

Know Your Neighbors

Alex Marcus

MEET THE MICHELS AND GRACE THE SIAMESE

Debra and Jim, respectively from Nebraska and Minnesota, met in Gresham. In 1964, Debra's family moved to Oregon and bought a 33 acre nursery/farm near today's Per-simmon Country Club. At an early age, Debra was taught the importance of honest, hard work and responsibility as she helped the family after school whilst reaping the joys of owning a horse. Jim, on the other hand, joined the US Army, serving as an MP for two plus years then joined the Oregon National Guard. He played softball for the team and, in 1985, after a victorious game, was introduced to Debra and the rest is history. The Michels settled in Gresham, raising a son and both working for the TSA. Eventually, they decided to retire to Arizona. As much as they enjoyed the climate there and some of the outdoor activities, the pull to move back to Gresham grew as their son and daughter-in-law gifted them with a granddaughter, Adara, now not quite 2 years old.

Why move to The Village? They knew it well because Debra's step mom, Mary Dannar, moved here in 2010 (whom still lives here). Any other reason? Oh, yes, the inclusiveness and heart of the community, the landscaping, safety and the gated security, proximity to medical facilities and an overall sense of permanence. And Grace? Well, she kept the interview spiked by darting about in search of attention but, yes, she loves all the win-dows from which she can birdwatch. Do make friends with the Michels. They embody Oregon's spirit of kindness and fortitude.

Village Foundation

Happy New Years 2024

Let's not make promises to ourselves about something we are not passionate about and will not keep. That sets us up for failure and I want to start out with Positives. My positive will be to write down one positive thing that happened to me or that I was able to give to someone each day. Please check in with myself or Dennis if The Foundation can help you financially with the living increases you are dealing with. We are here for you and want to make life just a little easier. Happy and Healthy New Year to all.

God's Blessings to everyone.

Jan



Hello Village Residents!

Wow, you guys are amazing at making people feel welcomed! I am so excited to be apart of the Village. My goal for this month is to become more familiar with your names. You can help me achieve this goal by stopping in and saying "Hi" and of course attending our events.

This month I am focusing on more in house social events to help with the winter blues and to allow more time for us to get to know each other. Please check out this months calendar for activities and events.
I look forward to seeing you there!

Alone we can do so little; together we can do so much. - Helen Keller

I am so excited to start 2024 TOGETHER ~ Christina
Christina

WELCOME NEW NEIGHBOR

Linda Lopes #61



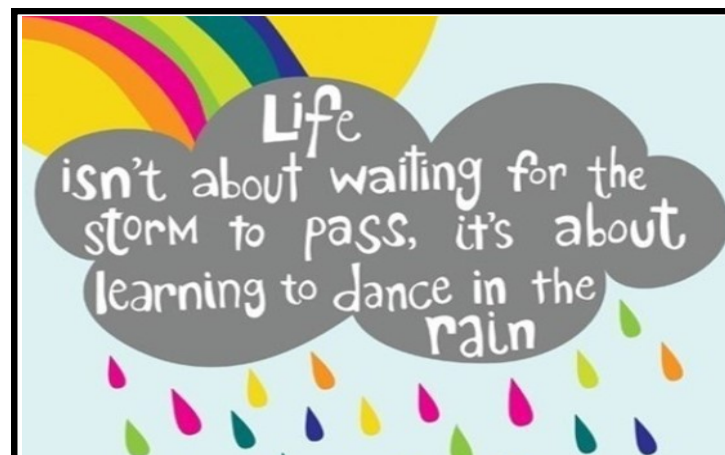
FRIENDLY REMINDER:

Please be sure to clean up after your pets. Help us keep our beautiful grounds and community areas clean.



Winter Blues

Cold weather means we tend to stay indoors more, which can lead to anxiety, sadness, and cabin fever over time. While at home, keep active and mobile to increase blood flow, raise body heat, and protect your mental health. To stay positive, take part in safe, social activities like those offered here at the Village.



Administrative Corner

Happy New Year!

I hope all of you had a good Christmas. I know I enjoyed being with my family. There is always something special about being with family. Even though most all families are not perfect, it doesn't matter. I know all families are different. Yet I think families are a bond that God put in our lives to help us feel secure. And for those without actual relatives there are friends and neighbors to fill that gap. So even if you were not able to be with your relatives this season, I hope you enjoyed being with your Village family here. Thank you for being a part of our Village Family.

We are very sorry that Alicia is no longer on our staff. We hope she will continue to join us for some of our activities. We are so thankful that Christina is here. She has been doing a wonderful job for us. Please be understanding as she is getting to know us and learning about how we do things.

January is normally pretty cold, so be sure to bundle up and stay warm. If the weather gets below freezing, don't forget to take cold weather precautions to stay safe and to keep your apartment warm and keep the pipes from freezing. We have talked about those in the last few months and if you have any questions do not hesitate to ask us or consult your Helpful Information Guide. Most importantly, if it is icy or slippery please stay in your home and do not risk falling and hurting yourself. We will bring you meals and any essentials that you need.

For many years we have struggled with issues of liability when resident's drive on their own to join us for Village activities. It puts The Village at risk if there were any issues or accidents. Our insurance carriers are very particular about this and are increasing their requirements. Recently we have also had issues with some of the restaurants that we go to since our group size has been large at times and many restaurants cannot handle the larger numbers well. From now on we will no longer make reservations for anyone that is not signed up to go on our Village bus. I know that will be disappointing for many of you, but this will allow us to continue to provide the superior service and care that we want to be providing for every resident.

Our transitions are continuing with apartment #'s 61 and 315. We will have new residents moving into #112 and also #61. Be sure to welcome your new neighbors to The Village.

While new years resolutions often fade, the important thing is making a positive change in your life. This month our Thankfulness wall asks the question: *What is the best change you decided to make in your life? (Stop by and share your thoughts and see what others have written.)*

Have a great January,

Dennis

Quote of the Month

"Be the change that you wish to see in the world."
Mahatma Gandhi

Village Weekly Events

EXERCISE CLASSES

Monday, Wednesday, Fridays at 9:30
Community Room
Come and join your neighbors and get moving and get your heart pumping!



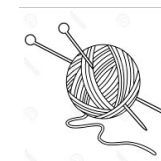
LEARN TAI CHI FOR BETTER BALANCE

WEDNESDAYS 2:20 & 3:00 PM
Community Room
Tai Chi is an effective exercise, which will improve balance & core strength. offered in an easy to learn format.



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. Feel Free to bring your own project to work on.



FRIENDS HOUR

EVERY WEDNESDAY
9:00-10:00 AM ~ Café
Gather & socialize with old friends and meet new ones. June will have coffee, tea and breakfast goodies available for purchase.



MENS GROUP

Every other Tuesday
(Jan. 2nd & 16th ONLY)
10:00 AM ~ Small Meeting Rm
Contact:
Kurt Matzke & Don Schell
Our goal is to cultivate meaningful connections for men with a focus on camaraderie & mutual support. Where men can encourage one another, share their experience & foster genuine friendships.

CHIME CHOIR

CANCELED ALL OF JANUARY

STAY TUNED FOR NEXT MONTH

Wii BOWLING

FRIDAYS at 11am & 1pm Community Room
Come bowl with friends and neighbors! Unable to Wii Bowl at these times? Or want to play something different like Golf or Tennis? Have Friends or want to find Friends to play with? Ask Activities Director about setting up Wii and/or creating team.



GAMES, GAMES, GAMES!

SUNDAYS 2-4 ~ Community Room
Come play Games in the Community. Meet new people & make new friends! We have dozens of games in our game cabinet or bring your favorite!

GROCERY SHOPPING

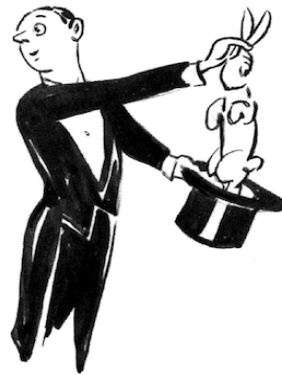
Concierge shopping is available on Thursdays. Grocery lists must be in by 2:00 pm Wednesdays.
The Grocery bus makes weekly trip to Winco and Fred Meyer, Fridays @ 8:30
Please sign up at the volunteer desk

***Don't forget to check outside Activity Office for event details, updates, and sign up sheets**

Activities Continued...

Birthday Party

Thursday, January 25th
1:00pm ~ Community Room
Celebrate our December & January Birthdays with some sweet treats & live Entertainment.
We will be Featuring:
The MAGIC TOUCH of Kevin Holzer ~ Professional Magician



Craft Time with Chrissy

Friday, January 26th
2:00pm ~ Annex

Chrissy comes to do crafts with us once a month. All supplies included. Please watch for sign-up sheet.

Bunco

Tuesday, January 30th
2:00pm ~ 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!



Show & Tell



Monday, January 29th
10:30am ~ Community Room

Do you have something interesting you would like to share with others? Come share and learn more about your friends and neighbors! Please sign-up if you would like to show & tell.

Olive Garden



Tuesday, January 30th
4:30pm ~ \$2 Bus

Come Join us for Dinner out at The Olive Garden.

JANUARY GUESSING CONTEST

Stop by the office and guess how many Snow Flake Gummies are in the Container

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December winner was Josephine Litvin with a guess of 198 Candy Canes. There was 199 Candy Canes. Jelly Beans there.

## DECEMBER COLORING CONTEST WINNER

WENDELL WAGLER

**GREAT JOB!**

# Special Event

## The Village Special Dinner January 18th 12:00pm

Our Special Dinner will feature:  
Dinner: Prime Rib Stroganoff over Pasta or Vegetarian Stroganoff over Pasta With Italian Herb Carrots & Garlic Bread  
Starter: Caesar Salad  
Dessert: Carmel Apple Crumb Cake  
Let us celebrate this New Year with our Friends & Neighbors  
**Please sign up by Monday, January 8th**  
\$13.00 per person / \$15.00 of you sign up after January 8th

## PGE Discount Program

### PGE INCREASE JANUARY 1ST , 2024

Do you qualify for the new IQBD (income qualified bill discount). A single person income below \$33,427 or a couple \$43,712 per year. For more information come see Jan at the office. Must be done in January.

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

- Wednesday evening prayer meeting at 4:00 pm.
- The Village Adventist congregation meets on Saturday mornings at 10:00 am.
- The Village Community Church group meets Sundays at 4:00 pm.



## January Birthdays

- 1 Jeannie Erwin
- 3 Carl Murphy
- 5 Sanda Krull
- 7 Sidney Ihle
- 7 John Silvestri
- 8 Howard Rund
- 10 Warren Thompson



- 15 Pat Biglin
- 17 Sue Rader
- 18 Ed Swinney
- 23 Ellen Bleuer
- 24 Steve Bond
- 28 Marilyn Cooper
- 31 Brigitte Pack

If it is your Birthday This Month please stop by the Activity Office to get your Birthday Village Buck!

# Activities



## EARN VILLAGE BUCKS

Village Bucks is our new Resident Incentive Program. Each event marked with a STAR will earn Village Bucks'. Village Bucks can ONLY be spent on prizes at our Village Bucks Store. Village Bucks Store will be OPEN following BINGO at 2:30pm.

### Bunco



Tuesday, January 2nd  
2:00pm ~ 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!

### Social Hour



Thursday January, 4th  
2:00pm ~ Community Room

Come join us in a Saran wrap game! How many prizes can you unwrap before someone rolls doubles?

### Residents Meeting

Tuesday, January 9th  
10:00am ~ Community Room

Bake sale before and after meeting

### Elmer's & Candy Basket Factory Outlet



Thursday, January 4th  
8:30am ~ \$2 Bus

Start your day with a delicious breakfast at Elmer's & Candy Basket.

### Spotlight

Monday, January 8th  
12:45pm ~ Dining Room

Featuring John and Susan Andersen



### Social Hour



Tuesday, January 9th  
1:00pm ~ Small Meeting Room

Come color & do word scrambles as we mingle with friends and neighbors. Enter your creations in our coloring contest.

### Movie Night



Thursday, January 11th  
5:00pm ~ Community Room

Come and watch one of Christina's childhood favorite movies.  
**The Little Princess**  
Shirley Temples to be served!

### DEALING WITH LIFE SUPPORT GROUP

Monday, January 15th  
1:00 pm ~ Small Meeting Room

Adventist Hospice's Karen Hartmann hosts a Support Group. All are Welcome!



### AppleBee's



Tuesday, January 16th  
4:30pm ~ Bus \$2

Join us for Dinner out with our Friends & Neighbors!

### Bingo



Tuesday, January 23rd  
1:00pm ~ Community Room  
Join us in a friendly game of Bingo.  
Village Buck Store Open at 2:30pm



### Informational Video



Monday, January 15th  
11:00am ~ Community Room

Please Join us for a TED TALK Informational Video

### Activity Committee Meeting

Tuesday, January 16th  
1:00pm ~ Small Meeting Room

Come help us plan events!  
Everyone is welcome!

### Talent Show



Monday, January 22nd  
10:30am ~ Community Room  
Do you play an instrument? Sing? Want to perform a skit or share one of your written pieces? Sign up and/or come join us for a fun filled morning!

### Watercolor with Carolynn \$5 Class Fee

Tuesday, January 23rd  
4:00pm ~ Community Room

Want to learn how to paint with Watercolor? Come learn how with friends!