

Voice of the Village

A Newsletter For and By the Residents of Town Center Village



Stunning orange tulips stretch their heads toward the sun in the Terrace patio. Landscaping Committee members Rosie and Jerry Thiers and Karen Taira planted bulbs of tulips and daffodils last fall.

SPRING AT LAST!!!

February was the wettest in Oregon's history. March was wet, wet, wet. As of April 21 there have not been two consecutive dry days in that month. But May brings the promise of spring!! TCV's beautiful campus gardens have burst into bloom. All the roses have been pruned and are rapidly leafing out with buds soon to follow. The flowering trees have been lovely. The mallard ducks have been sighted. Last year there were two sets of ducklings. Dolores Egger says one pair tap on her Towers patio door every morning, waiting for breakfast. The sightings give us all a lift, and a promise of sunnier days ahead. It is the



habit of the duck parents to take their offspring across the street to the large pool in the apartment complex there. **Resident Susie Gallagher** recently stopped four cars to carefully escort part-time TCV resident Mama Duck and her fledgling chicks across Causey Ave. They were headed toward the pool for their daily dip. Susie then took this adorable picture of the duck family.

Many residents of TCV had gardens before moving into the apartments here. Usually we are content not to mow, rake, deadhead, weed, and water our past gardens, but in the spring some of us want to get dirty. There are ways. In the courtyard outside the pool there are 30 small garden spots. Want fresh lettuce? Real garden-ripe tomatoes? Sign up at the pool desk for one of the few left. There are plans for a few more if they are all gone. If a more erudite gardening experience is wanted, the landscape committee meets in the activity room every month on the first Monday at 9:00 AM. This group plans landscaping projects around the campus. The small garden shed in the pool courtyard and the collection of tools were secured with their planning. Other activities have included installing the large planter in the courtyard outside the Terrace dining room. Daffodils and tulips have been rampant.

When the the bulbs were planted, it was with a 12-week bloom period schedule in mind. The cool weather kept the March flowers from blooming until April, resulting in all 150 bulbs blooming at once. Too much? As Mae West once said, "Too much of a good thing is wonderful." Spring is finally here!!!!

Rosie Thiers, Towers

Dining at the Terrace

Tom and Lisa are fictional characters. Any resemblance to anyone you may know is unintentional and coincidental. This tale is intended to illustrate developments in the culinary department as well as to offer suggestions to help make your dining experience more enjoyable.

Tom and Lisa have been residents in the Towers for three months. Despite a few hurt feelings and misunderstandings such a being turned away from a table at dinner and being served what had not been ordered, the couple has settled into a comfortable routine. They look over the weekly menu that is delivered to their door and, with their appointments and other plans for the week in mind, choose which meal times to attend. Upon entering the airy impressive dining room, they briefly check the menu board, noting the side and dessert selections offered that day. Arriving at about 12:30 pm, Tom leads Lisa to an empty table. "More seats are open now compared to the 11 o'clock hour," he remarks to Lisa. She agrees, noting several clean and freshly-reset tables.

Thi greets the couple warmly. After exchanging pleasantries, Lisa opts for the Asian Chicken Wrap from the full menu while Tom chooses the lunch special; today being Spaghetti with Garlic Bread and Creamed Corn. Mindful of his carb intake, Tom declines the bread and corn and agrees to a side salad and sautéed greens instead. When the entrees arrive, Lisa finds her wrap rather dry without the special dressing and too loosely wrapped to comfortably handle. When Annalise is made aware of the problem, she offers her apologies, asks Lisa for an acceptable substitute dressing as they are out of the ginger-sesame, returns the plate to the kitchen and is back in three minutes with a perfectly re-done entrée. "Yum!" is Lisa's grateful response.

While finishing dessert, (Tom having ordered fresh fruit), Douglas stops by to greet the couple. After remarking on the much-appreciated individual service they just received, they chat about some updates in the kitchen. Doug informs them that the food warmer as well as the plate warmer and the oven with new heating elements are all now in working order. The soda pop machine, which claimed so much space and required so much sanitation maintenance, has been replaced with cans of soda pop. A hostess position to manage traffic in the dining area is still in the works, as is a liquor license (OLCC) which is not now legally required but may be in the future. "And don't forget our Sunday dinners with free wine" remarks Doug as he takes his leave. "We will need to place a limit of two glasses since it has been so popular we have been known to run out!"

Tom leans over to Lisa. "Did you notice that Baby Back Ribs are on the dinner menu tonight? It's your favorite and we can open the red wine we've been saving. I'll call the office around 4 pm for a pick-up at 5:00. What do you think?" "Mmmm...sounds like a lovely plan," murmurs Lisa as she reaches for Tom's hand.

Karen Taira, Terrace

2017 Holidays for May

- | | |
|-------------------------------------|----------------------------|
| May 1 May Day | May 5 Cinco de Mayo |
| May 7 - 13 National Pet Week | May 14 Mother's Day |
| May 20 Armed Forces Day | May 29 Memorial Day |



The Perfect Mother's Day Gift

Three sons left home, went out on their own and prospered. Getting back together for Mother's Day, they discussed the gifts they were able to give their elderly mother. The first said, "I built a big house for our mother." The second said, "I sent her a Mercedes with a driver."

The third smiled and said, "I've got you both beat. You know how Mom enjoys the Bible, and you know she can't see very well. I sent her a brown parrot that can recite the entire Bible. It took 20 monks in a monastery 12 years to teach him. I had to pledge to contribute \$100,000 a year for 10 years, but it was worth it. Mom just has to name the chapter and verse, and the parrot will recite it."

Soon thereafter, Mom sent out her letters of thanks: "Milton," she wrote the first son, "The house you built is so huge. I live in only one room, but I have to clean the whole house."

"Marvin," she wrote to the second, "I am too old to travel. I stay home all the time, so I never use the Mercedes. And the driver is very rude!"

"Dearest Melvin," she wrote to her third son, "You were the only son to have the good sense to know what your mother likes. That chicken was delicious."

Contributed by Lori Lauck, Towers

Memorial Day

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the armed forces. The holiday originated as **Decoration Day** after the American Civil War in 1868.

On June 28, 1968, Congress passed the Uniform Monday Holiday Act, which moved four holidays, including Memorial Day, from their traditional dates to a specified Monday in order to create a convenient three-day weekend. The change moved Memorial Day from its traditional May 30 date to the last Monday in May. The law took effect at the federal level in 1971. Dave Leavenworth, Towers



Meet Your Neighbors



Margaret Ferguson (89) moved to the Fountains two years ago from the Terrace where she had lived for ten years. Born in Omaha, Nebraska, she moved often because her father was a crane operator and worked digging irrigation ditches for farms in various states. Margaret was a member of the last class of women being trained as nurses to serve in WWII. Although the war was over before she finished the class, the G.I. Bill paid for her nursing education. She and her husband raised two girls and a boy and she has one twenty-one year old grandson. She remembers living in Hanford, Washington for a time and being bussed to Richland to go to school. Her happiest time was the period (fifteen years) when she and her husband would work six months and then travel for six months. Margaret would like people to know that when she seems angry she is not angry at them. She is angry at herself for not being able to hear well or see well. She doesn't like the fact that she has to rely on other people so much.



Dotti Force (92) was born in South Dakota. She says the doctor (who was drunk) came on horseback to the farm where her parents lived and that her father argued with the doctor over the six-dollar fee he was charging and only paid him three dollars. Dotti was the second youngest of seven children. She has lived in Nebraska, Eastern Oregon, and Portland. Her husband's job with International Harvester caused their move to the Northwest. Dotti has lived at TCV for five years. She likes the independence at TCV and the fact that if she gets tired of talking to people she can just leave. During her life she has worked as a hair dresser and later, as a nurse's aide. She worked at Rose Villa for five years. Douglas and Dennis are her two boys. She is proud of them and they live in the area and see her often. I hope that I am as bright and active as Dotti if I ever get to be 92.



Patricia Horne (62) Patti moved to TCV thirteen years ago. She lived in the Portland area before she moved here. She worked in a coffee shop in downtown Portland but much of her time was spent volunteering in hospitals, the Veterans Administration, and places like that. She likes to help people. At TCV she likes the staff, food, playing cards and puzzles and Wende. Last month, while she was at the casino in Winnemucca, a fire broke out while she was playing the slot machines. This was frightening but not too scary. Patti enjoys her time here at TCV and has many opportunities to help people.



Mary Kulm (82) was born in northern Idaho. She went to school in Spokane, WA. At nearby Eastern Washington University, she earned a teaching degree. After one year in public school teaching she taught in private kindergarten and preschool, as this accommodated her family's needs. The Kulms moved to Portland where her late husband was an educator. They raised four children and have nine grandchildren. One of her favorite jobs was as assistant to the art director in the North Clackamas School District. She enjoys helping others and once turned a full time volunteer position with FISH Emergency Services into a satisfying paid position. Mary shared that she was Editor-in-Chief of her junior high paper. (Maybe we should get her on our paper.) Volunteering was the couple's way to serve the community—church, youth work, mental health support and advocacy, and supplemental support for schools. Traveling to Alaska where two of her children live is one of her passions. The activities at TCV, where she has lived during two stays (this time for two years) are a pleasure for her—especially the writing group and playing the card game, Skip Bo.



Anne Green (93) has lived here for about one year. Although she spent much of her time in California as a Junior College psychology teacher, she moved here from The Springs Retirement Community, where she lived with her husband. When his care became too much for her, he moved to a special care facility and Anne moved to TCV. She has four daughters and has a "multitude" of grandchildren and great grandchildren. Although she enjoyed her work as a psychology teacher and the chance to give advice to young women, she always felt in her heart that she was an artist. (She has a painting in her room that demonstrates that she *is* an artist.) Anne enjoys the staff and facilities at TCV but has had some trouble getting involved. She buried two husbands and was taking care of the last one until recently. She misses the companionship. "I wish I had just one husband for seventy years."



Dorothy Forman (93) has lived at TCV for eleven years. Born in St. Paul, Minnesota, she lived in California for fifty years. More recently, she has lived in Oak Grove, Beaverton, and Portland. Although no one thought during WWII that there was a place for women in the service, she joined the Marines. "They found out that we could type and drive trucks and do all sorts of things." Dorothy has had a number of interesting jobs. Besides being a court reporter in the Marines, she worked in the University of California Art Museum, Lockheed Engineering Department, and as a secretary to a federal judge. When someone asked her how she was so lucky to get so many interesting jobs, she said, "I only apply for interesting jobs." The things that have been most important in her life were her two wonderful sons, travel, art, and golf. She has traveled all over the world and she misses playing golf. "I taught a number of people to play golf so I would have someone to play with." Dorothy impressed me as someone who has really enjoyed her life—and still does.

Bob Kremer, Towers

Here's to Our Pets!

National Pet Week, beginning May 7, is celebrated during the first full week of May. It was created in 1981 by the American Veterinary Medicine Association and dedicated to the more than 200 million pets that enrich the lives of their owners. There are ten million more cats owned in America than dogs. A pet can be companion, comedian, confidant or protector.

It is a little known fact that pets, particularly dogs and cats, are programmed to prefer certain behavioral traits that defy the patience and understanding of their owners. It is like they have a "Pet Manual" stored in their brain.

It reads like this...from the chapter "Dogs":



Let the humans teach you a brand new trick. Learn it perfectly. When the humans try to demonstrate it to someone else, stare blankly back at the humans. Pretend that you have no idea what they are talking about.

Make your own rules. Don't always bring back the stick when playing fetch with the humans. Make them go and fetch it once in a while.

Make your humans be patient. When you go outside to pee, sniff around the entire yard as your humans wait. Act as if the spot you choose will ultimately

decide the fate of the world.

And from the chapter "Cats":



Quickly determine which guest hates cats the most. Sit on that lap. For sitting on laps or rubbing against trouser legs, select fabric which contrasts well with your fur. For example, white-furred cats go to black wool clothing.

If one of your humans is engaged in some close activity and the other is idle, stay with the busy one. This is called "helping" otherwise known as "hampering."

When supervising cooking, sit just behind the left heel of the cook. You cannot be seen and thereby stand a better chance of being stepped on and then picked up and comforted.

Always accompany guests to the bathroom. It is not necessary to do anything- just sit there and stare.

Contributed by Lori Lauck, Towers

VITALITY WEEK 2017

The Vitality Center is sponsoring a series of events from May 22 to May 26 concerning various aspects of wellness. The Senior Fitness Testing will lead off the week on Monday, May 22. Presentations during the rest of the week include Mindful Meditation, Essential Oils and what they can do for you and Music and Memories. The popular Therapy Bunnies will be back as well as a Trimet representative. Additional details will be forthcoming and is also available at the Vitality Desk in the pool area. All residents are encouraged to attend these events as part of their wellness and vitality.

Jerry Thiers, Towers

COMPLETION OF GOALS FOR FITNESS GAME

Our February issue introduced the Vitality Center's Goals Fitness Game, in which participants performed exercises stressing the six aspects of vitality (physical, social, emotional, intellectual, spiritual and occupational). The game ended on April 9. Week by week the players reported the total time he or she spent on each vitality exercise. Depending on the time completed, the player's name would be entered into prize drawings.

The total number of participants was 45 (23 residents and 22 staff). The results have been tabulated and the prizewinners will be announced at this month's Staff and Residents' meetings as follows: Staff Meeting on Friday, May 5, at 2 pm: Residents' Meeting on Wednesday, May 10, 1:30 pm.

Regardless of the prizes, all participants were winners by increasing their levels in the six aspects of vitality!

Jerry Thiers, Towers and Ron Shipman, Vitality Center

THERE ARE ANGELS AMONG US

In early April I made arrangements with our Concierge, Taylor, to drop me off at Wal-Mart for a leisurely two-hour shopping. After enjoying an unhurried "Me" time, I carted my purchases to the check-out. While the clerk tallied my total, which was nearing \$70, it began to dawn on me that I could not find my debit card! A flurry of discussions with the clerk to hold my purchases while I returned home to pick up my card, to asking to speak to the manager was to no avail. Then I felt a gentle tap on my shoulder. "Don't worry about it ma'am, let me take care of it." The young lady behind me with an adorable well-behaved little boy appeared to be in her mid-twenties.

"Oh no, I can't let you do that!" But she insisted, asking me again not to worry about it. She kindly refused my request for her name and address so I could reimburse her. Overwhelmed, I finally accepted. Then the tears flowed. After thanking this kind stranger profusely, I had to sit down. Another woman who had been witness to this asked if she could give me a hug. More tears in the middle of Wal-Mart!

As I shared this story to some staff and friends after returning home, I am convinced that I was meant to learn a lesson about humility and accepting the gifts that life presents with gratitude. And I fervently hope that my kind "angel" felt equally blessed.

Clara Falkenrath, Terrace as told to Karen Taira

ITEM OF INTEREST

Enough interest was generated at an exploratory meeting on starting a Diabetic Support Group led by Vitality team member Devin Taylor, who himself is a diabetic, that future sessions will be scheduled. Planned for once monthly, there will probably be a brief instructional presentation followed by a group discussion. Watch your calendar for future meetings.

EMPLOYEE OF THE MONTH



Maanka Katta is the Employee of the Month for April and has been a caregiver in the Fountains Assisted Living since October 2014. I found a very dedicated conscientious young woman, who told me that she knew she was born to do the work she is doing. While living in her hometown, Chuuk in Micronesia, she began caring for her grandmother as well as many other older family members and has carried that devotion and love with her to caring for the residents here at Town Center Village.

Her co-workers, as well as residents' and their families have experienced a very knowledgeable, cheerful and caring individual with her ability to follow through on each request or needs with no complaints.

She loves to bake and is learning new cooking recipes with her co-workers. Maanka enjoys her faith and works with Youth Ministry in her church. She is at peace with her life and will be a caregiver long term.

AJ Watland, Terrace

MORE ITEMS OF INTEREST

On April 27, to commemorate Volunteer Appreciation Week, TCV held an afternoon reception to honor all the volunteers who give their time and effort to help make our community a more pleasant place to live.

TCV will be celebrating our beloved pets during National Pet Week May 7-13. Various events and special classes will be held nearly every day. Sessions on edible pet treats and easy-to-make toys, a guest speaker from Tails of Mischief Grooming and Boarding and a resident dress-up day in your favorite animal print and accessories will be featured.

Karen Taira, Terrace

WELCOME

Terrace-- Dawn Cook, Henrietta Cramer.

Gables—Gracia Lundy.

Towers --Deborah Barrett.

Fountains-- Norma Juhr, Theresa Kincaid, Marjorie Petty, June & Lynda Kay Purcell, Burl & Tina Yates.



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