

# June's Kitchen Korner

June Lavoie

Hello Valued Residents,

Good day to all. I really do hope you are taking time to enjoy the sunshine while we are graced with its presence. I know that medical conditions, aches and pains can take the wind out of our sails, but deciding to get out and see what's out there and what's happening will help keep the body active and the mind engaged. As Jimmy Dean says, "We can't change the direction of the wind, but we can adjust our sails to always reach the destination."

Please, come visit us for lunch or make an afternoon ice cream date with your friends and neighbors. This is the last month for ice cream service until next summer. Maybe you would also enjoy a Wednesday morning coffee and treat, friend's hour is every Wednesday from 9am to 10 am.

We do have a new face in the Café. Please welcome Lezlie as she learns the ropes and steps into her role. We are blessed to have another smiling face join our team.

Thanks for reading, Now get outta that apartment and enjoy life!!!

Chef June, Rose, Sonya and Lezlie

## Know Your Neighbors

Tiffany Brasesco

Hello!

Welcome to the Getting to Know Your Neighbor corner! We have had so many new faces here in the last 3 years and this is where we like to highlight them! We each get 29-31 days in a month but goodness, what happens to those days sometimes!?! I was not able to arrange an interview this month but hope that what I share reaches you and inspires you! (Also, please if you are open to being interviewed come see me!! I promise we can have fun with it!)

Over the last 3 years we have welcomed over 85 residents into our community. This has happened in the middle of one of the craziest times; COVID! Moving to a new community when the community isn't quite open all of the way must have been a challenge for some and with life now getting back to our new normal I have a couple tips on how to adjust to your new surroundings and embrace the change!

1. Give yourself time.
2. Check out the activity calendar and attend different activities that excite you!
3. Get to know your neighbors, I hear making cookies to share can really spark a conversation!
4. Enjoy a lunch or two in the café!

However you prefer to make friends and spend your time in this community I hope you are happy!

One more time, if you are open to be interviewed please reach out to me before October, you can call the office and ask for me, come down to my office, or email me at

Tiffany@villageretirementcenter.com.

Have a wonderful August! Please don't forget to turn in your coloring sheets!!

Tiffany

# The Village News

AUGUST 2023

Happy August!

I'm sorry, but this is Dennis filling in as editor for our newsletter. We are missing Solveig, She was such a blessing to all of us here. Be sure to read the poem that Ann Ingermanson wrote for her. We have included it in this newsletter.

We have been actively searching and interviewing for our new Activity Director. We have not hired anyone yet, but we are trying to hire the right person so you can continue to have fun events and trips. In the meantime the rest of our staff are all helping so we can continue our activities until we find someone to lead out. Please continue to attend the events and trips we are offering.

We are also continuing our plans for our 60th anniversary celebration on September 14. We are looking for more volunteers for the day of the celebration. If you can help out, please let the office know.

Be sure to mark your calendars so you don't miss out on any events. Read the newsletter over carefully so you know what is happening and what you need to sign up for.

Please be patient as we try to do the best we can until we can get someone hired and trained as our new Activity Director.

Thank you,  
Dennis

WELCOME NEW NEIGHBORS

Lezlie Crosswhite - #321

Thomas and Brooke Stafford



Enjoy the  
Sunshine,  
But be sure to  
drink lots of  
water and stay  
cool!

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Gresham, Oregon 97030 (503) 665-3137 [www.villageretirementcenter.org](http://www.villageretirementcenter.org)



# Administrator's Corner

Dear Residents,

July has been good to us. It has not gotten too hot. We had our share of heat, but at least it did not get into the triple digits. Let's hope the same for August. The campus is beautiful and the summer is going well. We are enjoying our new chairs in the dining room. We had a great barbbque, I hope you didn't miss it or any of our other fun activities.

Our projects are moving forward. The sidewalks in the 90's are progressing well. Our sealcoating project is on track to start on Monday August 7. Be sure you understand your letter regarding walking, parking and driving on our roadways and parking areas during sealcoating. If you have any questions, do not hesitate to talk with staff so you know what to expect. Make sure that your cars are parked where they are supposed to be. If we all work at this together it will go smoothly and we will have better roadways.

Some have asked why we are doing so many big projects this year. We are constantly trying to keep our campus modern and well maintained. We want each resident to be proud of their community. This year the projects seem to be bigger ones, but it is a continual process with some projects more visible than others. The list of our goals and projects is long, and there is no end to the suggestions for improvements. We try to do as much as we can with the funds we have. Sometimes the timing is very critical for getting them done. If we do things at the best time it can save more expense and trouble in the future.

Our transitions are continuing with new residents moving into #'s 321 and 307 this month. Be sure to welcome your new neighbors.

As I spoke about in the Resident's meeting, please be sure to put a liner in your garbage can. Our staff has been instructed to not empty garbage cans that do not have a liner that they can lift out to empty your garbage. Be sure to put one in before filling your can. Remember that if you prefer to take your garbage to the dumpster yourself you are welcome to do so. Garbage put in the dumpster must also be in plastic bags. Please use the recycling waste cans by the mailboxes for small recycling only (like paper from the junk mail you get). Other recycling should be taken to the Recycling Center.

It seems like keeping fully staffed is an elusive thing at this time in our society. We are looking for additional staff in a few different areas. If you know of someone who might be interested in working here, please let us know.

Our Anniversary Celebration is getting closer, It is only about 1 1/2 months away! Watch for much more information in your next newsletter.

Our Thankfulness wall this month asks the question: What is your favorite part of summer? I think my answer is "Fresh Peaches". What is your answer? Stop by and share what your thoughts are and see what others have written.

Have a great August,  
Dennis

+

## 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.

## LEARN TAI CHI FOR BETTER BALANCE

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

Community Room

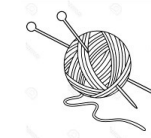
Tai Chi is an effective exercise, which will improve your balance and your body's core strength. Lessons are tailored for older adults offered in an easy to learn format.



## AUGUST GUESSING CONTEST

Stop by the office and guess how many *BABY MINI PACIFIERS* are in the container.

July's winner was *Robert Ybarra* with a guess of 142 Patriotic Peanut M & M's . The correct number was 140!



## 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.

## 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.



## Wii BOWLING

FRIDAYS at 11:00 and 1:00 pm  
Community Room

Come bowl with friends and neighbors! Wii Bowling can be done standing up OR seated and is a great way to have fun with your friends!



## 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!



## ACTIVITY COMMITTEE

TUESDAY, August 15th

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

# The Village Foundation

## FOUNDATION AUGUST NEWS

OH HOW BEAUTIFUL OUR SUMMER HAS BEEN.  
WE ARE SO FORTUNATE AND REMEMBER THOSE THAT HAVE BEEN GOING THROUGH FLOODS OR HIGH HEAT OR LANDSLIDES IN PRAYER. ENJOY AND GIVE THANKS TO OUR MAKER.

SODA/WATER BOTTLES AND CANS (ONES YOU PAY A DEPOSIT ON) ARE THE ONLY ONES TO BE DROPPED IN THE GREEN CONTAINERS OUTSIDE THE COMMUNITY ROOM. NO RECYCLED CANS OR GARBAGE ARE TO BE PLACED THERE. THE RECYCLE BINS ARE IN THE LITTLE WALLED BUILDING ACROSS FROM THE KITCHEN. IF WE CONTINUE TO RECEIVE GARBAGE AND RECYCLED CANS WE WILL HAVE TO STOP THIS SERVICE WHICH WILL ADVERSELY AFFECT OUR RESIDENTS. PLEASE HELP US HELP YOU!  
GOD BLESS EACH OF YOU!

JAN AND BOARD

## AUGUST GROCERY SHOPPING

Concierge shopping is available on Thursdays. 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.



## 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.

## Solveig

As Activity Director, you've been the best,  
From the east coast to the west.  
You were kind, and fun and made us laugh,  
More like a friend than part of the staff.

I think we will miss you, in fact I know we will,  
And your shoes are going to be very hard to fill.  
Although your leaving is going to cause us pain,  
We know our loss will be someone else's gain.

When you are around it seems we have a lot more fun  
When you are gone it feels like a day without the sun  
We will never forget your smiling face,  
And our memories, nothing can ever erase

We loved to hear you play the piano and sing.  
You were so good at everything!  
You even got to perform in Carnegie Hall.

You planned so many fun things to do,  
We were kept busy because of you  
Even training for the Olympics was fun.  
I treasure the four medals that I won

We heard the Chime Choir more than twice.  
In Bunco we learned to roll the dice.  
Now in Bingo every time we hear I 22  
We are going to remember you.

Someday in the future upon that Golden Shore  
I know that we will meet again and we will part  
no more

Ann Ingermanson  
July 21, 2023

# Reflective Thoughts

Pastor Bob Brotherton

Dear Village Community,

I hope that all of you have been able to enjoy this summer so far and have been able to stay safe and comfortable. August and September can bring some very hot days so we will have to use our knowledge and skills to meet the challenges that may come our way.

We can have real peace and confidence in our lives here on earth with Jesus Christ as our Lord and Savior. The Bible is full of encouragement for our understanding of the resources that he makes available for us as we obey Him.

Ephesians 2:8 states that "For by grace you have been saved through faith, and not of yourselves, it is the Gift of God." Be sure to read it all in Ephesians 2:4-10.

God has loved us, saved us and engineered our lives and very being so that we can do the good things he has set in place for us. Whatever the weather of the political climate we face, we can be victorious in Christ Jesus.

Love in Christ,

Pastor Bob

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

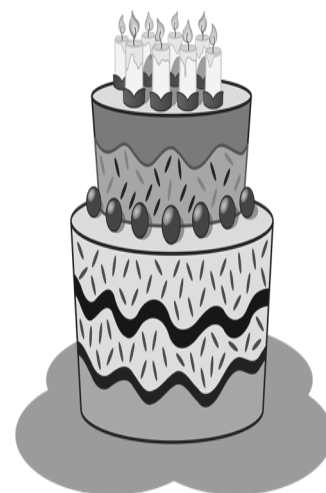
The Village Adventist congregation meets on Saturday mornings at 10:00 am. There is also a Wednesday evening prayer meeting at 4:00 pm.

The Village Community Church group meets Sundays at 4:00 pm.

**All are welcomed and encouraged to attend any or all of the meetings!**

## AUGUST BIRTHDAYS

3 Tiffany Braseco  
3 Gudrun Bartholomew  
4 Carol Krueger  
4 Larry Ariza  
10 Josphine Litvin  
11 Jackie Herman  
12 Duane Thomas  
15 Gary Ihle



17 Betty Burbach  
20 Carlos Moreno  
23 Jan Johnson  
26 Maxine Johnson  
26 Karen Stai  
27 Teresa Ashton  
27 Shirley Jordan





## MAN OF LA MANCHA AT CLACKAMAS REP

THURSDAY, August 3rd  
6:00 pm ~ \$32 bus & admission

This outing is full. Look for future outings to theater events this fall!

## DINNER OUT TO IXTAPA

THURSDAY, August 10th  
5:00 pm ~ \$2 bus

Come and enjoy some Mexican cuisine right in our backyard. Ixtapa has been a village favorite for many years. Come and join your friends and neighbors!

## CROQUET!

WEDNESDAY, August 16th  
10:00 am ~ Front lawn



Come have fun with your neighbors with a rousing game of croquet. Or just come watch and cheer on the contestants! Harold Krull is leading this fun activity.

## BUNCO

TUESDAY, August 8th  
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!

Sign up outside the activity office!



## CRAFT TIME

FRIDAY, August 18th  
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.



## AGING HEALTHFULLY

With Ramona Newman

MONDAY, August 21st  
11:30 am ~ Community Room

Come and learn about how to stay healthy as we age. We are thankful to have Ramona share her insights with us.

## OUTING TO SWAN ISLAND DAHLIAS

THURSDAY, August 22th  
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 to lunch at the Backstop Bar and Grill—which is one of our favorite places to grab a bite to eat!

## MULTNOMAH COUNTY LIBRARY

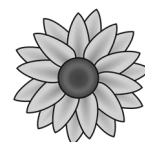
WEDNESDAY, August 23rd  
1:30 -2:15 PM ~ Community Room

Take advantage of the library coming to you. You may check out books as well as return them.

## HALEY AND TIFFANY'S BABY SHOWER

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. Come and have fun, no gifts are expected



## DEALING WITH LIFE SUPPORT GROUP

MONDAY, August 21st  
1:00-2:00



Adventist Hospice's Karen Hartman hosts a Support Group in the Small Meeting Room.



## BOOKWORMS BOOK CLUB!

TUESDAY, August 22nd  
11:30 am ~ Small Meeting Room

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

## BINGO

TUESDAY, August 29th  
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!



## DINNER OUT TO Sayler's Old Country Kitchen

THURSDAY, August 31st  
4:30 pm ~ \$3 bus

Come and enjoy an Iconic Portland restaurant that has been here for 77 years!

The Village has been there many times. While they do specialize in steaks, they have some good vegetarian choices as well. Join your neighbors as we have a good meal together.

## AUGUST SPECIAL HAWAIIAN DINNER

12:00 THURSDAY, AUGUST 17TH

\$12.00 per person

*We will have a tropical menu consisting of:*

*Hawaiian Macaroni Salad*

*Chicken Breast or Vege Chicken with Pineapple Salsa*

*Hawaiian Vegetables*

*Mashed Sweet Potatoes*

*Kings Hawaiian Rolls*

*Featuring Kona Tsunamie Cake with Chocolate covered Espresso Beans and Sweet Cream*

You MUST make reservations to eat in or for delivery BY NOON, August 8th

Please get your tickets at the office.