-dollar question: Who invented the light bulb and holds the right to power the country?  
*Be sure to pick up your book at the office and come to our book club!*

## 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!

## VILLAGE BBQ

12:00 PM, THURSDAY, JULY 20TH  
\$10 PER PERSON

### MENU:

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

