

June's Kitchen Korner

June Lavoie

Hello Valued Residents,

What an amazing time we all had at the 60th Anniversary Celebration. I want to thank our team for working so well together to pull this off for you. I loved watching everyone enjoy themselves, especially Clem and Bea dancing. I remember growing up watching my folks dance in the living room. I miss that. Thank you for inspiring the memories in me again. Its always a pleasure to serve such amazing people.

Looks like another season is upon us. While I personally do not celebrate Halloween, I do celebrate a happy harvest. Please join us in October for a wonderful Harvest Celebration and perfectly planned meal. I look forward to seeing all your smiling faces!!

We do have some ice-cream bars and sandwiches left for sale, but the ice-cream by the scoop is gone until the sun returns in June. Any suggestions for winter? Should we do cookies and cocoa??? Let me know what you think....

Your kitchen team,
Chef June, Sonya, Kathy and Lezlie

Know Your Neighbors

Tiffany Brasesco

I had the pleasure to sit down with Robin and Carolyn Pease from apartment #1. I had a blank sheet of paper and told them we'd just see where our conversation went. It went left, it went right, it went back to left then back to right! We had a wonderful time discussing history; their history! Robin, a Puget Sound native, and Carolyn, a Colorado native, met at Multnomah Bible College. They shared a 17 month engagement, which they did long distance as Carolyn went back to Colorado until they were married... 60 years ago this November! They have 2 kids which have blessed them with 8 grandkids and they have blessed them with 7 greats plus one on the way.

Robin and Carolyn are part of a RV Club. They have been camping with respectfully the same group of people for 10 years. The group has shrunk since the beginning from about 26 RV's to 18 now. When they speak of this group of people it's clear they have become an extension to the family. There has been much change in life for many of the members but the way they share how they help one another is beautiful. We didn't even go into full detail on how many trips they take or where exactly they go every year because the people in their lives became the heart of our conversation. Carolyn enjoys canning and cooking while Robin enjoys working with his hands, he was a carpenter most of his career and still enjoys tinkering around and helping make Carolyn's design dreams become reality.

If you enjoy playing games such as Pinnacle you should give them a call and set up a game night!

Robin and Carolyn, thank you for taking the time to sit with me and share some of your life.

I will see you all after my maternity leave! God Bless! - Tiffany

The Village News

October 2023

Hello Everyone!

I have some good news. We have hired a new Activity Coordinator! Although we have done this before and it has not worked out, we are hoping that everything will go as planned this time. Her name is Alicia Monroy. She comes to us with a good deal of experience working with seniors. Alicia was born and raised here in the Sandy area. She attended Mt Hood Community College, Portland State University and received her degree from Oregon State University. She has worked as an Activity Coordinator for groups of individuals with disabilities, as well as working with seniors at Aging Services.

Alicia lives in Gresham with her husband and 2 year old son. She attends East Hill Church here in Gresham. Her first day is Monday, October 2. Alicia will need time to get to know us and what her job entails, so please be patient as she trains and gets to know each of you.

We will have a Meet and Greet on Tuesday, October 3 at 1:00 so you can meet her. Please come and welcome her to The Village.

So, now you will not have to listen to me in this column at least. Thank you for your patience as we have struggled to fill in until we were able to hire Alicia.

We had some good trips and programs in September. I hope you didn't miss anything. Like usual, we had some trips go without being full. Be sure to watch for the sign up sheets and sign up right away so you do not miss out. Remember to sign up as an alternate if the list is full, for we usually get cancellations.

Let's have a fun October!
Dennis

WELCOME NEW NEIGHBORS

Thomas and Brooke Stafford #76



*Fall is here !
The leaves are falling
and it is often wet. Be
sure to be careful not to
slip or fall*

The Village News is a publication of The Village Retirement Center - 4501 W Powell Blvd
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Administrator's Corner

Happy October!

It has been a busy month. I feel our 60th Anniversary Celebration was a great success. I hope each of you enjoyed it. Many thanks to all of the committee members who have planned for months. Many thanks to all who volunteered to help make it great. From those who directed traffic, to those who helped decorate - to those who helped in any way. Many thanks!! And thanks to every staff member who helped and to those who did their work so others could help. It was good to see everyone pulling together and doing their part so that everything turned out good. I don't want to highlight any names, for so many helped and I would not want to miss anyone, so Thank YOU Everyone!

We are still working on rennovating apartment #76. We will also be working in apartment #312 this month. Our sidewalk work is still progressing. Our landscaping is starting to get in place with the sod being put in the areas where the sidewalks are done.

I want to let you know of a need we have here at The Village and ask for your help. Over the last almost 5 years we were blessed with having Solveig here to lead our Chime choir. She had borrowed chimes from her church. A couple of months before she left here, her church wanted the chimes back. That left us with no chimes. Then she left and we had no director either. We now have a volunteer chime director who will help us, but we still have no chimes. A number of residents have expressed a desire to raise money for a new set of chimes. A good set of chimes is expensive. Solveig has recommended a set for us and it costs approximately 2,800.00 dollars for just the chimes.

We would like to start a fund raiser for the purchase of this chime set. If anyone is able and willing to do so, we would request their donations. We have some residents who are planning some fund raisers to help us achieve our goal. We are asking that everyone help so we can participate in this worthy cause and once again hear the chimes ringing in our hallways and listen to their concerts. All Donations are tax deductible. Checks can be made out to The Village Retirement Center. You can drop off your donations at the office any time the office is open. Proceeds from the bake sale on Resident's meeting day will go to the chimes and there will be a benefit concert on October 14 at 6:00 with proceeds going to the chimes. We already have received some donations, but we have a long way to go. Any help would be appreciated. We are hoping to raise all the funds during the month of October so they can start playing Christmas music on our new chime set.

Fall has come. I find October an interesting month. I think back to one year that it rained every day in October. I think there was also a year that we had no rain in October. One thing is for certain, and that is it is getting colder. I have put together some Energy Conservation Tips that are tailored for our needs here at The Villlage. It is included in this newsletter. Please read them carefully and hopefully everyone can reduce their energy usage and their bills by following them. Energy conservation is a win-win for everyone. Not only is it good for the environment, it saves you money at the same time. And when done right there should be no inconvenience or discomfort to you.

Our Thankfulness Wall question this month is: "How would you make the world a better place?" Share your wisdom and see what others have written.

Have a great October!

Dennis

Quote for the Month

*"I hope I can be the autumn leaf, who looked at the sky and lived.
And when it was time to leave, gracefully it knew life was a gift."*

Dodinsky

EXERCISE CLASSES

Monday, Wednesday,
Fridays at 9:30
Community Room



Come and join your neighbors and get moving and get your heart pumping!
Your body will thank you!

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.



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.



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!



OCTOBER GUESSING CONTEST

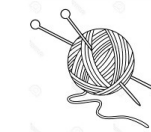
Stop by the office and guess how many
Candy Corn are in the container.

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Septembers winner was Marge Wilson with a guess of 31 suckers - There were 33 suckers there.

## 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.

## 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!

## 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 @ 8:30  
Please sign up at the volunteer desk

# *The Village Harvest Dinner*

*October 26 12:00*

Our Harvest Dinner will feature:

- Kale and Spinach Salad with Lemon dressing
- Garlic crusted Tenderloin or Parmesan Crusted Portebello
- Herb seasoned New Potatoes
- Buttery Gold Beets
- Fresh Garlic Green Beans
- Whole Grain Bread
- Berry Apple Crisp with French Vanilla Ice Cream

This is a great dinner to celebrate the bountiful harvests of the season.  
Please sign up by noon on Friday, October 20  
\$13.00 per person / \$15.00 if you sign up after October 20

## *Show and Tell*

Monday, October 30 11:00 am ~ Community Room

Come and find out more about your neighbors as they share with us their hobbies or interests that bring them joy!

We want to know what has brought you joy in your life. Please contact the office and let us know if you would like to share with us and what you can show us. We hope to feature many of you.

## *The Village Foundation*

### FOUNDATION OCTOBER NEWS

The rains have come to refresh our earth, let this also be the time that we refresh and renew our spirits. We will be having a bake sale on Oct. 10th for the Resident Meeting @ 9AM. The monies will go toward buying our own chimes for The Village.

Thank you for your generosity with the Labor of Love donations. You are all such a Blessing to me and each other.

Garage sale will be Oct. 26 & 27th @ 9AM.

God bless each of you!

Jan

## *Reflective Thoughts*

### Thoughts on Abundance

The mind is not designed to make you happy, it's designed to help you survive. It is always looking for what could hurt you, and it magnifies the bad. We are wired to operate out of a place of scarcity and fear. But here's the thing – you have the choice of what to focus on. You can learn how to develop an abundance mindset. Remember, what's wrong is always available, but so is what's right.

An abundance mindset is the belief that there are enough resources in the world for everyone – and of being grateful for whatever the universe provides. It's often talked about in contrast with a scarcity mindset, or the belief that the world's resources are finite – when someone gets something, that leaves less for everyone else.

When you are grateful, fear disappears and abundance appears. An abundance mindset is the opposite of jealousy and fear. You believe that others' successes don't detract from your own and that you will be just as successful. You genuinely celebrate the success of others who achieve their goals.

Tony Robbins

**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!**

## *OCTOBER BIRTHDAYS*

- 3 Rosemary Hopkins
- 4 Darlene Fike
- 4 Joan Swinney
- 6 Bettigene Reiswig
- 7 Joan Yu
- 10 Doh Soe
- 13 Becky Rosnack
- 13 Don Schell
- 13 Donna Byre



- 15 Joyce Jordan
- 15 Sally Johnson
- 16 Dana Volkert
- 21 Jan Stern
- 23 Marge Wilson
- 26 Alex Marcus
- 29 Bea Ameele
- 31 Carolyn Wagler



## MEET AND GREET

TUESDAY, October 3  
1:00 pm ~ Café

Come and meet Alicia Monroy, our new Activity Coordinator, so she can start getting to know us. There will be treats served as you visit with her and your neighbors.



## BUNCO

TUESDAY, October 3  
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! We hope to add more tables this time.

Sign up outside the activity office!



## CHIME BENEFIT CONCERT

SATURDAY, October 14  
6:00 pm ~ Chapel

Come and enjoy some wonderful sacred music by a group of talented musicians who will perform and raise money for our Village chimes

## VILLAGE GATHERING NW MEDICARE ADVISORS

MONDAY, October 16  
11:00 ~ Community Room  
Jenny Coulter will help guide you through your Medicare questions and let you know some of the changes that are happening this year.

## DEALING WITH LIFE SUPPORT GROUP

MONDAY, October 16  
1:00-2:00



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

## BREAKFAST OUT TO McCRAE'S

TUESDAY, October 17  
8:30 am ~ Bus - \$2.00  
Come and enjoy this popular breakfast restaurant in Gresham



## CROQUET!

WEDNESDAY, October 4  
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.



## OREGON TRAIL MUSEUM

THURSDAY, October 5  
9:00 am ~ \$??? bus

Join us as we go to visit the end of the Oregon Trail Museum. After that we will enjoy lunch at the Olive Garden!



## VILLAGE RESIDENT'S ASSOCIATION MEETING

TUESDAY, October 10  
10:00 am ~ Community Room

Be sure to come and attend your quarterly meeting. This is the month of the elections for council members. Come and vote! Bake sale to support our Chime Fund will start at 9:00

## DINNER OUT TO APPLEBEE'S

TUESDAY, October 10  
4:30 pm ~ \$2 bus

Come and enjoy this popular restaurant here in Gresham



## ACTIVITY COMMITTEE

TUESDAY, October 17  
1:00 pm ~ Small Meeting Room

Anyone is invited to meet and help plan exciting activities for our community. Come share your ideas!

## AGING HEALTHFULLY With Ramona Newman

MONDAY, October 23  
11:15 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.

## DINNER OUT TO BLACK BEAR

THURSDAY, October 19  
4:30 pm ~ \$2 bus  
Come and enjoy this popular restaurant



**Black Bear Diner**

## HOOD RIVER AIR & AUTO MUSEUM

THURSDAY, October 12  
8:30 AM ~ \$27.00 bus & admission

Come and enjoy the museum of antique airplanes and cars and more. We will stop at 1:00 for lunch at the Bridgeside Restaurant at Cascade Locks..

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Please be sure to check out the menu that will be posted so you will know what your menu options are.

CRAFT TIME

FRIDAY, October 13
1:30 pm ~ Café Annex

Chrissy helps us make wonderful crafts every month. Come and enjoy friends and neighbors while you make something creative. **Be sure to sign up!**



RESIDENT SPOTLIGHT

FRIDAY, October 27
12:45 to 1:15 ~ Dining Room

Come and learn about your neighbors This month we will be highlighting Robert and Kathy Ybarra

BINGO

TUESDAY, October 31
1:00 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!

