

# Neighborhood CONNECTIONS



Spring/Summer 2022

Dallas



RETIREMENT VILLAGE

*A Non-Profit Community Founded in  
Christ Since 1947. All Faiths Are Welcome.*

# SENIOR LIVING

## **COST** **VS.** **VALUE**

When you consider the **VALUE** of all the services and amenities included in the monthly service charge for your residence at Dallas Retirement Village, you'll discover the true **COST** of senior living today and how DRV can help manage these costs.

### Your monthly fee will cover:

- Exterior and interior home maintenance
- Housekeeping
- Lawn and landscape care
- Satellite TV
- Utilities
- Meals in the form of restaurant-style dining
- Wellness/fitness programs
- Use of beautiful garden areas
- A multitude of activities, events, classes, and day trips to fulfill your social and entertainment needs

True **VALUE** comes with your freedom to enjoy the retirement lifestyle you've dreamed about without the hassles of homeownership and all the extra monthly **COSTS** that come with it.

Dallas Retirement Village is open to all people regardless of race, color, national origin, religion, gender or disability.

*We demonstrate Christ's love by providing a continuum of quality services and care to meet the physical, emotional, and spiritual needs of our residents with dignity and respect.*

**For information about Dallas Retirement Village, please contact:**



**Shellie Friesen-Berry**

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



**Tawnya Turner**

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

### **Dallas Retirement Village Administration:**



**David Parrett**

Executive Director  
dparrett@drvhome.com



**Amanda Ingraham**

Health Center Administrator  
aingraham@drvhome.com



**Tracey Swanborough**

Assisted Living & Memory Care  
Administrator  
tswanborough@drvhome.com

**Neighborhood Connections** community newsletter is designed to share information about the events, people and news of 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.*

Dallas Retirement Village is a non-profit corporation managed by Life Care Services. For information about LCS, please go to: **www.lcsnet.com**



# Jean Classen



Jean Classen moved into Dallas Retirement Village as a Phase 2 Lodge Resident when we completed our expansion project in fall of 2021. She was a long time resident of the Dallas community when she moved to the area from California with her parents back in 1942. She grew up on her parents dairy farm here in

town and later helped them retire to Dallas Retirement Village in the 90s when her father was diagnosed with Alzheimer's. Jean's father passed away here on campus while she was at his bedside, and her mother continued to live in the Village Apartments for another 10 years after. She has had many more loved ones call Dallas Retirement Village their home including her 3 sister-in-law's, 2 brother-in-law's and her late husband, Harvey. Harvey spent 100 days in Dallas Retirement Village's Rehabilitation Center to which he mentioned the only downside was having to sleep alone. He talked about how great the care was by the wonderful nurses and rehab staff he had, despite the extended stay. When Harvey passed away, Jean donated his large work bench that he cherished dearly to the Dallas Retirement Village Hobby Center, where residents do woodworking crafts. To show appreciation for her gracious donation, the community planted a tree just outside the Hobby Center in memory of him.

Jean decided it was time to make the transition from home ownership to senior living when caring for a 3 bedroom house became too much on her own. Though she was hesitant to leave her home with the beautiful view, once she arrived to her new Lodge Residence she realized she could have a desirable view here too! She has filled her phone camera roll with tons of gorgeous sunset views just footsteps from her living room on her balcony. She loves sharing these moments with her friends and family. She mentions that the secret to life is to "always look on the bright side of things and praise God rather than whining about the things we cannot control." This has molded her life to be very positive and uplifting!



# NEW AMENITIES AT DALLAS RETIREMENT VILLAGE



Refresh  
Salon & Spa

The Mill  
Cardio Room



The Loft  
Rooftop Patio



Pool & Hot Tub



# Health Center Nursing Students

Dallas Retirement Village is pleased to coordinate with three schools in the surrounding communities to offer a clinical placement for nursing students. These schools include Oregon Institute of Technology, Chemeketa Community College and Oregon Health and Science University. We provide a learning environment for our school community partners in the gerontology field. The students get to experience our residents and medical staff, while witnessing the value that long-term caregiving provides.



## Oregon Institute of Technology

OIT coordinates with Dallas Retirement Village year round for clinicals with fourth term students who are in their final term of nursing school. We get to work with 1-3 OIT students per term. They take on duties of the charge nurse in the Health Center for a 4-6 week rotation. They learn to dispense medications, perform treatments, manage and delegate, contact providers and work as a team.

## Chemeketa Community College

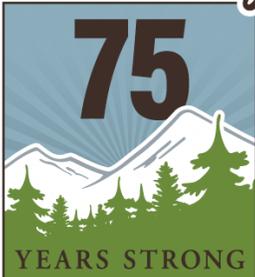
Chemeketa's nursing students were at Dallas Retirement Village for their fall and winter term this school year and had 8 students participate for clinicals. In the first term, the focus was on helping with activities of daily living for the residents as well as starting to perform assessments. Following, they add onto what they have already learned and begin dispensing medications to residents.

## Oregon Health & Science University

OHSU comes to Dallas Retirement Village in the winter term for clinical placement and bring 16 students. They do some activities of daily living care with the residents, as well as learning medication passing skills, but their main focus is on assessment training.

The OHSU and Chemeketa students have specific tasks that are required by their school, such as assessments or interviews of the residents. They may also review a residents chart to go over diagnosis or medications for the nursing processes.

*Celebrating*



Dallas Retirement Village is the only not-for-profit senior living community in Polk County that offers all levels of care in one location on campus. Independent Living, Assisted Living, Memory Care, Skilled Nursing and Rehabilitation Services are all available on our beautiful 30 acre campus so you can transition with ease when and if the need arises. With 75 years of experience, you can have peace of mind knowing you or your loved one will be cared for with compassion, dignity, and respect—today and every day!

# Meet Kansas

My name is Kansas Guthrie, and I am the Human Resources Director. I graduated with a Bachelor of Science Degree from Idaho State University in Human Resources Training and Development and have worked in the HR field for a little over 20 years with some breaks in between. I also hold a Technical Certificate in Addiction Studies and was a Mental Health Specialist at a psychiatric hospital for 4 years. I worked with school aged kids teaching them how to say no to drugs, dealing with peer pressure, and how to cope with various other things. I served on the Snake River Juvenile Detention Diversion Board for 7 years in Twin Falls Idaho, where I grew up, before moving to Oregon in November of 2020.



I have been married to my husband, Dan, for almost 14 years. I have two older daughters, Aspen-23, Brooke-21 and a son, Steinbeck-3. I also have a son in law - Jon, who is married to Aspen. I was born and raised in Idaho so moving to Oregon was a big change for me, but I am adjusting well. It is so beautiful here.

When I am not working, I love travelling, reading, exploring Oregon, and learning how to do “boy things” with my son, ha! I am very excited to be a part of the Dallas Retirement Village team and am eager to see where I can take the Human Resources Department.

— *Kansas*

# Meet Rachel

My name is Rachel Nash and I am the Memory Care Administrator at Dallas Retirement Village. I come to Dallas Retirement Village with almost 14 years of experience in senior living.

I started volunteering in senior living when I was 14 years old as a helper to the Activities Director. When I was old enough to become a caregiver, I applied right away! From caregiving, I transitioned into various jobs within assisted living and memory care facilities, where I eventually became a Memory Care Administrator at the age of 23.

I was born in Springfield Oregon and raised in Salem Oregon. I have six children, all of which are girls! when I am not working I am playing with my children or hosting dinners and events. I have always had a passion to work in the senior care industry since I was a little girl. I strive to make sure my residents receive the best quality of care they deserve. I am so happy to be a part of Dallas Retirement Village and look forward to many years to come.



— *Rachel*

# Health & Wellness at Dallas Retirement Village



Under the direction of Wellness Coordinator Tiffany Garcia, our new wellness program combines exercise, fitness, aquatics, and nutrition education. Tiffany has a Bachelor's Degree in exercise science and a Master's Degree in clinical nutrition. She is passionate about helping others improve their quality of life through physical fitness and nutrition.

Tiffany's expertise helps expand our wellness offerings, and our entire new suite of HUR pneumatic (air resistance) strength training equipment—specially designed for older adults. The HUR fitness technology lets active adults train independently according to a pre-programmed training plan that's easy for residents to track and monitor.

Barbara Cecil, our Wellness Leader, conducts a variety of classes suited for various skill and fitness levels. After retiring from Human Resources, her dream has always been to help seniors meet their fitness goals—and she is grateful to have found the perfect opportunity to do just that at Dallas Retirement Village. Below are some current class offerings and the benefits each has, should residents choose to participate.



## **Yoga flow: Seated & Standing**

This yoga class is a Vinyasa flow class that incorporates standing and floor exercises. This class combines relaxation with increased range of motion and flexibility.

\*Chair modifications available

## **Balance & Coordination:**

The goal for this class is to improve your balance, coordination, and response time. These fundamental gross motor movements are crucial for preventing falls and injuries. This class is beneficial for residents of all health backgrounds.



## **Water Aerobics:**

Benefits to water aerobics— the water's buoyancy decreases weight by 70-80% in chest deep water and 50% in waist deep water. The viscosity of the water provides resistance for strength training. The hydrostatic pressure can help decrease swelling from chronic issues like arthritis or joint issues.



377 NW Jasper Street  
Dallas, Oregon 97338

NON PROFIT ORG  
US POSTAGE  
PAID  
PERMIT NO. 43  
DALLAS, OR

*Call (503) 623-9211 today for a personal tour of our beautiful community.*

There is always something refreshing, even magical, about spring time and this is all the more true living in the beautiful Pacific Northwest. Growing up in a part of the country that only seems to have two seasons, warm and hot, I don't think I fully appreciated the newness and hope that comes with springtime. While we are always excited to say goodbye to winter we understand its importance in the Willamette Valley. Winter is what makes our spring come alive. This spring also brings hope of a life without many of the pains and challenges that we have felt with Covid. We can look forward to renewing the closeness of friendships and spending time socializing together with family and friends.

If you do not already call Dallas Retirement Village your home we invite you to come and see what has made us the premier destination that so many call home, now celebrating our 75<sup>th</sup> year serving our community. We are excited to share what is also new, the completion of our latest addition of 29 new apartments and our new wellness center. Take a dip in our pool, enjoy a full range of exercise and fitness programs and spaces and finish it off in our absolutely gorgeous new full service salon and spa. So while we hope you enjoy the coming spring, we also look forward to seeing you at Dallas Retirement Village soon.

