

**Resident Services Center
January 2014
Happy New Year**

Jan. 6th Mon at 1PM Darrell Jabin will be presenting History of Oregon

Jabins's inspiration was the 100th anniversary of the original Oregon Blue Book. Most people confuse it with the more popular guide for car values, but not Darrell Jabin. He has spent 30 Years collecting the state issued almanac and fact book, worked with the staffs of the State Archives, and the State Library to create a 37 minute video providing a unique view of Oregon History. He will be talking about his interest in Oregon history.

~Resident Services Center hours continue to be 10AM-4PM.

Verla Koehn-Collver
Resident Services Coordinator.

**Community Resource
Presentation
Monday's at 1PM**

**January 6th ,
Oregon History
Darrell Jabin**

**January 13th
Personality Styles
Molly Geddis-Resident**

**January 20th
Managing Our Weight Part II
Ramona Newman-Resident**

**January 27
Rec Room Games
You !**

**Kurt Matzke will be doing
Blood Pressure Checks following
our Presentation every Monday 2PM.**

The Village News

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Gresham, Oregon

January 2014



Happy New Year,

The holidays are now behind us and a new year is in front of us! Our family will start the new year with the wedding of our son, Nick. We are very excited and anxious for their new life together to begin. I will post pictures in my office when I return! I appreciate everyone's patience; I have been distracted by this big event.

Our January calendar has many activities. Please start the new year and try something new! Come to breakfast or maybe a movie, we have many opportunities to develop your creative side.

A few reminders: I usually post the sign-up sheets for the trips 1-2 weeks before the event. In the event you need to cancel please do so by noon the day before the trip. There are trips that have deadlines, in those cases let me know as soon as possible so I can fill your spot and not have to charge you. If you have any questions please don't hesitate to ask me.

When we have events in our Rec Room, we have Wishing Wells strategically placed in the room. These Wishing Wells are for donations and help the Activities Committee continue to bring entertainment and parties to you.

HAPPY NEW YEAR TO EVERYONE! Taunya

RECYCLING REMINDERS

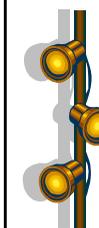


- Please break down boxes before recycling
- Do not put plastic bags in recycling
- Recycle plastic bottles or tubs larger than 6 ounces (no lids)
- No styrofoam, clamshells, or take out containers are accepted

Please help us by consolidating your recyclables and garbage.



OUT OF
CONSIDERATION FOR
OTHERS, PLEASE
REMEMBER TO TURN
OFF OR SILENCE YOUR
CELL PHONES DURING
VILLAGE FUNCTIONS
OR MEETINGS.



SPOTLIGHT
WEDNESDAY

JANUARY 22nd
12:45pm

COME ENJOY A TREAT & A STORY

The Village News is a publication of The Village Retirement Center
4501 W Powell Blvd - Gresham, Oregon 97030 (503) 665-3137

Upon Reaching Critical Mass by Darlene Girard-Hanson

When did I become invisible? I had been warned. Jeannie said, "One day a woman reaches an age and wakes up to find she has become invisible." Sounded like 'sour grapes' to me. I mean, with my size and presence, how could anyone miss me?

They just do.

Picture this: Jazzy Bagel, head of the line for my cranberry-orange special, and in steps a leggy blonde, with a convoluted, high maintenance order and by the way, how do I find a doughnut shop? Rude AND no bagel loyalty. No one even blinks.

O.K., probably a trick of the light. But there's a next time. Farmer's Market. Surely Ol' McDonald is not to be swayed. Wrong! In steps another leggy blonde, high maintenance order, no one blinks! I protest by dropping my peach and taking my business elsewhere. McDonald really didn't suffer any great loss, I was devastated.

On to the greener pastures of Safeway gas. No one misses my cute little Scion toaster, it matches the color of my hair! Wrong, it is one-upped by a sleek little vintage number that was driven by an old, grey haired man!

Webster defines critical mass as "a size, number, or amount large enough to produce a particular result." I wasn't particularly pleased with the results that I was "seeing." Having been deeply indoctrinated by the problem solving generation, it was just a natural knee jerk reaction to want to set the record straight. Good grief! Did I have to start a new recovery program? A "Power to the Grey Panther Woman" movement? A class on how to be assertive while steering a walker? Critical mass was closing in fast.

While I was planning to solve the problems of the world, as well as making the changes to bring about world order and peace and wearing myself to a frazzle, who was I kidding? Why was I focusing on what's wrong "out there" when the problem is "in here?" Is projection the root of all evil?

Did anything of significance really happen? Or did it only happen in my mind, because thought?

To quote Wayne Dyer, "When you change the way you look at things, the things you look at change." My new motto: If you must change something, change your mind.

There once was a lass of an age,
Who fancied herself quite the sage,
But when faced with reality,
Found life a banality,
Not worthy the effort of rage.

CAFE` MENU - JANUARY 2014

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 Turkey Casserole *** Turk Casserole	2 Meatloaf *** Veggie Loaf	3 Cod *** Veggie Patty	4 Swiss Steak *** Swiss Stake
5 Chicken Ala King *** Chik Ala King	6 Hamburgers *** Garden Burgers	7 Taco Casserole	8 Village Chicken *** Village Chik	9 Spaghetti Pie	10 Tuna Casserole *** Tuno Casserole	11 Chicken Divan *** Chik Divan
12 Ravioli	13 Chicken Sandwich *** Chik Sanwich	14 Country Fried Steak *** Country Fried Stake	15 Lasagna	16 Winter Dinner 	17 Haddock *** Rice Patty	18 Chicken N'Dumpling *** Chik N' Dumpling
19 Chow Mein	20 BBQ Beef Sandwich *** BBQ Veggie Beef Sandwich	21 Sweet N'Sour Chicken *** Sweet N'Sour Chik	22 Salisbury Steak *** Salisbury Stake	23 Stuffed Chicken *** Stuffed Chik	24 Trout *** Walnut Patty	25 Parmesan Chicken *** Parmesan Chik
26 Stir Fry	27 Chicken Tenders *** Chik Tenders	28 Haystacks	29 Baked Potato Bar	30 Hearty Mac N' Beef *** Hearty Mac N' Veggie Beef	31 Fish Friday *** Veggie Patty	



JANUARY 2014 ACTIVITIES



Breakfast Out to Dea's In & Out

Tuesday, January 7th
9:00 am
\$2.00 Bus

Come out and have breakfast!



Shopping at Trader Joe's and lunch at 5 Guys Burgers

Thursday, January 9th
10:00 am
\$4.00 Bus
We'll shop and then dine!



Resident's Meeting

Tuesday, January 14th
10:00 am
Rec Room

We encourage all residents to attend this informative meeting.



Art Class

Subject: Painting with Watercolors

Tuesday, January 21st
10:00 am
Rec Room
\$2.00

Carolynn Wagler will teach the basics of watercolors



Afternoon BINGO

Tuesday, January 28th
1:00 pm
Rec Room

Come have some fun and play BINGO!



OMSI Empirical Theatre (formally Omnimax) Featuring: Jerusalem

Thursday, January 30th
Time: TBA
\$9.00 Bus & Admission

A synopsis of the movie will be available by the sign-up sheet.
Please sign up and pay by Friday, January 10th.

Administrator's Corner

Dear Residents,

Happy New Year !

I wish you the best for this new year. It is interesting how things change through the years. We are fortunate in many ways that change happens a bit slower here at The Village. This year has seen many improvements and many new residents. We hope you are enjoying life here at The Village. The face of The Village is ever changing as we do more remodeling. I am happy as I see more projects completed. Not only does it help The Village be updated, many of the changes make it safer and nicer for both individual residents and for all of our residents as a whole. It has also brought about a greater sense of pride for all of us in what we have to offer our elders here in this community. Because of these changes we are so thankful to be back in a position where we are filling most apartments from our waiting lists. Please be sure to tell your friends and family that might be interested in moving here that they need to plan ahead and apply ahead of time so we can have something available for them when they wish to move.

We are completing our siding project on #105 to #108. We will continue with siding and window replacement as we have the time and resources. I am so happy with the sidewalk replacement by #36. It has made the area much safer than it was, and it looks so much better too ! We are in the middle of construction on #79 and #207. Thank you for your patience as we improve these areas.

I hope you have enjoyed the holiday dinners and activities. Don't forget to enjoy the delicious food that is served every day in our cafe. And if you are not feeling up to coming to the Café for lunch we are always happy to bring it to you. Just give us a call.

If you have decided not to use your alert pendant, and it is just sitting in a drawer, please be sure to turn it in to the office. If your situation changes and you would like it back that can be accommodated. We spend a lot of time maintaining every pendant that is out there, and if you are not keeping it with you, then it is wasting our resources.

Since we are in the middle of winter now, please be sure to stay warm and healthy. Let us know if you have special needs that we may be of help with.

Have a wonderful 2014
Dennis



Many thanks for all the cards & goodies we so enjoyed this season.
The Village Staff



The Village Winter Dinner



Thursday, January 16th

Noon

\$11.00 per person

(\$1 discount if purchased before noon Wed 1/15)



The Café will be warming our wintry hearts with Wintery Salad, Hot Roast Beef or Vegetarian Beef, Baby Red Potatoes, Candied Carrots, Hot Rolls and a Scrumptious Dessert Assorted Beverages



- January Birthdays
- 10 Warren Thompson
- 13 Marjorie Peters
- 14 Dolores Wicks
- 14 Orville Bleuer
- 15 Pat Biglin
- 16 Bob Dasher
- 17 Sue Rader
- 23 Ellen Bleuer
- 23 Clyde Yoshida
- 24 Steve Bond
- 24 Andrew Haynal
- 25 Lloyd Johnson
- 25 Rhonda Revelle
- 28 Nancy Conser
- 29 Bill Schnibbe
- HAPPY BIRTHDAY TO YOU!

THE VILLAGE BIRTHDAY PARTY

THURSDAY, JANUARY 23rd
7:00 pm

FEATURING: FOUR FOR FOUR
A barbershop quartet

Everyone is welcome and we will have cake & ice cream after the performance.

AN IMAGE OF GOD
By LeRoy Finck

I read the results of a poll asking university students if they believed in God. I was pleased to see the greater majority did indeed believe in Him. However, the results of the second question were very disturbing. Even though most of them believed in God, they did not believe in Satan. The consequences of believing in God, but not Satan, leads to a devastating image of God: Such a belief leads to the conclusion that all painful things that happen to us come from God.

I recently caught a glimpse of one of those local area TV shows. The scene broke my heart. The picture on the TV showed a very disturbed teenage girl who had been sent to a rehabilitation type boot-camp. It was an extremely cold winter day and she sat curled in a little ball buried beneath layers of coats and gloves, rocking back and forth sobbing inconsolably. Her face was wet with tears and her gloved hands partially covered her mouth as if she were afraid of what might leap from her tortured soul. Her muffled words spilled across the bottom of the screen for all to read: I hate this time of year, my father died on Christmas eve. And then came words that stung my heart; Why did God have to take him? Why did God take him? I couldn't help but feel the sorrow those words placed in God's heart, and the painful void in hers.

The picture on the TV showed her weeping with more intensity as she cried, Daddy, can you hear me? Daddy, I need you, Daddy please, help me. Her pleading to the Dad beyond the grave went on and on. I remember the pain and the urgency from this distorted concept of God. Yet I know my God heard this little heart; she may have cried out to her daddy, but it was her Heavenly Father who stood by her side.

If there is no devil then God has to be blamed. And I thought about the terrible image this world has created of a loving Creator. How confusing to our own innocent children, and placed in public schools where those around them blame God for those things that cause them to hurt. If only she could have realized, could have been taught, there is a Satan and it is because of him she was hurting, not God. Then she would have cried out to her heavenly Father who was standing beside her with healing in His hands. How much better it would have been for God to be able to lift her from her pain with the brightness and peace He wanted to bring to her tortured soul.



TEA & CRAFT TIME
WITH MINDY
FRIDAYS JANUARY 3rd, 17th, & 31st
1:30 pm -3:00 pm

Mindy, a high school student from Portland Adventist has returned! She is bringing her amazing talents to The Village. Please sign up and join the fun.



CLOTHING CONNECTION

Wednesday, January 29th
11:00 am to 2:00 pm
Rec Room

Come over and shop!