

VILLAGE COMMUNITY
GATHERING

Our Village Gatherings begin at 1:00 pm.



MONDAY JAN 1st No Gathering today!

MONDAY JAN 8th

TORY THOMPSON WITH PROVIDENCE ELDERPLACE:

She will be here to share about the services that Providence ElderPlace offers.

MONDAY JAN 15th

DENNIS WHITTED'S TOWN HALL MEETING: Dennis will give us some insight about The Village and be available for questions.

MONDAY JANUARY 22nd

TOUR OF GRESHAM SENIOR CENTER: Our own resident, Terry Ann Pullen #104 will give us a tour of the center and show us all the opportunities the center offers.

MONDAY JAN 29th

HOW TO FEEL GREAT! Dennis Whitted will help us explore different ways to feel great!

THE VILLAGE CRUISE MEETING
TUESDAY JANUARY 9th

1:00 pm in Rec Room

Come learn about a future cruise
with Terry Ann Pullen.



Blood Pressure Checks
at 2:00pm in the Small
Meeting Room every
Monday

The Village News is a publication of The Village Retirement Center
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The Village News



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Gresham, Oregon

January 2018

Happy New Year,

A new year is in front of us! We had a fun 2017 with 47 different meals we shared together, 12 rounds of BINGO, we viewed 4 movies out, 4 resident meetings, Lois was "crafty" 11 times with us, we viewed an eclipse, we went to 7 different museums, hiked a butte, played games, made some ice cream, learned about British Cars, places to volunteer, cook in a mug, how to be prepared, learned about recycling! Woohoo! Can't wait till 2018 and see what we will do!

Thank you to all who shared goodies and cards with me and my family. I only gained 3 pounds....hmmm! A New Year is in front of me and those pounds will be off of me! From our home to yours.....Happy New Year!

Taunya



Welcome New Residents

Henry & Veronica Stai
Apt #11

Wayne & Linda
McSweeney
Apt #17

Josephine Litvin
Apt #209



CART SERVICE IS
AVAILABLE FOR
EVENING
ACTIVITIES.

PLEASE CALL AHEAD BY
THE DAY OF THE EVENT AND
LET US KNOW YOU NEED A
RIDE!

The staff at The Village would like to send a heartfelt "THANK-YOU" to all of the residents for the delicious treats that you lavished us with! Your friendships and kindness bless us every day!





OMSI Empirical Theatre

FEATURING: The Mysteries of the Unseen World Lunch Out at OMSI Café

Tuesday, Jan 23rd
Time: 10:00 am

\$9.00 Bus & Admission
Depending on the time of the movie we'll have lunch before or after the movie. A synopsis is located by sign up sheet!

Please sign up and pay by Friday, Jan 19th



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



Last month I highlighted all the ways that you, our residents are involved in the community and *making a difference*. One opportunity that residents have truly enjoyed is the mentoring with the students from Hoodview Academy. A new similar opportunity has been brought to my attention: SMART (Start Making A Reader Today). Right now, the SMART program at Alder Elementary School is seeking volunteers.

SMART is a statewide nonprofit organization that envisions an Oregon where every child can read and is empowered to succeed. Since 1992, SMART has steadily grown to become Oregon's largest volunteer literacy program.

Can You Give One Hour a Week to Make a Difference for a Child?

Volunteer Readers spend one hour a week reading one-on-one with children on Monday and Thursday afternoons. SMART pairs adult volunteers with Pre-K through third-grade students for fun, child-guided reading sessions and books to keep.

NEWS FROM THE VILLAGE FOUNDATION

WHAT A WONDERFUL YEAR OF HELPING OTHERS WE HAVE HAD, BECAUSE OF EACH OF YOU!!! YOU ARE AMAZING! HAPPY NEW YEAR AND MAY GOD RICHLY BLESS AND KEEP EACH OF YOU!



SPOTLIGHT WEDNESDAY
JANUARY 24th
12:45pm

FEATURING:
OUR CHEF, ANJIB LOHALA

COME ENJOY A TREAT & A STORY

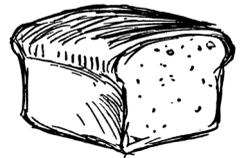
MEN'S FELLOWSHIP
THURSDAY JAN 11th & 25th
8:30 am in Small Meeting Room

Any questions call Kurt Matzke 503-200-0248

Roger May's 14 Grain Cereal Bread

- In a bowl combine 2 cups wheat flour, 4 T crushed Flax seed, 1 cup sunflower seeds set aside.
- Combine the following in a large mixing bowl: 1/3 cup each honey, oil, and molasses.
- Now, heat 2 cups of water, 3 T of buttermilk, 1 cup of Bob's Red Mill 14 grain cereal, and 1 cup dried cranberry. Do not boil, but heat thoroughly until ingredients dissolve.
- Hand blend 3 cups of cold water to the heated mixture to cool down, hand mix in 3 T of dry yeast and wait for yeast to proof (only a few seconds)
- Add cooled yeast mixture to the honey, oil, & molasses.
- Using a mixer add 1/3 cup of wheat flour ingredients at a time. Then slowly add unbleached white flour (the amount varies) until mixing bowl is self-clean, continue for another 10 minutes.
- Divide into 3 equal parts into greased bread pans and rise. Bake at 350 degrees for 20 minutes.

The year before I was employed at The Village, I used 104 ingredients in my bread and delivered it every Thursday to The Village. At the end of the year, I was 2 loaves shy of 2000 loaves. My bread recipe has gone through changes from suggestions from you residents to make it more nutritious.



Happy New Year from the Cafeteria Crew.

Wow! What an amazing month for the cafeteria staff last month. The Christmas special dinner was a record high for me personally. I hope all of you who participated were pleased with the service, meal and social experience.

This month, I'd like to feature a dish that Rose is excited to prepare for you. With a little twist on meatloaf, she's making a Brown Sugar Meat Loaf. Please come try it out. Speaking of Rose, Rose has been my faithful back up cook and cooks regularly on Mondays (with a few exceptions).

Tonya has been my most wonderful assistant. I can't imagine doing my job without her help. Tonya is meticulous in everything she does. She makes a great salad bar and receives so many compliments on her Waldorf Salad, Carrot Salad and more. Please take a minute to visit with her if you haven't yet. She's a doll!

I'd like to focus on a super food each month and offer it in some way on a weekly basis. This month my super food focus will be Kale. Kale is high in fiber and has zero fat. It is also high in Iron, Vitamin K and is filled with powerful antioxidants such as carotenoids and flavonoids to help protect against various cancers. Kale is also a great anti-inflammatory food. The list of benefits from consuming Kale is very extensive and I've only named some of them. Cheers to the New Year of good friends and health at the Village Cafeteria!
-Sue

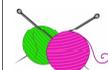
KNITTERS & MORE

Join us Mondays
Starting Jan 8th
2:00 pm
Rec Room

Do you knit, croquet, sew, needlepoint, quilt or do other crafty projects? Or do you want to learn?

Join us every Monday to learn, share and visit!

All are welcome!
We have yarn available for you to use!



JANUARY 2018 ACTIVITIES

DINNER OUT TO OLIVE GARDEN



Thursday
January 4th
4:30 pm
\$3.00 Bus
Come out to dinner with us!



POTLUCK NEW YEAR'S TEA

Tuesday, January 2nd
2:00 pm
REC ROOM

We will provide the tea. Please bring a treat to share or you can contribute money to our Wishing Well. Don't forget to wear a stylish hat!

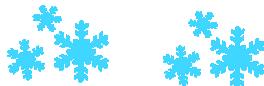
PLEASE SIGN UP AND LET US KNOW YOU ARE COMING!
Limit 40 people



RESIDENTS MEETING

Tuesday,
January 9th
10:00 am
Rec Room

We encourage all residents to attend this informative meeting.

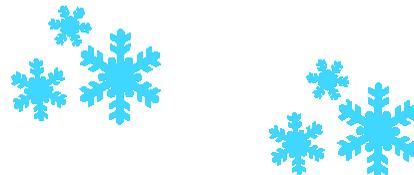


FIVE GUYS
BURGERS and FRIES

LUNCH OUT TO FIVE GUYS BURGERS AND SHOPPING AT TRADER JOE'S

Thursday, January 11th
11:00 am
\$3.00 Bus

We'll enjoy lunch and then do some shopping.



Black Bear Diner

BREAKFAST OUT TO BLACK BEAR DINER

Thursday, February 1st
9:00 am
\$3.00 Bus

We'll enjoy breakfast out in Gresham!

Afternoon BINGO



Tuesday, January 30th
1:00 pm
Rec Room

Come have some fun and play BINGO!



Administrator's Corner

Dear Residents,
Happy New Year!

We are enjoying using our Recreation Room. It is interesting how much more we appreciate it, now that we have had to live without it for so long. Isn't that true with so many things in our lives. We truly have so much to be thankful for. Lets learn to appreciate them before we have to get along without them. I hope this new year brings you goodness and joy! ... and a truly thankful spirit.

This month we will be putting the final touches on the recreation room, with the folding doors being installed and the pool table being put back in place. Work is continuing on apartment #20. We will be starting #24 soon. We want to welcome Josephine Litvin back to The Village. She has moved into apartment #209. Wayne and Linda McSweeney are moving into apartment #17 and Henry and Veronica Stai will be moving into #11 later in the month. Please welcome them to The Village family.

With it being the middle of winter, I want to remind you to be sure to keep warm. If the temperature drops into the mid twenties or lower, please be sure to leave your water dripping so we do not have frozen pipes. If we have ice or snow, it is best to just stay inside rather than risk falling. We are happy to bring you meals or help you with your needs. Please let us know how we can help.

We all miss Ruth's Massage Service here at The Village. We have made an agreement with another Massage Therapist - Jonathan Lohnes. He will begin coming to The Village on Tuesdays starting January 2 at 10:00am. I have known Jonathan for 30 years and he is a great person who has been doing massage for many years. I am sure he will do a good job here for you. His contact phone number is [503-803-7892](tel:503-803-7892). Call him for rates and for appointments.

This month I will be hosting a question and answer 'Town Hall' type meeting on Monday the 15th. We will also be starting a monthly presentation entitled 'How to feel great!', where we will be exploring together some of the causes of disease and discomfort. Our first meeting will be on January 29. I am looking forward to sharing a lot of interesting information.

I would like to ask again for your response to our request to have your email addresses. It will help us to communicate information to you and get feedback from you.

Our Thankfulness wall this month asks the question: "What was the best part of 2017 for you?" Please be sure to share your thoughts and see what others have said.

Thank you for how each of you are making a difference in the lives of others. I am looking forward to this year as we explore how we can be the best we can be so our impact to others is even better.

Have a great January,
Dennis



The Village Winter Dinner

Thursday, January 18th

Noon

\$11.00 per person

(\$1 discount if purchased before Noon Tues 1/16)

The Café will be warming our wintery hearts with Barbecue Short Ribs or Barbecue Portobello Mushroom, Roasted Fingerling Potatoes, Fresh Cooked Carrots, Coleslaw, Multigrain Rolls, Homemade Blondie Bars for dessert



- January Birthdays
- 03 Judyann Schwarzkopf
- 07 Sidney Ihle
- 08 Florence Henderson
- 10 Warren Thompson
- 13 Judylynn Wambold
- 14 Orville Bleuer
- 15 Pat Biglin
- 15 Glenn Lopez-Bierer
- 16 Bob Dasher
- 17 Sue Rader
- 18 Edgar Swinney
- 23 Ellen Bleuer
- 23 Clyde Yoshida
- 24 Steve Bond
- 24 Andrew Haynal
- 25 Lloyd Johnson
- 26 Beverly Keeton
- 26 Clyde Willard
- 28 Nancy Conser
- 28 Marilyn Cooper
- 31 Kitty Crawford
- 31 Bill Schnibbe

THE VILLAGE
BIRTHDAY PARTY
THURSDAY, JANUARY 25th
7:00 pm

FEATURING:
The talented, Will Spillette

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

**We will be celebrating
Oct, Nov, Dec & Jan birthdays!**

The Day After Christmas

Pastor LeRoy Finck

1-1-2018

Remember the old Tennessee Ernie Ford song, "another day older and deeper in debt?" How many people are waking today feeling they loaded 16 tons of their self-worth into "their" Christmas only to be left with the heaviness of greater debt. And there may be some who stayed within budget for "their" giving practice, but are waking to a feeling of disappointment. Perhaps they saw some of their gifts being opened with a ho-hum, or lack-luster expression. Either way, today, the day after "their" Christmas, they are met with the realization that all they have to show for *their* efforts is "another day older and deeper in debt."

But those of us who are Christians in the Village entered into the joy of Christmas knowing, this was God's gift and focusing on Jesus are rejoicing in God's love. We looked for gifts to give from hearts filled with heavenly gratitude, wanting to express that God-given love nestled in our hearts. We weren't out to check this name off a list with a gift that was all about "look at me." We went about our special giving time hand in hand with Christ. Christmas was a chance we grabbed with our hearts to search and find that closeness with God. All we wanted for Christmas was a life that was in tune with Him. God gave! Though we had nothing of equal value to give back to Him, all He wanted from us in return was our heart.

So this day after Christmas we wake to the feeling that we are a day older, but not deeper in debt; we wake to discovery hearts that are in tune with the God of the Universe. How very rich we are not to find ourselves wrapped in disappointment as those who left Christ out of Christmas, those who made their gift giving about themselves. Those who focus upon heaven's gift, the gift of giving of yourself to others face the new year determined to grow in the knowledge of God and strive to be a little better at sharing His gift with others.



ART TIME WITH JANET

TUESDAY, JANUARY 16th
10:00 am
REC ROOM

Janet will be providing a demo on a Valentine's project or bring own project your working on.



CRAFT TIME
WITH LOIS
FRIDAY JAN 19th
1:30 pm -3:00 pm

Lois is bringing her amazing talents to The Village.

Please sign up and join the fun.