

# Café News

Sue Jensen

We have a new friendly young lady in the cafe. Her name is Angelique and she is working for us through 'Summer Works Program'. Angelique has shown a desire to work and learn. I love having her and the kitchen crew is grateful to Dennis for facilitating this. Please introduce yourself to her if you haven't already met her.

Produce is at it's finest right now which means everything we make with fresh local ingredients will taste a little better. Kyle is doing a great job in offering a variety of healthy and delicious meals. We know that not everyone has the same tastes in food and we will do our best to balance what we do offer to please everyone and the majority of those we serve. I believe that having 3 chefs to serve our residents allows for a variety of techniques. We hope you enjoy most, if not all of the meals served in the Cafe.

This month I am excited to introduce the all new 'Beyond Sausage'. The Beyond Sausage is, in my opinion, the best vegetarian hot dog/sausage ever made. My family has been eating them on a weekly basis for the last month. I will offer them, as well as the beef sausages, including a table of great toppings to choose from. Please see 'Sausage Bar' on the menu on Tuesday, August 20<sup>th</sup>.

Stay well and cool,

-Sue Jensen and the 'Fabulous Cafe' Crew'!

## CALLING ALL GARDENERS!

If you have extra produce from your garden, we invite you to share it with your neighbors. Please bring your produce to the front lobby in the Community Building on Fridays. You are responsible for your own produce. Please remove what has been left.

## Know your Neighbors

Anne Mottice

### Joan "Joanne" Gabriel #74

Joan grew up in Ash Valley, Oregon, a little town near Loon Lake, close to Reedsport. She lived there for 15 years. She cannot remember if her first car was a Ford or a Dodge, but she does remember that it had a hole in the floor they had to cover in order to keep the exhaust from coming into the car. Her first marriage was at the age of 17. She has 4 daughters and 1 son. Her greatest accomplishment has been getting her Commercial Driver's License and driving a tractor trailer across country. She enjoyed seeing many towns and places in the U.S. She also was able to travel across the United States in an RV. Her hobbies include going to the casino and being an avid reader.

# The Village News

August 2019

Happy August!

We have the most loving, caring and considerate people living here at The Village. I would like to thank everyone who sent me cards and wished me a Happy Birthday last month. I was so surprised to walk into a decorated office, thanks to a great colleague, Caroleana, and my birthday serenade sung to me in the McDonald's parking lot in Tillamook during our trip to the Cheese Factory and Coast blessed me beyond measure. You are all extremely special people!

August is county fair time and as a 4Her growing up, it was an exciting month preparing everything for judging at the Yankton County Fair. Since I was a "city girl", I didn't have livestock, but I baked, sewed and was on the judging team. It was always such fun to spend time at the fair and see all the exhibits and hope my items would win blue and purple ribbons! This month, we are taking a trip to the Clackamas County Fair, and I hope it will trigger lots of fond memories for those coming along. I know it will for me! In addition, we'll be heading to the Swan Island Dahlia Farm, bird watching with Kat, attending South Pacific at Clackamas Rep, music in the Gresham Arts Park and other opportunities to have fun with your friends and neighbors. Please take advantage and sign up for these great activities.

Thank you to The Village Foundation for providing our FREE Concert in the Park with boxed suppers. The entertainers, Mary and Steve, have a great line up of songs for us, so get your tickets!

Blessings,  
~Solweig



## Music for your dining pleasure

Come and enjoy a delicious lunch in the café while your fellow residents or friends provide music in the background. This month's musical offering will be on

**Wednesday, August 7th**

We want to hear your musical talents! Please let us know if you or your neighbors can share with us.

## WELCOME NEW RESIDENTS

- Teresa Ashton - #50
- Patricia Hicks - #310
- David & Yvonne Carl - #68
- Vi Huntington - from #6 to #206
- Phyllis Anderson #85
- Helen Stone #403

## STAY COOL



**COMPUTER HELP**  
THURSDAY, August 8th  
2:00 - 4:00 pm, Computer Room

The Library provides us with assistance on the second Thursday of every month. They provide one on one help with your questions.



Be sure to sign up for a time slot.

**LET'S DO ART!**

TUESDAY, August 20th  
10:00am - 12:00 pm  
Small Meeting Room

Bring your friends and any art project you're working on. Bring your own supplies or we can provide some supplies if you need them.



**CRAFT TIME WITH LOIS**

FRIDAY, August 16th  
1:30 pm ~~ Small Meeting Rm.



Lois helps us make wonderful crafts every month. Come and enjoy friends and neighbors while you make something creative.

**Be sure to sign up!**

**THE BOOKWORMS BOOK CLUB**

MONDAY, August 26th  
11:30am to 12:15pm

This group meets the 4th Monday of each month in the Sitting Room of our Community Center.

Our book for August is: **The Peach Keeper: A Novel.** New York Times Bestselling author, Sarah Addison Allen, juggles small-town history and mystical thriller, character development and eerie magical realism in a fine Southern gothic drama.



10 books are available in the office -come read and discuss with us!



**KNITTERS & MORE**

Join us MONDAYS at 2:00 pm  
Community Room

Join us every Monday to learn, share and visit! All are welcome!

**AUGUST GUESSING CONTEST**  
"She sells seashells down by the seashore"  
Come to the office and guess the number of **seashells**.



Sue Rader was the winner for July with a guess of 375. The actual number of stars was 357.

**EXERCISE CLASS**

Community Room

Meets most Monday, Wednesday and Friday mornings at 8:30am.



**GRIEF SUPPORT GROUP**

MONDAY, August 19th  
11:00-12:00



Adventist Hospice hosts a Grief Support Group in the Sitting Room.

**AUGUST BINGO**

TUESDAY, August 27th  
1:30 pm (notice the time change)  
Community Room



Bring your neighbors and friends for our monthly bingo game.

Enjoy a treat and maybe win some prizes!

**ACTIVITY COMMITTEE NEEDS YOU!**

We meet the 3rd Tuesday of every month to discuss outings and events for our community. This month we will meet August 20th at 1:00 pm in the small meeting room.

*Reflective Thoughts*

Pastor Bob Brotherton

Dear Village Community,

We are in the heart of the summer now and I hope that you are all staying cool and having many good times. One of our top priorities in summer is to take care to not get dehydrated or work too hard during the heat. Life always goes better when we use good common sense and seek out God's wisdom. Wisdom from God places great value on doing the important things and having priorities in place. Philippians 1: 12 -18 gives us a very clear picture of what God puts first:

*Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.*

*It is true that some preach Christ out of envy and rivalry, but others out of good will. The latter do so in love, knowing that I am put here for the defense of the gospel.. The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice.*

May God bless us as we co-operate with Him.

In Christ's love,  
Pastor Bob

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

The Village Adventist congregation meets on Saturday mornings at 9:30 am. They offer vespers on Saturday evening at 6:00 pm and a midweek meeting on Wednesday at 6:00 pm. The Village Community church group meets on Sunday afternoons at 4:00 pm and has a Prayer Meeting on Wednesdays at 10:00 am, as well as occasional special meetings announced separately.

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

**August Vespers Programs**  
6:00 pm Saturdays

- August 3rd: "Remembrance of Things Past" - Vern Williford
- August 10th: "John Barrows in Concert and Praise"
- August 17th: "Travels with Jesus in Galilee" with Pastor Finck
- August 24th: "Revive Us" - Samoan Men's Chorus
- August 31st: Join us in Fellowship

**Don't miss out on these wonderful programs!**

## Notes from Resident Services

August is here! In my home we are starting to think about the new school year. It will be here sooner than I want.

The last two years here at The Village we have had a school supply drive for Davis Elementary School. Davis is a local elementary school in the Reynolds School District. The students that attend are multi-cultural, multi-lingual and impoverished. There are 27 different native languages represented at Davis. This year's school drive will be a little different, as Davis Elementary received a grant that is providing backpacks filled with school supplies for every student who attends. It is my hope to continue to help the students at Davis and make a difference in our community.

This year, I am asking you to give these great students confidence with beautiful clothes for the first day of school. Wearing a new outfit puts a smile on one's face. Can you donate **new or gently used** school clothes for the students? If you cannot get out and shop, a small monetary donation to help purchase **new school clothes** would be great. I am requesting **kids sizes 6 up to 14, either boy or girl** by August 20. If you have any questions please feel free to reach out to Caroleana.

## AUGUST BIRTHDAYS

2 ROLLIE HALBERG  
3 MARY DICKINSON  
4 CAROL KRUEGER  
9 DAWN BOGH  
9 LINDA MCSWEENY  
9 DAVID HOLLENBACK  
10 BENNIE BROWN  
10 JOSEPHINE LITVIN



15 GARY IHLE  
17 BETTY CROUSE  
19 HELGA WERNER  
21 CAMERON SUMMERS  
23 JAN JOHNSON  
24 NAYDEEN MILLIKEN  
24 LEROY NIKANDER  
26 KAREN STAI  
27 TERESA ASHTON

## Administrator's Corner

Dear Residents,

What a wonderful summer so far! I hope you are enjoying it. We had such a nice barbecue and many of you have been enjoying the outings and events that have happened so far. Be sure to check your calendar and newsletter so you do not miss out on any of our fun events.

Our cafeteria truss repair and remodel will go to its next stage soon. Starting on August 13, we will start serving our meals in the annex room and seating people in the community room. Then the contractors can safely start working on bracing up the trusses that need to be repaired. We do not know how long we will be serving in the annex, but we know that we have to work through this stage so that we can keep our building safe. When it is all done we will appreciate how nice it will be.

Our remodels are continuing with work being done on numbers 41, 116, 63 and 59. Our renovations are also continuing. August will be a busy month. We are planning on new residents moving in to numbers 206, 310, 85, 403, 50 and 68. Please look at the New Resident list and welcome your new neighbors to The Village.

It seems that one thing you can count on is change. I am so thankful that we have our Village community to help us navigate the changes in life that happen to all of us. When a resident moves out it is a sad time for all of us, both residents and staff. Even if we know a resident is going to a place that can provide for them better, it is all of us who experience the loss of not having them near anymore. And we all suffer losses when we do not feel well. I am always amazed at how strong each of you are as you face illness and health challenges. Remember that you have support in your neighbors and friends here. Thank you for supporting each other as our Village family goes through changes. It is YOU that make The Village the wonderful place that it is.

Please remember that The Village offers a lot of supportive services 'a la carte'. If you need help with housekeeping, we can help. We can provide up to 3 meals a day in our cafe. If you want your lunch delivered, we can bring it to you. If you need transportation, we can provide it in our service area on Wednesdays for \$4.00 and other weekdays for \$1.00 per mile. If you need help with the weeds in your garden beds, we can help for a small per hour fee. We offer the Lifeline service for a very reduced rate so you can be connected to help at all times. Please use the services that are available so that your life can be as safe and easy as possible.

Our Thankfulness Wall question this month is: "If you could go back in time and re-live a special memory, what memory would you re-live or change?" Stop by and share your thoughts and see what others have written.

Have a great August !

Dennis

## Quote for the Month

"People who wonder whether the glass is half full miss the point. The glass can be filled up again."

~Unknown

### Need your hair done?

Contact Kathy at 503-544-6197



She is available on Fridays by Appointment. Everyone says how good Kathy is - Don't miss out !

### Feeling Stressed? Do your Muscles ache? Jonathan can help !

Massage available Tuesdays  
by appointment:  
503-803-7892  
We have had excellent  
comments from residents.



# AUGUST ACTIVITIES 2019

## THE END OF THE OREGON TRAIL INTERPRETIVE CENTER & Dinner at Sweet Tomatoes

THURSDAY, August 1st  
1:00 pm ~ \$14 bus & admission

We will drive to Oregon City and explore this gem of a museum and then enjoy an early dinner at this fabulous buffet.

## SWAN ISLAND DAHLIAS LUNCH AT FILBERT'S FARMHOUSE KITCHEN

THURSDAY, August 8th  
9:00 am ~ \$8 bus

Enjoy the amazing dahlia display and buy fresh cut flowers at the #1 dahlia farm. Then we'll have lunch at this new restaurant that specializes in locally sourced foods.



## BREAKFAST AT GATEWAY PANCAKE HOUSE & SHOPPING AT PACS

TUESDAY, August 20th  
9:00 am ~ \$4 bus

Why eat alone when you can join your friends and neighbors for a fun-filled breakfast at this eatery that President Obama visited. Then we will head across the street to shop at PACS thrift stores.

## OUTING TO GRESHAM ARTS PARK FOR GRESHAM MUSIC MONDAY

MONDAY, August 26th  
6:00 pm ~ \$2 bus

Bring your lawn chair or borrow one from The Village to sit in the park and enjoy the toe-tapping music provided by the Cherry Blossom Orchestra.



## BIRD WATCHING AT GRESHAM'S MAIN CITY PARK BREAKFAST AT HEIDI'S

TUESDAY, August 6th  
8:30 am ~ \$3 bus

Kat Mahoney will lead us on a bird watching tour of Main City Park which has paved, easy walking trails. Then we will have brunch at one of our favorite breakfast spots.

## CLACKAMAS COUNTY FAIR LUNCH AT THE FAIR

TUESDAY, August 13th  
10:00 am ~ \$13 or \$8 if you're 75 or older  
Price includes bus and admission

Let's GO to the fair and see all the exhibits, eat fair food and listen to fun entertainment!



## Resident Spotlight

THURSDAY, August 22nd  
12:45 pm in the Café

Come enjoy a good lunch with us, have a treat and learn more about our residents and staff.



## DINNER OUT TO RISTORANTE DI POMPELLO

THURSDAY, August 29th  
4:30 pm ~ \$3 bus

Join us for a delicious Italian dinner at this reasonably priced Troutdale restaurant, but save room for their amazing desserts.



# AUGUST ACTIVITIES 2019

## VILLAGE COMMUNITY GATHERING

Every Monday @ 1pm in Community Room

### Monday August 5th: Rose City Serenade

Cool down during the dog days of August with the cool vocalizations of Rico Mariano. Rico specializes in ballads, movie themes, show tunes and hits of the 30's-60's.

### Monday August 12th: Dennis, How to feel Great!

This month we will learn more ways to incorporate healthful foods into our diets without too much work. We will also learn how to create a plan for deciding which types of food to choose.

### Monday August 19th: Living with low vision, Choose the life you want to live!

#### Presented by the Hull Foundation

Losing your sight is not a choice, but choosing to live your life with low vision, independently and with self-confidence, is a choice. In this introduction class, you will learn about resources and services to maintain independence. You do not have to be legally blind to attend! The Hull Foundation for the blind has served persons with low vision for over 57 years.

### Monday August 26th: Arthritis 101, with Jennifer

Come hear from Jennifer with Home Instead, a local home caregiving agency. She will review forms of arthritis and its symptoms. She will provide great information about different treatments, as well as demonstrating useful exercises.



**Get your tickets today at the Village office!**

*The Village Foundation presents*

**Concert in the Park**

THURSDAY, August 15th

**FREE** Dinner at 5:00 pm

Box suppers with Chicken and Vege chick wraps, fresh fruit and veggies, salad and chips.

Entertainment begins at 5:30 pm:

**Mary and Steve**

**You must have a ticket to attend!**



## LEACH BOTANICAL GARDENS

TUESDAY, SEPTEMBER 2ND  
10:00 am ~ \$7.00 bus and tour

Leach Botanical Garden is the crown jewel of public park spaces in outer southeast Portland. We will enjoy an easy guided tour, seeing their library of plants, with various species in their collection.

## The Village Foundation

The Foundation rummage sale was a Giant success because of you. Thank You for the donations of items and for coming back to buy new treasures. Our total will be a little over \$3700. Remember to come sign up for the **FREE Concert in the Park** and dinner provided by the Foundation. God bless each of you!

~Jan