



Neighborhood CONNECTIONS

Dallas Retirement Village Highlights & News

Spring/Summer 2019



PARTNERSHIPS

“Taking the time to build community, to get to know your people will have long-lasting benefits.”

-Clifton Taubert-

One of the four core values of Dallas Retirement Village is being **community based**.

“DRV is community-oriented serving people and seeking the support from all segments of the wider Dallas, Oregon community.”

That is why when we learned of an opportunity to partner with Debbie McCleery at the Dallas School District’s Reprographics Center for our newsletter, we jumped in feet first! We felt blessed to work locally with another non-profit organization. Many of the Dallas High School seniors complete the required volunteer hours for graduation by volunteering here at Dallas Retirement Village. We felt it was a nice way to acknowledge the course of evolution from “*senior to senior*” right here in our quaint community. Cheers to new relations based on deep rooted principals!

If you are associated with a non-profit organization in Polk County, Oregon who might be interested in the design, print, copy and bindery services of the Dallas School District’s Reprographics Center, call 503-623-5594.

*Dallas Retirement Village is open to all people regardless of race, color, national origin, religion, gender or disability.
Dallas Retirement Village is a non-profit corporation managed by Life Care Services.*

For more about LCS please go to:
www.lcsnet.com

For information about Dallas Retirement Village, please contact:



Shellie Friesen-Berry

(503) 623-1810
Director of Admissions & Marketing
Health Center, AL & Memory Care
sfriesen-berry@drvhome.com



Tawnya Rohde

(503) 623-1747
Director of Sales & Marketing
Independent Living
trohde@drvhome.com

Dallas Retirement Village Community Administration:



David Parrett

Executive Director
dparrett@drvhome.com



Mary Grace Driscoll

Health Center Administrator
mgriscoll@drvhome.com



Denise Olsen

Assisted Living & Memory Care
Administrator
dolsen@drvhome.com

Neighborhood Connections is our newsletter informing you of the exciting events, people and news at Dallas Retirement Village. Please notify Shellie or Tawnya if you change your address, have suggestions or would like to be removed from our mailing list.



EMPLOYEE OF THE YEAR: *Myke Castaneda*



Myke Castaneda
Dallas Retirement Village
Employee of the Year 2018

We have had such a wonderful time of celebrating our employees with the Celebrate Our Greatness (“COG”) program which was established almost two years ago. One of the privileges you receive as the Employee of the Month, is an entry for Employee of the Year. Myke Castaneda was our wonderful recipient of this honor in 2018. Myke was hired at DRV in May of 2017 and joined our Facilities Operations team. He quickly became a valued and respected team member. Staff and residents alike find Myke to be a hard worker and one they can rely on. He also has a big heart to match his big smile that he blesses us with each day. When asked what he likes most about his job, he said “his team, and serving the residents.” He wants to serve others, and working here gives him that opportunity. He is now the DRV IT guru, and that keeps him hopping. Technology is his passion, and his new role fits him perfectly, as he has over 20 years’ experience. He worked for Comcast Xfinity prior to coming to DRV. What does Myke like to do in his free time? “Believe it or not I am a gamer” he said. Who knew? Myke bought his first gaming console, a 1977 Atari which he still has to this day. And so it began. The technology bug had bit Myke. He also enjoys time with his beautiful wife Lori, going for drives and just being together. We are so blessed to have Myke here at DRV.

RESIDENT SPOT LIGHT: *Harlan & Bessie Skelton*

One of the greatest joys about working at Dallas Retirement Village is getting to know our residents, finding out their life story, and receiving valuable advice to carry forward with us as we live this life. In this edition of our newsletter, our Resident Spotlight will focus on a very precious couple, Harlan and Bessie Skelton.

Harlan and Bessie have lived here at Dallas Retirement Village since March of 2008. When asked what brought them to DRV, they had a cute story. Some friends of theirs were scheduled to move here. Harlan and Bessie decided this seemed like a wonderful place, and they decided to move here too. Due to unforeseen circumstances, their friends did not make the move. Harlan and Bessie decided, “what the heck, let’s give it a try anyways” and they’re glad they did. It’s a safe and secure place to call home. And they inherited all the staff as family.



74 years
together

Bessie’s
“Bearded Iris”
painting



Bessie loves to paint. She has some incredible paintings that she has displayed and sold here at our Resident Art Shows. In fact, one of our staff members, Thereasa, purchased a painting that Bessie did of a Bearded Iris. It now hangs in her office.

Harlan is our campus clown. He is always joking around and smiling. In fact, when I was visiting with them, he put a block on the floor and started running around it. He told me he needed to sit down, as he just ran around the block smiling. That’s our Harlan.

Bessie and Harlan have been married for 74 years this April. They met at a church camp. After meeting, Harlan went overseas in the Military to Okinawa. Once Harlan came home they were married on April 8th, 1945. They both worked for the US postal service. They also owned 80 acres, and once sold they became snow birds, traveling to Arizona and California, before settling at Dallas Retirement Village.

We, as staff, feel so grateful each day when we come to work and get to connect with our residents. Harlan and Bessie we are so blessed you are here. You make our world brighter.

VIRTUAL REALITY AND MUSIC THERAPY

For the past few years, Hilary Boyce has been the Activity Director for the Health Center and in January she accepted the position of Life Enrichment Director. She now oversees the activities for the entire campus. Her experience and enthusiasm for activities and our residents, has been a true joy to watch. When asked what she loved about her new position, she could not have said it more perfect. She said, "I look forward to enriching each resident's life to the fullest." She knows each resident has their own unique needs. Hilary and her incredible team work very hard to make a difference in the lives of our residents and their family members. Hilary lights up when she talks about her plans, ideas and the future of this department.



A couple of the unique programs that Hilary spearheaded are the Music and Memory, and Virtual Reality programs. In both of these projects, thanks to the Dallas Community Foundation and our own Dallas Retirement Village Foundation, our residents are now able to listen to music that they enjoyed years ago with quality sound and good memories. It is such a blessing to know that both these foundations believe in our seniors and Dallas Retirement Village. Their generosity benefits so many people.

The Virtual Reality Program is an opportunity for residents to experience in 3D, places that they may have always wanted to visit or see, but have been unable to. They can choose the subject matter they want to experience such as exotic animals, famous travel destinations, waterfalls, or mountains. It's the next best thing to actually being there. Modern technology is truly adding so much joy to our residents lives. The new programs, along with Hilary and her team's enthusiasm, continue to benefit and enhance the lives of our residents.

PET THERAPY

Pet Therapy, also known as Animal Assisted Therapy, is continuing to gain in popularity. Recent research reveals surprising benefits of human and animal interactions. Our furry friends offer not only unconditional love and companionship, but spending time bonding with animals can boost our health and well-being.

Anyone that holds a cat and listens to it purr or pets a dog and watches its tail wag, knows this. Bonding with an animal triggers the release of stress reducing hormones which can help lower blood pressure, heart rate and stress levels which in turn lowers the risk of heart disease, stroke and even helps fight depression.

One of our Lodge Residents, Carol Winkler, knows this firsthand. Carol shared that during her recent stay in our Health Center, she had an idea. During her recovery she had idle time to think and one thing she thought a lot about was the joy of having a pet. Carol had been a pet therapy volunteer when she lived in Arizona and decided she wanted to be involved in pet therapy again to be able to share the benefits and experience with others.

Carol began her search for a new puppy which took about 4 months. She found the perfect little girl, a sweet cockapoo she named Molly. As an active person, forced to slow down, she appreciated the companionship and comfort of spending time with Molly. While she recovered at home, they developed a strong bond and Carol began teaching Molly the basics. She knew they would be a great team. She worked patiently and consistently to teach all the lessons Molly needed to be a good citizen and neighbor within the retirement community.

Carol soon started searching for a trainer to help Molly develop the skills needed to be a volunteer therapy dog and was introduced to Linda Mohr. Carol and Linda formed an immediate friendship. They now volunteer together at the DRV Health Center on Monday afternoons with their dogs Molly and Cheech. Linda moved to Oregon recently and has an extensive background in dog training. She just opened Kindred Hearts Dog Training LLC in May. Linda is passionate about helping others become pet therapy volunteers.

Trained therapy dogs and their owners work together as a team in settings such as retirement communities, hospitals, schools and rehabilitation centers. At Dallas Retirement Village, we are blessed to have a group of Residents, volunteers and their pets make regular visits to our Assisted Living, Memory Care and Health Center. It is wonderful to see all the smiles and happiness these visits bring! We always have a need for more volunteers and we encourage you to join in.

Contact our Volunteer Coordinator, Stephanie Clardy at 503-623-1757 for more information about volunteering at Dallas Retirement Village.



Barb, Hilary, Carol, and Linda with Sherlock, Molly, and Cheech



Health Services Question & Answer Forum With Christine & Shellie

Date: August 5th, 2019
Time: 2:00 PM—3:00 PM
Location: Chapel



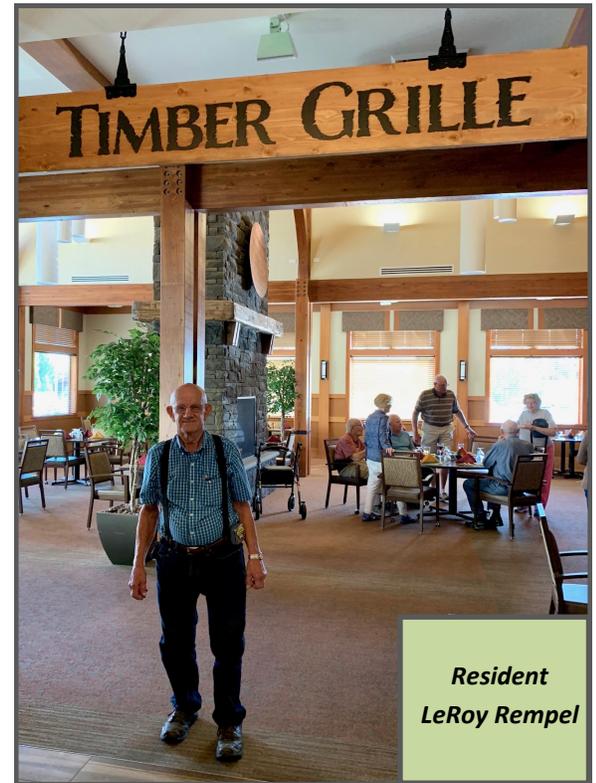
Invite your friends and family to come learn more about our Health Services, Assisted Living, Memory Care and Skilled Nursing. We will discuss insurance, the transfer process, levels of care and more.



After much collaboration and deliberation on the name, our very own ED, David Parrett came up with the idea to name the restaurant in the Lodge Clubhouse, the Timber Grille. Keeping true to the great northwest theme, he was inspired by the exposed wood beams and photographs of end cut logs. In an effort to keep our inspiration close to home we sought the services of our past resident Art Mosher's granddaughter Sarah. She owns a sign company in Portland. She was honored to assist us with the design of both signs, saying, ***"I was very, very close to my grandfather during his last years and he never really stopped talking about DRV. He loved it there and it was a great community for him."*** Sarah and her family were also so kind as to donate the cross cut saw that belonged to Art, in his memory.

To further our ties to the DRV community, we turned to resident LeRoy Rempel for his woodworking talent and ability to keep a secret. LeRoy took the bull by the horns and started seeking some old growth timber for the wood sign, and visited a local logging outfit. When he was unable to find the fir wood he desired to match the existing wood beams in the restaurant, he stumbled onto three perfect pieces at Van Wells here in Dallas for just \$20! LeRoy glued the pieces together, sanded, stained and sealed the pieces creating the perfect back drop for the Timber Grille hanging sign which he later added the lettering to. The saw which had been donated by Art Mosher's family had arrived without any handles. Keeping the rustic design, LeRoy found a "very, very old weathered" 10 pound sledge hammer and ended up cutting off part of the handle to recreate new handles for the saw.

The end result of SO much thought and SO much love by SO many people is the beautifully branded Timber Grille restaurant in the Lodge Clubhouse which is open to the residents, their family and invited guests, as well as the staff of Dallas Retirement Village.



Resident
LeRoy Rempel

DRV FOUNDATION

In 1992, Dallas Retirement Foundation was established as a separate fundraising arm of Dallas Retirement Village. The Foundation has its own 501c3 non-profit number and offers opportunities to foster philanthropic giving in support of, caring for and supporting the needs of area seniors.

The Foundation supports residents and this community by providing funding for enhancements around campus, community spaces such as the Cascade Commons, library, and theater. Also, the beautiful outdoor Pavilion with adjoining restrooms. Other noteworthy projects include adding community garden spaces for residents with raised garden beds and a tool shed, a therapy kitchen, and the life skill stations in our Memory Care. Many other programs and projects have been supported such as “music and memory”, the cutting edge virtual reality passports, alternative options for pain and sleep management with the use of aromatherapy, as well as purchase of wellness equipment and educational seminars. All of this and more for our resident’s enjoyment, health and active lifestyle.

Beyond supporting resident programs the Foundation helps fund and support Dallas Retirement Village employee excellence through the *Celebrate our Greatness* Program. Happy employees make for happy residents. A win-win situation!

The Foundation provides ways to leave a lasting legacy through giving in support of seniors. Contact Sue Lamb at the Foundation Office at Dallas Retirement Village for information phone 503-623-1746 or visit our web-page at www.dallasretirementvillage.com/foundation. Also be sure to like and follow us on Facebook.





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After having enjoyed a recent and surprising warm weather spell, I found myself remarking in disappointment about the return of the typical Oregon cooler, rainy days. If it had been the month of January my whole perspective would be different because that is when it is expected to be cold and wet. So, it got me thinking. What determines the difference between ones attitude and happiness when uncontrollable circumstances come our way? Could it be that our expectations contribute to how we see things in our world? One thing we know for certain is that life is... well, unpredictable. So how do we find peace of mind and joy when life throws curveballs and challenges our way? At Dallas Retirement Village we encourage our staff and residents to find ways to be of service to others. Every day we see this happening, through socializing with friends over coffee, sharing a meal with family, line dancing or trying a new life enriching experience for the first time, just to mention a few. Volunteer service is another way to find personal joy while focusing on the needs of others. One of the treasures our community has been given for decades, is an active volunteer program. In 2018 we had over 10,000 hours of volunteer assistance. Those hours translate into thousands of interactions and countless blessings. A common response we hear from our volunteers is that they receive more happiness and satisfaction in giving than they do in receiving. As we move through the coming seasons I hope that you too will find happiness and joy in others and take the opportunity to look at each day as a new occasion to share and receive God's blessing.



A handwritten signature in blue ink that reads "David Parrett". The signature is fluid and cursive.

David Parrett, Executive Director