



SPRING / SUMMER 2024



Neighborhood CONNECTIONS



Lynnette Henshaw



Meet Dallas Retirement Village Resident, Lynnette Henshaw! Lynnette and her husband, Gene, moved into the Lodge Residences in the fall of 2021. They have a beautiful view of the mountain ranges just East of the community—the photo to the right is a picture she caught of a vibrant pink sunrise.



Lynnette had a very exciting year in 2023, when she attended the Oregon Senior Games at Oregon State University. She trained alongside Dallas Retirement Village Wellness

Director, Francy, on the first floor of the Clubhouse. Between sprinting through the halls of the community and attending wellness classes to help improve her strength and endurance, she won her very first official race in the 100 meter dash—something she never dreamt of doing after an experience during a race in elementary school. Checking off a bucket list item over 70 years later at the beautiful age of 86, Lynnette was featured in the local paper for her accomplishment. Congratulations, Lynnette! We are so lucky to have you.

“Gene and I put off coming to the retirement community for 6 years, because we thought "we're not ready"! Boy, were we wrong. It is so much fun here and so very many things to do, places to go, friends to meet. The residents here, actually look after each other and then, there is Mary and all the girls that man the front desk 24 hours a day. Well, I guess you can tell how much we love DRV and all its people. See Ya soon!”

~ Gene & Lynnette Henshaw



Resident Spotlight

COMMUNITY EVENTS *You're Invited!*

ROUNDTABLE *with Ben*

APRIL
18TH

JULY
18TH

OCT.
17TH

FROM 10AM TO 11AM

Come enjoy coffee and conversation with Community Relations Coordinator, Ben. Here you can ask questions and learn about Health Services (assisted living, skilled nursing, and more) offered at Dallas Retirement Village.

225 NW Jasper St. Dallas, OR
in the Cascade Commons

RSVP: DallasRetirementVillage.com
or call 503.623.9211

SCAN ME

FIREWORKS DISPLAY

4TH OF JULY

Dallas
RETIREMENT VILLAGE

ARE YOU EXCITED FOR THIS YEARS FIREWORKS DISPLAY? SHOW YOUR APPRECIATION & HELP US REACH OUR FUNDRAISING GOAL FOR THE 2024 WALK TO END ALZHEIMER'S!

SAVE THE DATE

Walk TO END Alzheimer's



08 Sept, 2024 | 10 am

Gerry Frank Amphitheater
200 Water St
Salem, OR 97301

Pet booth, giveaways & more!

Dallas
RETIREMENT VILLAGE



PRESENT

AN EGG-CELLENT ADVENTURE

377 NW JASPER STREET - DALLAS

an annual event

LIKE US ON FACEBOOK AND FOLLOW FOR MORE DETAILS!





Cyber Cycle's March Madness 2024- Dallas Retirement Village started off strong as the #1 qualifying team riding 648 miles in just two days! This wellness challenge allows Dallas Retirement Village Staff the opportunity to socialize and compete alongside DRV Residents, against senior living communities all over the nation.

Resident, Ray Schaefer (in his 80s) peddled an unbelievable 148 miles in 48 hours during the Electric Eight round. His goal was to exceed his competitor, William Shields (in his 30s) who is peddling for ACTS– Granite Farms in Pennsylvania, who finished the two days with 146 miles. In the

Fearsome Four, the team took on competitor Westminster Shores in Florida, and Dallas Retirement Village rode an amazing 735 miles to qualify for the final round in the series! In the championship round up against the team who took the #1 spot in 2023, Covenant Living in Santa Barbara, we trailed them by 20-90 miles for both competition days. Both teams broke 1,000 miles each early on in day two! By 5pm on the last day, there was a gathering in The Mill to try to close the gap. Dallas Retirement Village finished with a total of 1,468 miles in the last 48 hours, finishing in second place by only a 17 mile difference. What a great challenge it was, and we are already looking forward to next year!



Show Time is a tradition dating as far back as 2012 when it was first named "Friday Night Jam" by Dallas Retirement Village Residents and committee members Nancy Austin, Clarice Fowler, and Cari Richey. It began as a way to bring residents together by filling a room with music and each others voices while folks sang along to well known songs. In 2014, it was renamed to "Village Showtime" and occurred

from September to May each year every Friday night.

Today, Dallas Retirement Village Show Time is held in the Cascade Commons, our largest communal space, and is held once a year as a larger production filled with commentary provided by resident Jim Christian, comedy acts, rehearsed performances by the DRV Singers and the Village Stompers line dancing group, pianists, and so much more! This year held on Friday, March 22, 2024, every single chair was filled and the room was roaring with residents, staff, friends and family—the hallway was even full of overflowing guests! The production this year was closed by the DRV Singers (pictured right) getting the crowd involved in singing along to "We're in the family of DRV", a theme song of the community written by resident, Diane Wetherbee.



Dallas Retirement Village Health Center

Skilled Nursing



Most people don't plan for a skilled nursing stay as you enter retirement, but did you know that 70% of seniors ages 65 and older WILL require long-term care at some point in their lives? Moreover, 95% of Oregon's skilled nursing stays in a fiscal year were related to chronic medical conditions, and 70% involved at least one acute medical condition.

Skilled Nursing offers short- or long-term professional healthcare delivered around the clock to aid with activities of daily living. From the nutritious meals to physical and emotional care, everything about Dallas Retirement Village's Health Center is designed with residents' comfort in mind. Skilled Nursing is available to residents of our retirement community on a priority basis, as well as to people living in Dallas, Salem and other surrounding cities. If you have an upcoming procedure or unexpectedly find yourself in need of assistance or care, request your stay at Dallas Retirement Village! We accept most insurances.

Enjoy a sneak peek into the remodeled private suites in the Health Center at Dallas Retirement Village. We hope you would consider our community to care for you or your loved ones in time of need!

Meet Stefanie

My name is Stefanie Sanborn, I joined Dallas Retirement Village as the Health Center Administrator in August of 2023. I have a Bachelor's degree in History from Virginia Tech and a Master's degree in Aging and Health from Georgetown University. I have worked in Senior Living for over 10 years, starting in Independent Living Sales and Marketing and more recently transitioning to the Health Center side about 3 years ago. My favorite thing about working in Senior Living is hearing all of the varied and amazing stories residents have shared with me.

I am an East Coast girl, born and raised in North Carolina. I spent my professional life, prior to Dallas Retirement Village, in the Washington, D.C. metro area. I am one of four siblings; we are spread out all over the country which makes visiting each other a lot of fun. My husband and I are very excited to explore Oregon and the Pacific Northwest now that my career has brought us on this side of the country. Outside of work, we enjoy biking, hiking and camping, all of which we understand Oregon is perfect for!

— Stefanie Sanborn



Walk to End Alzheimer's

Did you know that more than 55 million people worldwide, and more than 6 million Americans alone are currently living with Alzheimer's? One in three seniors pass from the disease or another form of dementia, and in Oregon, Alzheimer's is the 6th ranked cause of death. In 1980, The Alzheimer's Association was founded by a group of caregivers and individuals who were interested in research efforts. It is now the leading organization to help bring awareness and provide care, support, and research to the disease. Held annually, the **Walk to End Alzheimer's** gathers in

more than 600 communities nationwide! The Greater Salem, OR walk raised over \$50,000 in 2023, and the nationwide walk raised a record breaking 100 million dollars– WOW! These funds help enable the Alzheimer's Association to deliver 24/7 care and support, advocate fearlessly for people facing the disease and fuel groundbreaking research across the globe.

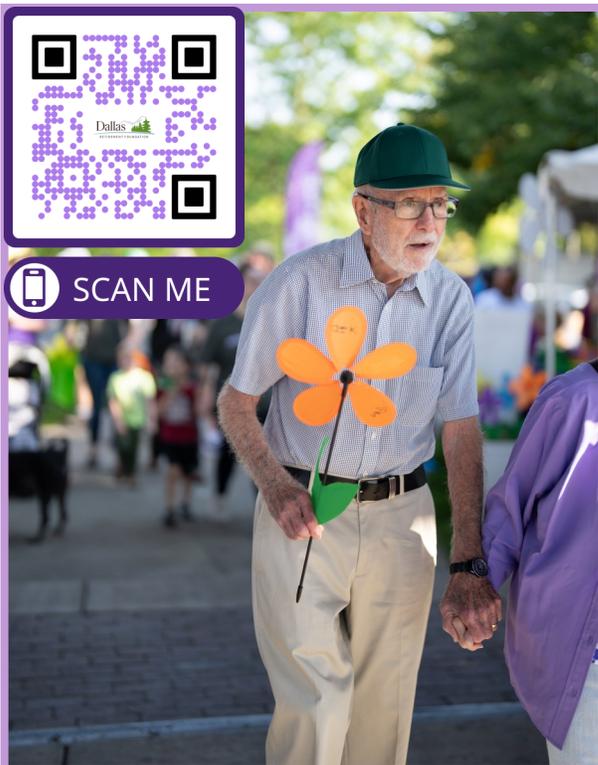
Dallas Retirement Village's first attendance to the walk was last year in 2023, sponsoring the pet area. Staff and residents made sure furry friends, had plenty of fresh water, offered "pet selfies", and administered purple tie-dyed pet bandanas and resident's homemade "dog pops" crafted out of Greek yogurt, honey, bananas, and peanut butter with a dog biscuit center. Dallas Retirement Village's first Alzheimer's Walk was such a success doubling our initial goal of \$2,000 to \$4,000, we have a goal to go bigger and better in 2024 and raise \$5,000 to the Alzheimer's Association. With the help and participation from people like YOU, we have the ability to be a part of the change and help find a cure for Alzheimer's. Join us on walk day to support Dallas Retirement Village Residents and Staff by inputting the following link into your web browser: <https://tinyurl.com/DRVALZ>. If you are unable to join us on September 8th, you can sponsor a Dallas Retirement Village walker like the resident pictured here, by donating to the cause through the QR code. We appreciate your support and hope to see you at our pet tent!



Dallas Retirement Village Team-
Salem Riverfront Park, September, 16 2023



SCAN ME



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
- Restaurant-style dining credit
- Wellness/fitness programs
- Use of beautiful garden areas, indoor pool and spa, craft room and woodworking shop
- A multitude of activities, events, classes, and day trips to fulfill your social and entertainment needs
- Preferred access to higher levels of care if/when its needed

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.

Have you ever wondered if the senior living services at Dallas Retirement Village is an affordable choice for you, but don't know where to start with your research? Check out the

COST CALCULATOR

tool on our webpage. This easy to use feature allows you to compare and see for yourself! Visit our website at DallasRetirementVillage.com to learn more.

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

Mission Statement:

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.

Dallas Retirement Village Administration:



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Neighborhood Connections community newsletter is designed to share information about the events, people and news of Dallas Retirement Village. Visit our website at: www.DallasRetirementVillage.com

Please notify us 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





377 NW Jasper Street
Dallas, Oregon 97338

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DALLAS, OR

Healthy living, wellness, and meaningful socialization make up the heartbeat of Senior Living!

For the past half century, medical experts believed that the key to a long and meaningful life were through medicine; adding exercise and outside activity was a more recent addition to this thinking of finding one's longevity. Today it is becoming clear that a third component is also key to living well- our need for community where one enjoys friendship and is part of a larger group of friends and family, where we rely on one another. Dallas Retirement Village was specifically designed to provide the opportunity and freedom to find adventure, spend time with family and friends, and not occupy your days with mundane duties and chores that do not bring you joy. Human connection, as well as finding time for hobbies, are a cornerstone of our well-being and is becoming even more crucial as we step into our senior years.

Dallas Retirement Village offers you the freedom and choice to choose how much or little you wish to engage in community socialization. Whether you enjoy larger group activities, bird-watching trips, woodworking projects, painting, book clubs, or simply spending time in a delightful book, the list of opportunities are endless. Whether you plan out your days in advance or relish in more spontaneous encounters, you can find what you are looking for in our close-knit community. We believe Dallas Retirement Village is a community where you can discover your best life. We hope you visit and find out what so many other seniors like you have found; a place they call home.

David Parrett, Executive Director

