

July Village Foundation News

Wow, it is July already. I hope you are keeping cool and hydrated. We will be having a bake sale on Tuesday July 14th before and after the All Residents' Meeting.

I appreciate everyone who has donated and purchased at the garage sales!

Happy 4th to all!

God Bless, Jan Ybarra

If you had a fall or injury in your Village home and needed temporary help do you know what to do?

If your spouse relies on your assistance but 24/7 care is hard on you do you know where to turn for help?

If your neighbor seemed to struggle wouldn't it be nice to know where they could turn for help?

Here at the Village we have individuals and organizations that we schedule to come in and speak about these very issues. We seek out these people in our community who know how to access resources that can provide the funds that pay for short-term or longer-term assistance in the home. There is usually no out of pocket expense to talk with these providers. We periodically have these individuals make presentations and we save their contact information. Come to our featured speakers, check our bulletin boards, or contact the Village Office for more information. There is nothing wrong with asking for help!

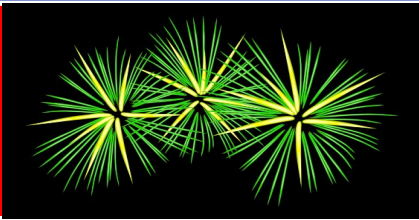
KNOW YOUR NEIGHBOR

Meet Ann Gimbel and Polly, her beautiful Russian Blue cat. Born in rural Clearlake, WA, Ann has been a Village resident since June 2021. Ann and her five siblings grew up on a 50 acre farm with some cattle, strawberry and vegetable gardens, and were taught early to save some of their farm earnings towards their higher level education. Prior to marrying a Canadian-born physician, Ann studied nursing but, once their children were born, she chose to be a stay-at-home mother. Her late husband, a family practitioner, specialized in preventive and occupational medicine and, for a while, Ann assisted him in his clinic. As the children grew older, Ann returned to medicine eventually securing an RN license. She subsequently earned an MA degree in Public Health, focusing on Nursing Health Education, the process of providing patients, families and communities essential health information, skills and confidence thereby empowering them to take charge of their own selfcare and disease prevention. She developed a health education project, NEWSTART, an acronym for Nutrition, Exercise, Water (consumption), Sunshine, Temperance, Air (fresh), Rest and Trust – 7 ways to stay healthy. The family moved to Loma Linda where they met a Chinese physician who became very interested in the concept and subsequently invited Ann and her husband to China. For years, Ann held 4-day workshops for Chinese health teams while her husband taught fellow physicians the scientific importance of tobacco-free living. Ann worked with Kaiser Permanente for 14 years heading diabetes and arthritis self-help departments. Ann attributes her move to Oregon to her “right-hand woman,” a daughter who chose to complete her nursing studies at the Portland Adventist Hospital. For Ann, living at The Village is all about the country feel and beauty of the campus, ground level cottage-style quality living and affordability.

Alex Marcus

The Village News

July 2026



Hello Dear Villagers!

I hope that you are all taking care of yourselves during those heatwaves that have become all too familiar. I know I need to scale back what I do and how fast I do it when the temps get above 80 degrees! We have that lovely ice cold water cooler in the cafeteria and I encourage everyone to get yourself a water bottle and fill it up before we begin activities, especially if we are going out on the bus.

I love seeing new names and faces sign up and show up for bus outings. And of course I love seeing the familiar faces. If you have held back from going out to a meal or field trip just give it a try, I promise that we are a very friendly and easy-going bunch.

In July we have great options for outings; the very first Monday we will drive into Gresham for live music and usually there are food trucks to buy food or treats from. There is a schedule of the free concert series at the Gresham Plaza posted on our “Social Activities” bulletin board and I have indicated the three dates the Village will go but please consider taking the Powell bus down there as well. We have a trip to the Corbett lavender farm as well as three options for meals out. For our birthday party we get to have a sing-a-long with LeRae Haynes (Yes! Lee Haynes-McConnell’s daughter!) and our special meal is an outdoor BBQ. I look forward to seeing you through the month. Please have a safe and Happy 4th of July!

Your Sister in Christ, Jean Black

July Birthdays

- 1 Kathy Davis
- 2 Teresa Lilly-Halbrook
- 7 Jerry Davis
- 9 June Lavoie
- 12 Nancy Thomas
- 14 Darryen Watson
- 16 Sam Carlson
- 16 Don McClure
- 16 Donna Thomas
- 20 Harold Krull
- 20 Kathleen Smith
- 20 Wendell Wagler
- 24 Nancy Armintrout
- 25 Rose Barrows
- 25 Linda Skeels
- 26 Sue Andersen
- 26 Ruth Fevec
- 26 Denise Fielder
- 27 Amy Burk
- 27 Ed Herman
- 28 Omer Schneider
- 31 Tim Krueger



Happiest of Birthdays to all of you!

(If you have a June birthday and your name is not on this list it is because the office does not have signed consent to do so)

WELCOME NEW NEIGHBORS!

Masako Aiba #41



Administrative Corner

Dear Residents,

Welcome to July! That means that 2026 is halfway over. I hope it has been a good year for you so far. This month features our Barbecue. If you like grilled hamburgers sign up and come on over to share a meal with your neighbors on Thursday, July 16th.

With July comes our hot weather. Please make sure to drink lots of water and to stay cool. Remember that your air conditioning will work best if you "set it and forget it." Set it at the temperature you want it and leave it there. If you try to conserve electricity and not turn it on until it gets too hot, then it may be too late for it to keep your apartment at the temperature that you want it. It is also not as efficient, so you end up using more electricity than you would have if you kept it at the temperature you want from the very beginning. Some simple things you can do to conserve electricity are:

1. Open your windows in the evening or early morning if the outside temperature is lower than you have your system set for. Then close the windows when the outside temperature reaches or is higher than your thermostat is set for.
2. Close your drapes or blinds when the sun is shining on them.
3. Make sure your wall heaters are completely off.
4. Use your exhaust fans and clothes dryer sparingly when the temperature outside is hotter than your temperature inside. These simple acts can help your apartment stay comfortable and help you use less electricity.

We are happy to report that we are joining with The Village SDA church to sponsor the PACS (Portland Adventist Community Services) mobile food pantry here at The Village. They will bring food to those who qualify once a month. The income guidelines to be able to receive the food are pretty liberal. This will be a great resource to help you stretch your food budgets. To do this requires a number of volunteers both here and at PACS. If you are willing to help out, please come see me or contact Mik Turner directly. The first day here at The Village for the mobile food pantry is scheduled for Tuesday July 21st. The exact time will be announced closer to the 21st.

Our transitions are slowing down a little. We will see new residents in #98 and #47 this month. We are still working at #302 and #306 with major remodels there.

So far this year our coyote situation is better. Some are still here, but there are not the numbers that we had last year. I have even heard reports that there are some raccoons that are back. We used to have quite a few of them on the campus, but have not had any in the last few years. Thank you for continuing to make sure that no food or water is left outside for any animals to consume.

For those of you who might wish to report maintenance items to us through email, the address is: Help@villageretirement.org. Of course if it is an emergency situation you should report it by phone so it can be resolved right away.

I want to thank everyone for helping out in big ways and in small ways here at The Village. I know that many of you help with The Foundation sales. Many volunteer at the reception area or for activities in other areas. Some quietly help their neighbors in any way they can. All of these help to make The Village the wonderful place it is. If you wish to volunteer, please come see me. We are always looking for volunteers in many different areas.

This month our Thankfulness Wall asks the question "What brings you the most Joy?" We all need joy in our lives. Stop by and share your thoughts.

Have a Great July!

Dennis

QUOTE OF THE MONTH:

"There is so much joy in the world, waiting to be found"

~~~Noah Kahan

## Village Weekly Events

### EXERCISE CLASSES

Monday, Wednesday,  
Fridays at 9:30 AM  
Community Room

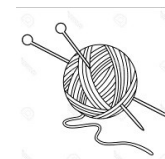
Come and join your  
neighbors and get moving and  
get your heart  
pumping!



### 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.



### MEN'S GROUP

Tuesday  
7/28

10:00 AM ~ Meeting Room

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.

### BALANCE AND STRENGTH CLASS

WEDNESDAYS

2:20 & 3:00 PM Community  
Room

2:20 Movement and strength

3:00 Better balance

Excellent opportunity to

Become stronger

And more flexible!

### FRIENDS HOUR

EVERY WEDNESDAY

9:00-10:00 AM ~ Café

Gather & socialize with old  
friends and meet new ones.

Chef June will have coffee, tea  
and breakfast goodies

available for  
purchase.

### CHIME CHOIR

WEDNESDAYS

2:30 PM ~ Meeting Room

Come learn to play chimes  
in a friendly environment!

### OPEN Wii BOWLING

MONDAYS at 4PM

WEDNESDAYS at 10:30 AM

FRIDAYS 2:30 PM

Community Room

Come bowl with friends and neighbors



### Women's Bible Study

Mondays at 10:00 AM,  
meeting room.

Ramona leads women through scripture  
and prayer



### GROCERY SHOPPING

Concierge shopping is available on  
Thursdays. Grocery lists must be in by  
2:00 PM Wednesdays.

The grocery bus makes a weekly trip to  
Winco and Fred Meyer, Fridays @ 8:30  
AM., excluding July 3rd.

Please sign up at the volunteer desk.



# Village Events

## JULY BBQ

Thursday July 16th 12 Noon

We welcome the summer with an outdoor feast  
of classic BBQ fare:

Hot dogs and hamburgers (beef and vegetarian)

Potato Salad

Watermelon

Potato chips

And ice cream bars for dessert!

Tickets are \$10 each for residents, \$12 for  
guests. Please purchase tickets at the office by  
July 10th. All tickets raise to \$12 each after the  
10th. See you there!



## COLORING CONTEST

Pick up the page to color at the sign up  
table. Use markers, pens or  
crayons to color. Turn in at the front  
office by July 17th. Vote for your  
favorite by July 23th.

Winners will be posted July 27th  
**Congratulations to the June Winners!**

First place: Nancy Thomas,  
who wins an \$8 Village Gift  
Certificate!

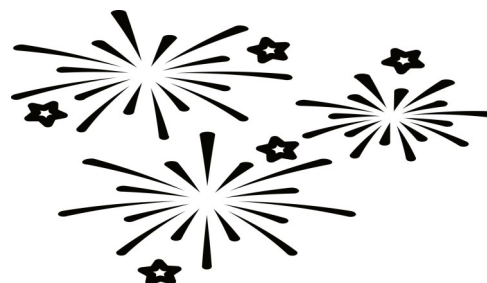
Second Place: Carolynn Wagler,  
who wins a \$4 Village Gift Certificate!  
Third Place: Lynette Hinkel, who wins a  
\$4 Village Gift certificate!

## June Guessing Game

The winner is a couple who wish to  
remain anonymous, who guessed  
that the jar had 53 purple roses. The  
actual number was 54!

## The July Guessing Game:

How many gumballs are in the  
gumball machine?



## The Village Foundation is prepping all summer for the Village Garage Sales!

If you have things you can donate or if you can spend two hours arranging or assisting with sales please contact Jeri Yoder or Jim Michels. This is the biggest fundraising event for The Village Foundation, which in turn provides financial assistance to the residents that live here.

**This month the sale is Thursday July 30th and Friday July 31st 9AM-3PM**

Please check out the new bulletin board.

In the hallway that leads down to the chapel there is a new bulleting board for residents to use. If you want to communicate with other residents, like if you are selling something or trying to be rid of something too big to put on the free table, this is the place to put a notice. This board may also be used to ask for items or help with a task or chore, as well as to put "Thank You" messages to other residents for birthday cards or prayers when you have many people to thank.

## Speakers And Presentations in July

**Monday July 6th 12:45 PM:**

SPOTLIGHT: Barbara Radke

**Monday July 20th 11:00 AM:**

Sue Rader presents "Heroes of 1776-  
The Declaration of Independence"

**Monday July 27th 11:00 AM:**

Armchair Travel—Sweden

*The front office will be closed on  
Friday July 3rd.  
This is in honor of Saturday  
July 4th.  
There will be no Friday grocery  
Bus on the 3rd.*

## REFLECTIVE THOUGHTS

Hello Villagers!

This July 4th we celebrate 250 years since American Independence. 250 years is a significant stretch of time—much longer than any of us have lived. We have stepped into a reality we did not create, yet one that now shapes our shared life as a nation. We didn't earn it, but it is up to us to uphold its ideals, privileges, and responsibilities.

In a similar way, the Christian faith speaks of a freedom we are born into—not by our own effort, but as a gift of grace. Freedom in Christ is something we receive, not achieve. We may not have done anything to make it happen, but we are invited to live in it fully, to benefit from it, and to take responsibility for how we respond to it.

And while our personal choices do affect how we experience that freedom in practice, the foundation of it is not fragile. There is nothing in this world that can undo what Christ has accomplished. No power can ultimately separate us from the love of God or cancel the invitation I into life and freedom He offers.

So as we celebrate Independence Day, may we do so with gratitude—not only for the freedoms we inherit as a nation, but also for the deeper freedom we are invited to live in each day: a freedom received, sustained, and held in love.  
~~Pastor Violeta

## 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 9:45 AM.
- The Village Community Church group meets Sundays at 4:00 pm.
- Vesper Services the 1st Saturday of the month at 4:00pm.



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

All activities are open to all residents to attend

# Activities

## BUNCO

Thursday July 2nd 1:00 PM



## SPOTLIGHT

Monday July 6th at 12:45 PM.  
Come have a cookie and get to know  
Barbara Radke

## LIVE MUSIC AT THE GRESHAM PLAZA

Monday July 6th 4:45 PM  
Bring a folding chair and a water bottle  
Snacks available  
Sign up required, \$2 transportation

## LUNCH AT NANNA'S AND COLUMBIA VIEW LILAC FARM

Tuesday July 7th 11:00 AM  
Nanna's is a favorite! Then we drive up to Corbett to check out lavender and the gift shop. Sign up required, \$5 for transportation (does not include meal)

## FARKLE

Thursday July 9th 11:00 AM  
A-Farkling we will go! Meet in the small meeting room.

## BINGO

Thursday July 9th 1:00 PM



## LEFT CENTER RIGHT

Monday July 13th 11:00 AM



## FOUNDATION BAKE SALE

Tuesday July 14th 8:30 AM-10:00 AM  
Buy a goodie to nibble on during the resident meeting! Bake Sale resumes after the meeting ends.

## ALL RESIDENT MEETING

Tuesday July 14th 10:00 AM  
Those who attend are eligible to join the raffle for one person to receive \$250 off on their August rent!

## DINNER AT SAYLER'S OLD COUNTRY KITCHEN

Tuesday July 14th, 4:30PM. Steve Bond will be driving the bus to get a steak! Sign up required, \$2 for transportation, does not include meal.

## THE VILLAGE BBQ is this month!

Thursday July 16th at 12 Noon. More information on page 6.



## SUE RADER PRESENTS:

"The Heroes of 1776: The Declaration of Independence."  
Monday July 20th 11:00 AM  
Journey back to the founding of our nation!

## GRIEF SUPPORT

Monday July 20th 1:00 PM  
Everyone faces grief at some time, but you do not have to be alone!

All activities are open to all residents to attend

# Activities

## BREAKFAST AT HEIDI'S

Tuesday July 21st 9:30 AM  
Whether it is breakfast, lunch, or dinner you can count on Heidi's for fabulous food! Sign up required, \$2 for transportation (does not include cost of the meal).

## ACTIVITY MEETING

Tuesday July 21st 1:00 PM  
We are making plans for many "fieldtrips" throughout the summer. Please come and give us your ideas!



## PORTLAND ADVENTIST COMMUNITY SERVICES MOBILE FOOD PANTRY

Tuesday July 21st,  
Income guidelines to shop at the mobile food pantry will allow for most residents to use this service right here at the Village. Exact time to be announced closer to the 21st.

## LERAE HAYNES SING-A-LONG AT OUR BIRTHDAY PARTY

Thursday July 23rd at 2:00 PM  
We get to provide our own entertainment at the party this month! Lyric sheets provided. Cassic tunes you'll recognize will be led by LeRae (Lee's daughter) as we celebrate our June and July birthdays.

## ARMCHAIR TRAVEL: SWEDEN

Monday July 6th 11:00 AM  
Will there be cookies? Of course!

## CROQUET

Tuesday July 28th 10:00 AM  
12 people can play. Meet on the front porch. Sign up is appreciated.

BINGO  
Tuesday July 28th 1:00



BUNCO  
Thursday July 30th  
1:00 PM



## GARAGE SALE

Thursday July 30th and Friday July 31st, 9:00AM-3:00PM

