

Voice of the Village

A Newsletter For and By the Residents of Town Center Village



Spectacular multicolor dahlias and other fall blossoms grace the containers tended to by Towers resident Rosie Thiers in the Terrace patio and the Worm entrance. Photos by Jerry Thiers

A Tale of Two Elections

It's November, a month full of things to do and getting ready for the season to come. Two important events happen early in the month—our local and federal election and our TCV Executive Council election. If we haven't already voted early, now is the time to prepare for the November 6 event in Oregon. All predictions are that it will be a crucial one that will determine the direction our government takes for years to come.



Here at home, we will be choosing our Residents' Association officers for 2019. Flyers have already been sent out to each unit with photos and statements of each candidate. Voting will be held the first two days of November. The candidates are Karen Taira for President, Marge Congress and AJ Watland for Vice President, Lori Lauck for Secretary and Judy Kuretich for Treasurer. The polling place is the Terrace Dining Room. Please make your voice heard in both elections!

Karen Taira, Terrace

Employee Appreciation Fund Update

In order to adequately appreciate our approximately 240 non-salaried employees, the goal for our on-going Employee Appreciation Fund is \$20,000. That's a big number, and while we do not have a final goal date, we do hope to achieve that goal with your continued help. Traditionally, November and December are the "giving months", so we would hope that you plan your donations to show your gratitude. In time for holiday gifting, See's Candy as well as sales of gift baskets are being sold. As of press time, \$3,450 has been collected.

Lori Lauck, Towers

OCTOBER GLORY

On October 11, at the early hour of 9:15, the bus was at the portico, waiting for eager apple seekers to go up The Gorge and on up to Hood River to enjoy the wonders of autumn on the Fruit Loop. It was one of those magical fall days which reminds us all of why we love western Oregon.

Mars Meadows and Bruce Ross were officiating as transporter and guide. For many of the 24 residents, it was the first excursion with this dynamic duo. As soon as we were on our way, Bruce introduced himself, giving us a rundown of his experience with planning events and trips. Then he asked us for our suggestions. He took note of each suggestion on his legal pad, and by the time we passed Multnomah Falls, the residents felt as though he was going to plan wonderful things for us to enjoy.



Our first stop was The Riverside at the Hood River Inn. The food was delicious and the view was spectacular. Vitality had arranged for us to all have tables with river views and the Columbia sparkled like diamonds in the wind. Coming out of the restaurant, while boarding the bus, a good Samaritan gave us all Bosc pears, a hint of the



wonderful treats awaiting us.

The drive up the valley of the Hood River was a feast of color and there were wonderful views of Mount Adams to the east and Mount Hood to the west. We made three stops during the afternoon, shopping for baked goods, tasty jams, and interesting handcrafts. But of course, the best thing were the apples; so many varieties, such beautiful colors and odors. Mars drove us all back to TCV, filled with the wonder of a beautiful fall day.

Rosie Thiers, Towers

Welcome Back, Wende !

The Play's The Thing



After a month of rehab and recovery time following an injury at home, Wende is finally back (with a companion scooter)! All's right with the world now, with her in her office.

The Village Players made their acting debut on September 27th. They performed their original production of "The Terrace Elevator Caper" to a full house in the Vitality Center. The group of thespians assembled the play, including some of the oldest jokes and ancient commercials. The group enjoyed planning and rehearsing the play and took the audience back to the days when we listened to drama on the radio. Six characters, trapped in the Terrace elevator, regaled each other with conversation designed to pass the time while waiting for rescue. Everyone had a great time. The Village Players meet every Friday at 3:00 PM in the Terrace Community Room. All are invited to join in the fun, planning their next production.

Rosie Thiers, Towers

There's Always Adventure...(And More!) With Shirley.

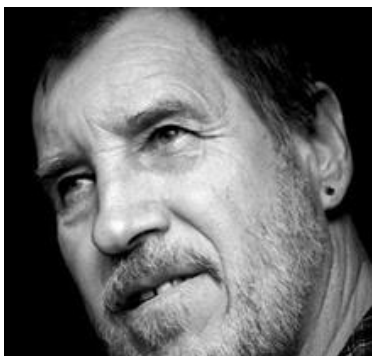
And the four-day excursion to Sunriver, OR in late September was no exception. Staff Shirley Zondervan with Phil Rankin and 18 residents spent three comfortable nights at the beautifully-appointed two-story Sunriver Woods and Iron Lodge, located adjacent to a golf course, with deer-sightings an everyday experience. Highlights of the trip included visits to the High Desert Museum, the quaint town of Sisters, spectacular Crater Lake, (created by the collapse of a volcano,) and the Pilot Butte lava dome. Of course, other notable events were the marvelous homemade dinners provided by Shirley, an evening of charades, a wine-tasting, thanks to Evelyn Huston's daughter, and more table games.

Departure day on Monday arrived all too soon. It began with cleanup, loading and gassing the bus. It was when Shirley returned to load her passengers that the gremlin reared his impish head. With a full bus poised for the trip home, the bus key refused to budge. Despite checking, rechecking and phone conferences with Transportation Coordinator Corbett Stepps, and calls to Ford dealerships and locksmiths, all proved fruitless. One response, "Sure we could come out tomorrow between noon and 1:30. Would that work?" and another "I don't think we can help you ma'am, you're calling Bend, Iowa". Another phone conversation with Corbett and he suggested tilting the steering wheel to its original position. Viola! The engine turned over! We were on our way!

An hour later, at a brief pit stop at a McDonald's, it was discovered that Shirley's cell phone was still in the restroom at the Lodge. So we headed back to Bend. Outside of Terrebonne, we came across a two-vehicle accident with multiple police cars and ambulances. It looked bad. Somebody was having a really bad day, and we ceased feeling sorry for ourselves. The rest of the trip was uneventful as we returned to the Lodge, retrieved the phone and got back home without further incident. What an adventure!

Karen Taira, Terrace

A Renowned Muralist Leaves His Mark at TCV



Larry Kangas

Anyone touring the TCV campus can't help noticing the many murals adorning the walls in the Terrace Dining Room balcony, Vitality pool and the many large and small ones in the Fountains building. Over a forty-year span, over 1,000 murals were created by Larry Kangas in the Beaverton and Portland areas as well as in Washington State. Some TCV residents became acquainted with the artist before he died in 2013. Terrace residents Stan and Betty Hirota enjoyed watching him work, impressed with his skill and speed. Recently, Betty began conducting regular tours to acquaint others with Larry's works. Call her at 54-708 or 503-594-2481 to be placed on her schedule. Betty delights in pointing out many of Larry's whimsical touches, such as the faucet that fills Multnomah Falls.

Karen Taira, Terrace



Dear Prudence

Dear Readers,

I fear I am noticing a whole lot more negativity in the air here at TCV lately, and mostly it has to do with all of us growing older. So I feel it is my duty to shine my brightness upon you all and show you there is something we can all be thankful for: "Do not be sad that the years are slipping by; you will still be able to do stupid things, only slower".

-Still Speeding Along, Prudence

Dear Prudence,

My boyfriend, Filbert, and I have been dating for 11 years. I know he's the one I'm meant to be with but I have been waiting for such a long time for an engagement ring! How long is too long? Am I foolish to believe in fate?

-Almond Joy

Dear Almond Joy,

Your Filbert sounds like a real nut to me. And you, you sound like a naive dreamer who needs to wake up and stop thinking that marriages are made in heaven. Get your gumption going and tell Filbert his time is up. Just remember, if it weren't for marriage, men would go through their lives thinking they had no faults at all.

-A Snickers Person Myself, Prudence

Dear Prudence,

I try to get along with everybody but there is this one lady on the third floor of the Terrace who for the past year has not been very nice to me and makes faces at me behind my back. Now she wants to be friends. I know I should forgive her, but it is so hard. Can you tell me how to forgive with a whole heart?

-My Charity All Leaked Out

Dear Leaky Lady, Sometimes the first step to forgiveness is understanding that the other person is a freakin' idiot.

-All Uphill From There, Prudence

Dear Prudence,

My doctor says body/fat ratios are important indicators of health. How can I calculate my body/fat ratio?

-Calorie Callie

Dear Calorie Cal,

It is really quite simple. If you have a body and if you have fat, your ratio is 1:1. If you are seriously plump, your ratio is 1:2. If you have two bodies, your ratio is 2:1.

-Perfectly Rational, Prudence

Dear Pru,

I just realized, if being awesome was a crime, I'd be serving a life sentence.

-IQey Is Back

Dear Awesomely Boring,

And some of us are just too cute to take life (and you) seriously.

-Cute Beyond Believability, Prudence

Dear Readers, Daylight Saving Time changes on November 4. Don't forget to turn your clock back. I'm going to turn mine back, to when I was 20.

-Timelessly Clever, Prudence

New Faces On Campus



Judy Winter moved into Town Center Village at the recommendation of several friends living at TCV. Although still involved in community volunteerism, Judy is now doing water aerobics and exercise classes and enjoying the outings and games, plus reading many of the books provided in our libraries.

Born in Denver, Judy moved to Oregon in 1962 as a new bride. She has lived in Lake Oswego, West Linn and Oregon City. She taught second grade in Denver, Chagrin Falls, Ohio, and Portland. After being a stay-at-home mom of three sons for a few years, she earned her Master's Degree in Special Education at PSU. She was hired as a Resource Room teacher at West Linn/Wilsonville school district where she subsequently taught at several schools. Taking early retirement in 1992, Judy launched a volunteer career with NAMICC (National Alliance on Mental Illness of Clackamas County) where she has been a long-time board member, newsletter editor, education coordinator and outreach speaker coordinator.

Judy Winter, Towers



Judith Kay Hook was born in South Carolina. Early on, she was placed in an orphanage where she was first called Ann, a name her biological mother gave her. At age two she was adopted and her new parents named her Judith Kay. Her father worked in the copper refinery and her mother was a housewife. As an adult, she became a nurse and enjoyed this career.

After her husband died, she found herself with too big a home, so she moved into a condo. But she developed neuropathy and needed skilled nursing and physical therapy. It was thus that she found herself in the Fountains and is now living there in Assisted Living.

A very outgoing lady, she has a lot to share. Judith is a walker, loves bingo and creative journaling. She has learned a lot about herself, thanks to the Grief and Loss Group, hosted by Bruce Murray and Doss Knighten. Welcome, Judith, to the Town Center Village family.



Let me introduce **Darrell Watts**, who recently moved into the Terrace. He is just settling in, so in time he may join some activities, but for now, he says, "so far, so good". Darrell was born in Rolfe, Iowa. After high school, he joined the Navy and while stationed in Oakland, CA, he was a member of the Navy's boxing team. After a few rounds, he decided that being a spectator would save him from a lot of bumps and bruises. He was also stationed in the Aleutian Islands in Alaska.

After leaving the Navy, he married Joan, who was from the San Francisco area.

They lived in the Bay Area and Darrell worked with his brother in the plaster business. This resulted in his joining the union, with which he became very involved. After his spouse Joan passed away, his two daughters, Bhakti and Lisa, who both live here in the northwest, helped him get settled. Look for Darrell at early breakfast time to welcome him into our family. He has a lovely smile.

AJ Watland, Terrace

EMPLOYEE OF THE MONTH



Meet **Josie Arquero**, Employee of the Month for October. Josie joined Town Center Village six years ago as a caregiver in Assisted Living. Many kind words were supportive of her being recognized as Employee of the Month. She pays attention to the little things, which means a lot. She is courteous and always happy. Josie is very dependable and a real support to the other staff and the residents with which she works. Josie holds down two jobs and is working hard to bring her children to America from the Philippines. She has very little time for hobbies, but she does have family here with whom she spends time.

Josie, we are happy you are part of the Assisted Living Team.

AJ Watland, Terrace

A Happy Hire



What everybody thought would be an impossible challenge, that of finding a replacement for long-term, much-loved Activities Coordinator Shirley Zondervan, has had a most fortunate conclusion. Our new Activities Coordinator is **Bruce Ross**, who is young, yet experienced, and impressive in his approach to the job of making our lives more enjoyable and more meaningful.

Bruce is a native Oregonian, born in nearby Adventist Hospital near CherryWood Village. In fact, his first job was at CherryWood as a dining room server. After two years, he moved into the job of coordinating activities at CWV, in which he remained for the next six years. He then moved on to work at E-Bay Portland. But he missed the interactions and creativity of his first job, which explains our fortunate gain of an enthusiastic and dedicated first-rate Activities Coordinator. In his spare time, Bruce likes to ride his bike, hang out with friends, and volunteer at the local non-profit Cascade AIDS Project which is dedicated to raising HIV/AIDS awareness.

It's pretty safe to say this new hire is going to work out very well for us here at TCV.

Lori Lauck, Towers

A Towers Pilot Project

Something is afoot (or underfoot) in the Towers. Recently, Von Faler, Jerry Thiers and Dave Sims got together to try making a difference in the way we recycle. The thought was to first survey the recycle bins on their floors to see what residents were actually placing in them. This initial survey revealed that some areas were quite acceptable while others showed need for improvement. Styrofoam containers and plastic grocery bags and clamshells were among some of the unacceptable culprits. The plan is to develop some kind of educational program to improve awareness of the need to do proper recycling. This group is looking for more volunteers to extend this program.

Karen Taira, Terrace

FIRE PREVENTION



What Causes Apartment Fires? Most apartment fires are caused by easily avoidable human error. Half of the residential building fires in 2015 were caused by cooking-related accidents. The second most common cause involved heating mishaps, although electrical or equipment malfunctions, burning candles, and smoking were also cited as frequent causes.

Cooking: Never leave the stovetop unattended when preparing food; take care to turn off burners and appliances as soon as food preparation is done. Always keep clothing and other combustible materials away from stovetops.

Heating: Leave at least three feet of clearance around space heaters, and keep combustibles three feet away from all wall-mounted, built in heaters in your apartment.

The use of candles, smoking, and any other open flames, is not permitted on TCV campus. If visitors must smoke they need to leave campus while doing so.

Furniture: The materials used in upholstered furniture can ignite quickly and release toxic fumes. Keep heat sources far from upholstered chairs and sofas.

Electrical Malfunctions: Check electrical cords and replace if damaged, and use appliances as directed. Never place electrical cords under mats or carpeting.

Smoke Detectors and sprinkler systems are provided in all our locations. Fire Extinguishers are available in hallways in all our buildings. Become familiar with these locations. If you are not able to leave your unit to use one of these, consider purchasing a personal extinguisher. Check to make sure your extinguisher is up-to-date and working properly.

Be Aware of Building Safety: Although you can't control what others do in their apartments, you can look out for fire risks in the hallways and common areas of your building. Notify your building management if you spot anything that looks dangerous. Do not clutter shared spaces or hallways with items that could block someone's way – especially at night.

Have an Escape Plan: All units have fixed to the interior of their entry door a floor plan with both a primary and an alternate escape route marked. Identify the routes out of your building. Conduct your own fire drills by using those escape routes, during daylight hours and at night. Know whether your building is considered fireproof. If so, you may be advised to stay in your apartment if a fire breaks out elsewhere in the building.

David Leavenworth, Fountains

Council Update...A Committee was formed last month to explore ways to thank our local heroes after a TCV fire incident. It was decided to present Clackamas Fire Districts #1 and #5 with a framed commendation as well as cookies and oranges by the committee members to extend our appreciation. We will also be supporting one of their "Operation Santa Claus" pet projects by filling collection barrels with non-perishable food and new unwrapped toys for our needy neighbors.

Karen Taira, Terrace

TCV HONORS THEIR VETERANS

Town Center Village and Sunnyside Chapel of the Chimes are presenting a "Salute to Veterans," honoring our veterans and their spouses. The event will be held in the Fountains Dining Hall on Thursday, November 8th from 2:00 to 3:30 pm.

The Oregon City High School Color Guard will present the colors to start the ceremony. The national anthem will be sung by Ingrid Borlund, an Occupational Therapist in the Fountains. The Patriot Guard Riders will line the entry to the Dining room and the perimeter of the area reserved for the veterans and spouses.

Representatives of the Chapel of the Chimes will honor each veteran and spouse with a memorial lapel pin. The anthem of each branch honored will be played by a professional pianist during the presentation of the pins. Following the ceremony, pie, coffee and soft drinks will be provided.

Town Center Village residents include over 50 veterans and 30 spouses. All will be welcomed to this special salute, and all other residents are encouraged to add their presence to honor these brave and dedicated men and women. Please **RSVP** at the Terrace Front Desk or by phone 1200 or 503-653-1500.

Jerry Thiers, Towers and Phil Rankin, Village Veterans' League Coordinator

Is It Christmas Yet?

If the TCV Annual Holiday Bazaar is approaching, then Christmas is not far behind! On Monday, December 3 from 9am to 3pm, forty vendors will descend on the Terrace Dining Room setting up tables of arts and crafts of all kinds, holiday gift items and sweets and food galore. Residents are invited to participate as vendors; just register with the Vitality Department.



**The pool is empty
And the flamingos are gone!
Did they leave, were they stolen?
A mystery-but the search will go on.**

WELCOME

Terrace: Bradley Weber & Eveleth Ash Aggie Dentel

Towers: Judy Brooks Emmie Aitkins

Fountains: Sherry Bell Patricia Kuppenbender
Adele Larson Jo Dee Liberty Laila Luft
John & Theda (Teddy) Milliman Gerald Stewart