

Dallas



RETIREMENT VILLAGE

Spring/Summer

2025

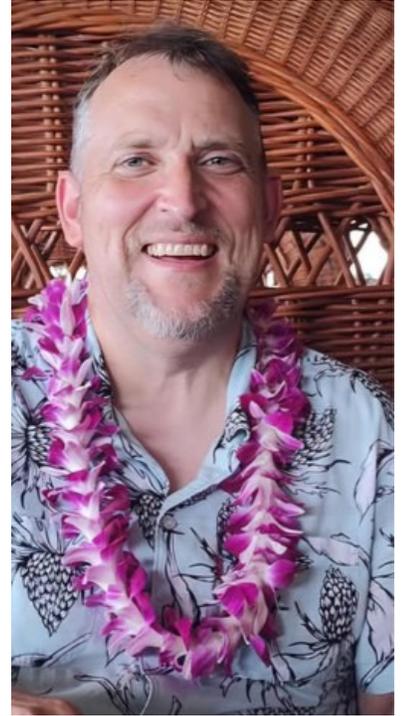


Neighborhood
CONNECTIONS

Welcome Chef Matt

Meet Chef Matt, the newest member of the Dallas Retirement Villages culinary team, bringing over 20 years of experience, a degree in nutrition, and a deep passion for serving others through food.

Matt grew up in Tacoma, Washington, raised by a hardworking single mom who worked night shifts. Often on his own for meals, he eventually decided he couldn't live off microwave dinners any longer. "I needed to learn to cook for myself so I'd never have to survive on microwave food again— except popcorn. I love popcorn," he says. Starting in fast food, Matt worked his way into fine dining and eventually ran his own restaurants. He also volunteered with nonprofits feeding those in need, which led to a role overseeing senior nutrition programs for the state. While rewarding, he missed the energy of kitchen life and decided to return to a more hands-on role.



Now at Dallas Retirement Village, Matt is embracing the unique challenges, particularly in the health care kitchen as there are far more restrictions in place. From dietary needs to food textures, Matt says, "We all must work together to ensure that we are not only giving good nutritious food but that it is safe for all residents."

Matt's cooking philosophy has evolved over the years but is centered on bringing joy through food and service. Matt believes that food is, "one of the major binders of generations." Matt notes that food is an intricate part of major events, and that people often learn to cook from family members. He notes that food is important not just for our survival but also as connection to our past.



Matt is excited to keep the menus fresh and seasonal— and would love to eventually involve residents. "If anyone wants to submit recipes we can take a look and maybe we can feature the recipe and them as a special."



Outside the kitchen, Matt lives in McMinnville with his wife and two teenage daughters. He also raises Nigerian Dwarf goats on his farm and enjoys traveling. We are thrilled to welcome Chef Matt and look forward to the heart and creativity he brings to every meal!

TOTAL BRAIN HEALTH

BODY • MIND • SPIRIT



Since 2023, our Train Your Brain classes have become more than just a fun way to stay sharp— they’ve become a meaningful part of life in our community. Through the *Total Brain Health* programs, residents have enjoyed hands-on, social experiences that boost memory, enhance cognition, and support whole-person wellness. We began with Total Brain Health Brain Workout 1.0, followed by the more advanced 2.0 program in 2024. Each offered 24 weeks of engaging activities focused on body, mind, and spirit. From learning to juggle and write poetry to solving group puzzles and trying new foods, the classes encouraged everyone to step outside their comfort zones and connect with others.

This year, we’re excited to launch *Total Brain Health Inspire 1.0*, which focuses on the “spirit” side of wellness— building resilience, purpose, and deeper self-understanding. Along the way, we’ve seen incredible growth: one resident led a music trivia program for the first time and another took powerful steps to bring closure by interring her husband’s ashes after years of uncertainty.

The classes emphasize three pillars of brain health: staying socially connected, keeping physically active, and challenging yourself to try something new. Over time, the group has become a true support system, where every small victory is celebrated together.

Use the QR code to learn more about *Total Brain Health!*



Life At Dallas Retirement Village

From exciting outings and daily events to resident-led activities, you’re sure to find something— or several things— that suit your interests. Our variety of events and activities allows you to be as relaxed or as busy as you would like. Take a look below to explore just a sampling of the many activities and events offered here at Dallas Retirement Village.

<u>Resident Led Activities</u>		<u>Outings</u>		<u>Other Events and Activities</u>	
• Hula Hoop	• Puzzle Group	• Beach Trips	• Scenic Drives	• Line Dancing	• Trivia
• Book Club	• Walking Group	• Silver Falls	• New Restaurants	• Tai Chi	• Singing Group
• Quilt Club	• Movie Nights	• Oregon State Fair	• Various Plays and Music	• Water Aerobics	• Musician Performances
• Cardmaking	• Games/Cards	• Wooden Shoe Tulip Farm	• Oregon Zoo	• Chair Yoga	• Total Body Fitness
• Ladies Coffee	• Water Volleyball	• Antiquing	• Pumpkin Patch	• Balance & Coordination	• Holiday Parties
• Men’s group	• Diamond Art	• Car Shows	• Wineries	• Weightlifting	• Bible Study
• Birding	• Alzheimer’s Support Group	• Costco	• Breweries	• Bingo	• Church Service
• Talent Shows					

CYBERCYCLE MADNESS

by  Blue Gogi



Even Life Care Services (LCS) Regionals Ryan Exline and Cindi Nelson jumped to support TEAM DRV while visiting.

Earlier this year, Dallas Retirement Village took part in the adrenaline-filled CyberCycle Madness 2025, a nationwide competitive cycling event hosted by Blue Gogi and CyberCycle communities. The goal? Simple— but far from easy: ride the most miles on the CyberCycle machines and earn the title of CyberCycle Champion.

This year's event kicked off with 112 teams in the Week 1 Qualifying Round. From there, the top 16 teams moved on to a high-stakes, bracket-style tournament, where each round brought head-to-head matchups and serious competition. Dallas Retirement Village proudly claimed the #1

spot in the qualifiers— an incredible testament to the strength and spirit of our community.

Beyond the numbers and rankings though, this year's event carried special meaning to our community. Every mile was dedicated to the memory of Ray Shaefer, a beloved resident, team co-captain, and passionate competitor. It was Ray who, in 2023, first brought CyberCycle Madness to our Wellness Director, Francy's, attention, rallying both residents and staff with his determination and drive. For two years, Ray helped lead the charge— his legacy now lives on in every rider who takes up the challenge.



CyberCycle Madness continues to unite communities from across the country in the name of fun, fitness, and friendly rivalry. For Dallas Retirement Village, it's also a reminder of how one person's spirit can inspire many.

Our community rode hard, rode together, and rode for Ray. And this year— we rode all the way to #1!

“CyberCycle Madness has been a time of fun and excitement for our residents and staff. We ride side by side, 2 days per week, for 5 weeks! We have a better understanding of each other, our history....our strengths! Not to mention that we get to make some pretty amazing memories together! No other event is quite like this one. Sweat, tears and adrenaline! Team DRV rose to the challenge this year. We wanted the win! “

—Francy Stoyer, Wellness Director

Cyber Cycle Top Riders

This years “All Team Tournament”- a special division for cyclists aged 60 and over- was filled with amazing efforts from every single participant. Everyone who took part showed remarkable dedication, strength, and heart. While every rider deserves recognition, we’d like to give a special spotlight to our top 3 riders who went the extra mile (literally!) and made an unforgettable mark on the competition.



Linda Dawson– 711 Miles

Linda– master recycler and hula hoop enthusiast! Linda’s powerhouse performance secured her 1st place out of the top 25 riders in the tournament! With an incredible 711 miles, she set the bar high and never looked back. Hats off to Linda– your stamina, spirit, and strength are truly inspiring!

Darrell Ward– 576 Miles

With 8 grand children, 18 great-grand children, and 4 great-great-grand children, Darrell came in strong with 576 miles, and clinched 2nd place overall. His consistency and drive made a lasting impression on everyone watching. Way to go, Darrell (master gardener)– your endurance is unbelievable!

Bill Lind– 261 Miles

An explorer (traveler) who stumbled upon the competition as a newer resident, powered through the miles to earn 3rd placed here at Dallas Retirement Village and 7th place overall– no small feat in a field of fierce competitors! Big shout out to Bill and his determination!



All three top riders earned an exclusive CyberCycle (Blue Gogi) T-shirt and, of course, major bragging rights!

Let’s give Linda, Darrell, and Bill a well-deserved round of applause– and a big thank you to all of our All Team Tournament participants for showing us the true spirit of community, fitness, and fun.

Meet Smokey!

Smokey has been part of the Dallas Retirement Village family for an amazing 14 years now, starting in floor care at the Health Center and Assisted Living before moving to the Village Apartments and Lodge Residences. Smokey eventually worked his way up to becoming head of floor care in the Lodge Residences. Driven by his past experience as a volunteer firefighter and EMT, Smokey decided to go back to school for nursing. With help from the Dallas Retirement Village Foundation and the Scholarship Program— offering financial support and schedule flexibility—he achieved a long-time goal of his. He got his nursing license! Now a nurse, Smokey says the best part of his job is building relationships with the residents.

Dallas Retirement Village offers a CNA program right here on campus. With new sessions starting every eight weeks and convenient access to clinical hours, it's a great way to get started. At Dallas Retirement Village we encourage employees to “bloom where they are planted” and encourage employees to seek educational growth. Our CNA and Scholarship Programs help to allow employees to grow, benefiting not only themselves, but ideally, the community as a whole.

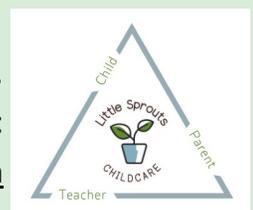


We're excited to announce the opening of Little Sprouts Childcare, a licensed center now open at Dallas Retirement Village! This long-envisioned dream became a reality in November 2024, offering quality childcare for children ages six weeks to five years old. Little Sprouts provide onsite care to support our staff



and the greater community, while creating meaningful intergenerational connections. Residents can volunteer with children by reading stories, helping with crafts, and more. Research shows that older adults with close relationships to younger generations are happier, healthier, and serve as positive role models – and the children benefit just as much.

If you would like to learn more about Little Sprouts Childcare, please reach out! Call 503-623-1757 or email: littlesproutschildcare@drvhome.com



Interested in Visiting?

Looking for the perfect place to enjoy your next chapter? Come tour Dallas Retirement Village— where peaceful living meets vibrant lifestyle. Our beautiful campus is thoughtfully landscaped, and offers a wide range of resort-style amenities, including a fitness center, indoor saline pool, fine dining, and social events— all designed to help you thrive in a welcoming, inclusive community.



Secure your opportunity for the future by scheduling your tour soon. Whether you're exploring options for yourself or a loved one, there's no better time to discover the comfort, care, and connection that Dallas Retirement Village offers.

Call us today to learn more!

503-623-1857

Cost Calculator



Wondering how retirement living might fit into your budget? Dallas Retirement Village makes it easy to explore your options with our simple, no-pressure Cost Calculator.

Whether you're just beginning your search or seriously considering a move, our Cost Calculator is a smart first step.

Get started today at DallasRetirementVillage.com

MEMORY CARE FOCUSED

Come join the Memory Care team at Dallas Retirement Village for an open forum with special guest Alise Liepnieks from the Alzheimer's Association. This is a relaxed, informative event where you can ask questions, share concerns, and learn more about Alzheimer's, other types of dementias, and the care & support available — whether it's for you or someone you love.

It's your journey - we're here to help.

ROADMAP RESOLUTION



Dallas
RETIREMENT VILLAGE

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

Dallas Retirement Village Administration:



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Stefanie Sanborn
Health Center Administrator
ssanborn@drvhome.com



Kanoe Creech
Assisted Living Administrator
kcreech@drvhome.com



Coming soon
Memory Care Administrator

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- Clubhouse

RSVP 503.623.1810 ● 225 NW Jasper St. in Dallas ● Cascade Commons



377 NW Jasper Street
Dallas, Oregon 97338

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Celebrating Community, Connection, and the Joys of Summer!

As we step into the heart of summer, I am delighted to share just a glimpse of the meaningful moments and achievements unfolding within our vibrant community at Dallas Retirement Village. This newsletter celebrates the milestones and personal stories that shape who we are- where every resident, staff member, and guest contribute to something truly special. There is something here for everyone, and we are proud of the energy and warmth that makes Dallas Retirement Village such an exceptional place to belong.

Our Wellness Program is an integral part of life at Dallas Retirement Village, and it reflects our commitment to a holistic approach to well-being. We embrace the 8 dimensions of wellness— physical, social, emotional, spiritual, vocational, intellectual, environmental, and health services- as the foundation for helping residents experience the best life possible. As you can see, these dimensions are thoughtfully woven into the fabric of our programs, services, and daily interaction, creating a vibrant and balanced lifestyle.

There is so much to explore, and I hope you enjoy reading about the people and programs that bring this community to life. When the time feels right for you, know that a warm welcome awaits you.

A handwritten signature in blue ink that reads "David Parrett".

David Parrett, Executive Director

