

October Village Foundation News

We have a lot of events this month for YOU to become involved. First: Oct. 13th Resident Meeting with Bake Sale (with lots of goodies to purchase before and after). You know how much your sweet tooth has longed for these yummys. Second: Bingo & Dessert afternoon on Oct 15th @ 5:30 - 7:00 pm. Come purchase your cards and see the great prizes that have been donated from merchants and others. Then get a delicious yummy during intermission and finish the evening by winning another bingo game. Third: Holiday Bazaar (Arts & Crafts) November 1st @ 9:00 am - 3:00 pm. Time to start your holiday shopping right here at The Village. A Great BIG THANK YOU for all the volunteers, donors and buyers. You are appreciated and know YOU have helped your neighbor that has needed help this year. May God richly bless you.

Your Foundation President, Jan Ybarra

2026-2027 Energy Assistance Program Important Information

“Our Just Future,” formerly known as “Human Solutions,” will no longer come to the Village to help residents apply for the energy assistance program. Metropolitan Family Services can be directly contacted at energy.assistance@mfs.email after October 1st to get information about assistance programs; please have these documents ready: photo identification for each adult in the home, social security cards for every adult in the home, proof of household income for the past 30 days and a current utility bill.

CHEF’S CORNER

Good day to all of you dear and treasured residents. I would like to take a moment to introduce myself to you. Some of you have known me for a hot minute, while others I have not had the pleasure to meet. I am your Resident Chef, certified in food safety and recently have completed a Certified Nutrition program. I have been employed by the Village Retirement Community for 7+ years.

My vision and goal are for all of you to be as healthy, active, and happy as you possibly can while blessing you with tasty, nutritious meals to enjoy with each other, family, and friends.

Nutrition is the intake of food to meet the needs of the body. Nutrients are substances found in food and beverages that are essential for survival. Macronutrients are water and energy-yielding nutrients (carbohydrates, fat, and proteins). Micronutrients include vitamins and minerals.

Over the next few months, I will be taking time to explain a little about how nutrition affects your body and what you should be consuming to help yourselves. Everyone does have unique situations, but we will focus on an age-appropriate diet that will benefit the majority.

I would love feedback and ideas about what you would like me to help educate you on concerning nutrition. Please feel free to drop by and speak with me directly or leave a comment in the suggestion box. Thank you for reading...

Chef June Lavoie



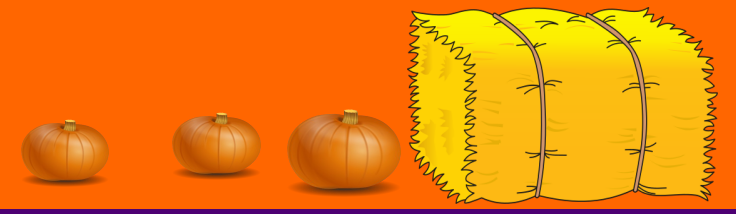
KNOW YOUR NEIGHBOR

John and Gerilyn Howard, retired teachers, met in Oregon when they were both middle school teachers in Portland. John was a Language Acquisition Support System (LASS) teacher and Gerilyn taught Science. John, born in Rhode Island and a recipient of a tennis and soccer scholarship, graduated from the Charleston University. Through a series of career moves, which included the travel industry, he eventually landed in Oregon. Gerilyn, on the other hand, is a native of Kansas City, MO. but moved at a young age when her father, a CPA, was transferred to Oregon. In her college education journey she particularly enjoyed studying at a Community College because of the interesting and extraordinary ethnic mix. Gerilyn was also a girl scout leader and used her love of natural science to motivate and engage her students. We owe her for the excellent maintenance of our beautiful rose garden. The Howards love the Village campus, its trees and flowers, as well as the privacy and overall tranquility. Dezzu Lu, a perky Papillion, has become well known among the resident canines and their owners. She, too, has adjusted well to our campus.

Alex Marcus

The Village News

October 2026



Hello Dear Villagers,

Fall is such an exciting season for me. I get to swap out all my summer clothing for wool socks and fuzzy sweaters, bedding gets changed to soft flannel and fleece sheets and all the cozy throws and blankets come out to put on the sofas and chairs. Thick chunky soups are on the table and the kitchen shifts from me being baked in it to an actual baking zone for pie and cookies.

At The Village it’s equally exciting. I think my favorite activity is doing field trips—that’s what I call our adventures when we go somewhere on the bus—but we will switch over to more games and activities in the community room, like Family Feud, pizza with trivia, movies and more parties!

I am already thinking of holiday activities and what we couldn’t fit into our schedule last year that we should try this year (school programs, plays, movies at The Mount Hood theater). Please send your ideas my way or show up at the activity committee meeting; the meeting is open to everyone as there is not a set, specific group of people who make up the committee.

I hope you all embrace the cooler weather. Maybe carve out some time to get those warm blankets and fuzzy sweaters out!

Your Sister in Christ, Jean Black

September Guessing Game

The winner is CJ Richey who guessed that the jar had 115 sharks. The actual number was 125!

The October Guessing Game:

How much does the pumpkin weigh?

WELCOME NEW NEIGHBORS!

Mary Fasciona #107



October Birthdays

Happiest of Birthdays to all of you!

4 Darlene Fike
4 Joan Swinney
6 Ramona Bierlein
7 Joan Yu
10 Sheryl Knutson
10 Doh Soe
13 Don Schell
13 Becky Rosnack
15 Joyce Jordan
15 Sally Johnson
16 Dana Volkert
21 Jan Stern
21 Bjorn Heglie
23 Marge Wilson
26 Alex Marcus
29 Bea Ameele
30 Kevin Dilworth



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

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 10/8. Vote for your favorite by 10/14.

Winners will be announced at our Special Dinner October 15th.

Congratulations to the September Winners!

First place: Nancy Thomas, who wins an \$8 Village gift certificate!
Second Place: CJ Richey, who wins a \$4 Village gift certificate!
Third Place: Donna Thomas, who also wins a \$4 Village gift certificate!

Administrative Corner

Dear Residents,

Fall is here and you can feel it in the air. I hope you enjoyed the summer. We formally had only two days that barely broke the 100 degree mark this summer, so that was better than some years. I am happy for the fall and the cooler weather it brings. Another bonus is the beautiful colors that the season brings us. I am so thankful to God for giving us the seasons of the year. They are constant symbols of His love for us.

This month I am happy to introduce a new feature in our newsletter. I have asked Don Schell, one of our resident authors, to contribute some words of inspiration to us. Don has spent his life serving others as a pastor, a leader, a motivator, an encourager and an inspirer. He has served the Village in many ways, including as past Resident Council Chairperson, as a leader of the Men's Group, and in many other ways. We are grateful for his contributions and look forward to reading his articles.

September was a busy month. Our concrete contractor finished the new sidewalks in the 303 to 308 area. Now we are in the process of redoing the landscape there. Additionally, our roofing project at 405 to 407 wrapped up late last week. Both projects went very well and we were happy with the speed and quality of the work that was done. Thank you to the residents who were directly affected for your patience and understanding.

Our apartment turnover continues with vacancies being filled at apartments #26 and #96. We will be working at both of those apartments this month getting them ready for their new residents.

We have had some good activities on and off campus this last month. I hope you have been able to enjoy them. Please keep track of the events and sign up for them early so you can enjoy them. Our fall dinner will be October 15th and June is planning a nice special dinner for us then, but don't wait till then to join us in the café. Every day there is good food available and you don't even need to do the dishes!

Please remember to go over the Helpful Information Guide so you know what is available at the Village and what is expected of you. Most common questions are covered in detail, helping to explain the "why" behind our community guidelines. If you have any questions please don't hesitate to ask our administrative staff.

This month our Thankfulness Wall asks: "What is your favorite part of the fall season?" Stop by and share your thoughts and see what others have written.

Have a wonderful October!

Dennis

Quote for the Month:

"Some cause happiness wherever they go; others, whenever they go."

~~~Oscar Wilde

## Village Weekly Events

### EXERCISE CLASSES

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

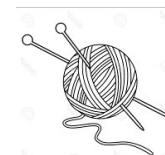
Come and join your  
neighbors and get moving and  
get your heart  
pumping!



### KNITTERS & MORE

MONDAYS 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 GROSUP

Tuesdays  
10/6 and 10/20  
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 CLASS

WEDNESDAYS 2:30 PM .

A 10 week session  
(last class 11/11)  
Balance, Movement and strength  
For fall prevention!  
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 10:00 AM.  
Meeting room.  
Ramona leads women  
through scripture  
and prayer



### FARKLE FRIDAYS

Every Friday  
11:00 AM.

In the Community Room  
Gather to play the dice game  
"Farkle"



### GAMES, GAMES, GAMES!

SUNDAYS 1:30-4 PM~~ Community  
Room.

Come play Games in the Community  
Room. 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 a weekly trip to  
Winco and Fred Meyer, Fridays @ 8:30  
AM.

Please sign up at the volunteer desk.

# Village Events and Updates

## YOUR VOTE IS IMPORTANT.

The General election is on November 3rd. The last day to register to vote or change voter registration information is Tuesday October 13th. Ballots will be mailed to Oregon voters on Wednesday October 14th. If you have recently moved to the Village you must change your address to receive your ballot; go online to "Multnomah County Elections Division" and you can update your voter registration information. If you are not sure if you are registered to vote go to the same site to view your voter registration information. You can also go to the Voting Center Express located in the Gresham Senior Service building at 600 NE 8th Street, Gresham (503-988-8683).

## Speakers And Presentations in October

**Thursday October 1st 11:00 AM:**  
Sue Rader on Abraham Lincoln

**Monday October 5th 12:45 PM:**  
SPOTLIGHT: Barbara Pierce

**Monday October 12th 11:00 AM:**  
Jenny Coulter discusses changes in Medicare

**Monday October 19th 11:00 AM:**  
Barbara Radke "Healthy On Purpose,"  
(Diet and nutrition)

**Monday October 26th 11:00 AM:**  
Armchair Travels : Historic Transylvania  
And Modern Romania

**Monday October 26th 1:00 PM:**  
Erika Murillo-Hill with "Assisting Hands"  
discusses Veteran services and long term care  
insurance.

## Special Dinner

*Thursday October 15th 12:00 PM*

*Resident tickets are \$13.50, guest tickets are \$16. Please purchase your tickets by Friday October 9th at 2:00 PM.. After that date all tickets are \$17.*

Starter:  
Autumn Caesar Salad  
with Pumpkin Croutons

Entrée:  
Braised Beef Short Ribs (Vegetarian Beef is available)  
Whole Roasted Herbed Potatoes  
Candied Baby Carrots

Dessert:  
Harvest Peach and Apricot Crisp  
With Sweet Cream and Autumn Fruit Medley Confetti

All activities are open to all residents to attend



FALL BACK! FALL BACK!  
DAYLIGHT SAVINGS ENDS  
ON SUNDAY NOVEMBER 1st



## GOOD NEWS!!!

A new month does not arrive with fanfare. It simply appears on the calendar, quiet and ordinary, and asks us to live each day with purpose. That is both its challenge and its gift.

Last month's achievements or setbacks have passed. You do not have to carry every unfinished task or disappointment into this one. You are allowed to begin again. Encouragement is not the claim that everything is easy. It is the quieter truth that you can step into the month afresh with lessons learned.

Some days that step will feel small: a conversation you have postponed, a card you have not written, a walk you keep meaning to take. Small is not the same as insignificant. You do not need a dramatic turning point. You need the willingness to show up when no one is watching and the outcome is not guaranteed.

If you are tired, rest without apology. If you have stumbled, get up and try again. The people who live fulfilling lives are rarely the ones who never fall. They are the ones who refuse to stay down.

This month will not be perfect. It does not have to be. It only has to be lived. Look for one true thing each day—a kindness received, a task completed, a kind word spoken; enjoy a moment of unexpected beauty. Your life is writing a lasting story. The next page is still unwritten, and how it reads belongs only to you.

Don Schell

## REFLECTIVE THOUGHTS

Dear Village,

It looks like we are going to have a beautiful autumn this year. As we head into the fall we can look for the wonderful colors of gold, orange, yellow and the crisp, clear mornings and peaceful cool evenings. Fall is a time of harvest and thanks giving. We reap what we sow and God is gracious to let us sow by His Spirit and therefore reap abundant life.

God is a father with many children. I hope that all God's children in the Village will have a peaceful and joyous time this fall.

Bless the Lord, O my soul;  
And all that is within me, *bless* His holy name!  
Bless the Lord, O my soul,  
And forget not all His benefits:  
Who forgives all your iniquities,  
Who heals all your diseases,  
Who redeems your life from destruction,  
Who crowns you with lovingkindness and  
tender mercies,  
Who satisfies your mouth with good *things*,  
So *that* your youth is renewed like the eagle's.  
Psalm 103 1-5 NKJV  
Love in Christ  
Pastor Bob,  
The Village Community Church.

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

- Wednesday evening prayer service 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.
- Vespers Service is the 1st Saturday of the month at 4:00 PM.

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



# Activities

**SUE RADER:**  
Abraham Lincoln  
Thursday October 1st 11:00 AM.

**BUNCO**  
Thursday October 1st 1:00 PM.  
Sign up required.

**LEFT, CENTER, RIGHT**  
Monday October 5th 11:00 AM.  
No strategy required!

**SPOTLIGHT**  
Monday October 5th 12:45 PM.  
Come have a cookie and get to know  
Barbara Pierce.

**BINGO**  
Tuesday October 6th 1:00 PM.



**DINNER AT THE OLD SPAGHETTI FACTORY**  
Tuesday October 6th 4:00 PM.  
Sign up required, \$3 for bus  
(does not include cost of meal)

**FAMILY FEUD!!!!**  
Thursday October 8th 1:00 PM.  
Sign up to be on a team or just show up  
and enjoy being in the audience!

**DOLAN FARMS**  
Friday October 9th 11:00 AM.  
Pumpkins, donuts, a petting farm, photo  
ops, tractor rides, fall produce!  
Sign up required, \$3 for bus.

**JENNY COULTER**  
Monday October 12th 11:00 AM.  
Jenny will share updated Medicare and  
insurance information.

**PONG**  
Monday October 12th 1:00 PM.  
There is always a new game to play!

**BAKE SALE AND  
ALL RESIDENT MEETING**  
Tuesday October 13th  
Bake sale starts at 8:30 AM,  
stops during the all resident meeting  
at 10:00 AM, and will resume after  
the meeting until sold out or 1:00 PM.  
New officers will be voted in at  
this meeting and a \$250 rent discount  
will be randomly drawn for one lucky  
resident! You must be present to win.

**SPECIAL DINNER**  
Thursday October 15th 12:00 PM.  
Resident ticket price: \$13.50  
Guest ticket price:\$16.00  
Please purchase your ticket by  
Friday October 9th at 2:00 PM.  
Ticket prices increase to \$17.00  
after October 9th 2:00 PM

Please turn the page for the  
Special Dinner menu!

# Activities

**FALL FOUNDATION FUNDRAISER: BINGO AND DESSERT**  
Thursday October 15th beginning at 5:30 PM.  
Bingo cards are \$2 each, 3 for \$5 or 4 for \$6. Maximum four cards per player.  
There will be a total of eight games, great prizes, and a break halfway through the  
games to have desserts (available for a donation). The aim is to finish by 7:30 PM.

**BARBARA RADKE**  
Monday October 19th 11:00 AM.  
Barbara shares “Healthy On  
Purpose” (Diet and nutrition).

**GRIEF SUPPORT**  
Monday October 19th 1:00 PM.  
We grieve for many kinds of loss;  
possessions, independence, hopes,  
dreams and those we have loved.

**BREAKFAST AT HEIDI’S**  
Tuesday October 20th 9:30 AM.  
Sign up required, \$2 for the bus  
(does not include meal).

**ACTIVITY MEETING**  
Tuesday October 20th 1:00 PM.  
It is time to start discussing what we  
want to do during the holidays, please  
come and share your ideas!

**PACS MOBILE PANTRY**  
Tuesday October 20th 2:00 PM.  
This is a wonderful way to supplement  
your food supply as it begins to get  
colder!

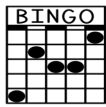
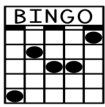
**HARVEST PARTY**  
Thursday October 22nd 2:00 PM.  
Everyone is invited to come to this party! We’ll  
play games, you can sign up to bring a sweet or  
savory treat (store bought items are fine), &  
costume dress is optional.

**ARMCHAIR TRAVEL:**  
Historic Transylvania and Modern Romania  
Monday October 26th 11:00 AM.  
Little treats to eat are provided!

**ERIKA MURILLO-HILL**  
From “Assisting Hands”  
Monday October 26th 1:00 PM.  
Erika will discuss in home help for Vets and  
share information on long-term care insurance.

**LUNCH AT IXTAPA (Mexican)  
SHOP AT ST. VINCENT dE PAUL**  
Tuesday October 27th 12:00 PM.  
Sign up required, no charge for bus  
(does not include cost of meal)

**BINGO**  
Thursday October 29th 1:00 PM.



**SAVE THE DATE FOR THE HOLIDAY CRAFT BAZAAR!**  
Sunday November 1st 9:00 AM-3:00 PM.