

Rose Villa Resident Forum
Monday, August 19, 2019

Employee Anniversaries

ONE YEAR: Kari Leshner, LPN, Madrona Grove

FIVE YEARS: Patrick Mauer-Rivera, CNA, Madrona Grove

Please welcome two new employees:

In our **Health Services Department, Director of Nursing Services**, the fabulous **Bev Shields!** Bev comes to us with over 35 years of both acute and long-term care experience. Her depth of experience developing training programs for CNA's and other staff will be a huge asset to our team. Bev served on the Oregon Board of Nursing for 6 years, representing Long Term Care, advocating for Elder healthcare and helped to have a CNA position added to the Board of Nursing. She has experience working in large Skilled and Long-Term Care communities in partnership with local health systems such as Providence, Kaiser, Legacy, and OHSU. Bev's hobbies include gardening, hiking, biking, and reading. She has a blended family of 6 older children and 9 grandchildren so there are many family get-togethers to enjoy!

Molly Watts is our newest addition to the **Sales & Marketing team!** She comes to us from a career in advertising sales, most recently with a group of Portland radio stations. Molly also hosts a weekly podcast dedicated to aging with optimism, called Live HAPPIER Longer. On the show, she has interviewed some wonderful guests including Elaine "LaLa" LaLanne, wife of the legendary Jack LaLanne, who at 93 is still going strong! In her spare time, Molly is 'Mom' to FOUR young men and two fur babies--including a recent addition, a 2-month old labradoodle, named Kirby. Molly's favorite things to do include reading, walking, watching movies and NFL football. Molly and her husband, Joe, have lived in the Portland area for 30+years but are both die-hard Pittsburgh Steelers fans.

Please Welcome New Residents!

Hank Hadaway moved into CAB Loft #9202 on July 29 from Gresham. Along with lots of other stuff, including cycling, he likes marquetry, which I have never heard of and, come to find out, sounds really cool! Marquetry = inlaid work

made from small pieces of variously colored wood or other materials, used chiefly for the decoration of furniture. His phone number is 971-371-4061

Kurt Mezger moved into North Main Apartment 5205 on July 31 from his beautiful home with a view of Mt Hood in Gresham. Kurt is an internationally known chef and restaurateur – who still likes to cook! He is very outdoors oriented – yes, skiing, of course – as well as enjoying his herb garden. His phone number is 503-652-3173.

Voyager Alert! **Robyn Morrow** moved to Cottage #213 on August 5. Her phone number remains the same, 503-652-3326.

Bill and Jeanne Cozine moved into Cottage #3002 on August 16, joining us from Tucson, AZ. They both like bridge. Bill will talk to you about politics and Jeanne loves to hike and garden. Their phone number is 503-652-3107.

Kikue Rich is moving into Cottage #115 today, August 19, from Washington State. She enjoys reading, crafts, and gardening. And I am delighted to add that Kikue and her husband Charles lived at Rose Villa over ten years ago and were residents when I began my work here! Her phone number is 503-652-3115.

Otto and Marietta Schlumpf are also moving today, into Cottage #5308, from Portland. They are interested in a whole bunch of things, like philosophy and literature, gardening, photography, but the most important of these is that Marietta is a DRAGON BOATER!! Their phone number is 503-652-3166.

Residents' Association Council: Byron Windhorst will speak about his roles on the Council. They include archiving off-campus events that residents do together. If you have something interesting you think should go into the Council notes about a Rose Villa off-campus event, please let him know at (503) 734-9759.

He also is involved with Readers Theatre, which is currently on summer break, but returning in September with readings of short plays. No memorization is required. You don't even have to perform in public, just come and enjoy reading short plays together. Readers Theatre also presents a program for the Employee Recognition Party in December. This is a very fun group!

He also represents the Rose Villa Choir to the Council. The choir is returning on September 6 for more fun songs, and with a new choir director.

Karen Hudson-Brown will talk some more about the **Rose Villa Choir** - just know there is still time to sign up by calling the sign-up hotline, ext. 3289. Rehearsals

are on Fridays from 10:30 – noon and begin on September 6. If you have any questions, talk with Andrea Drury or Miranda Manners.

More Markets!! We now have produce-only **Friday Markets** in ADDITION to Tuesday Markets. Check it out on these Fridays: August 23 and 30, and September 6 in the Garden Grove Event Space (where the BBQ grill is). Noon – 1:00 PM, bring your own lunch. Garden plot tours will be held. PS: Root beer floats on August 23!!

Update on second door into the Training Room: We are still waiting on material, which was backordered and is supposed to arrive this week. If it does, we will attempt to fit this project into our schedule in the next three weeks.

On **Wednesday, September 4, from 2:00 – 4:00 PM** in the PAC, the Foundation will be sponsoring a workshop called **“Living In Community: A Conversation.”** Have you ever asked yourself... what does “Living in Community” mean? Or have you wondered... does anyone else have a challenge figuring out to how to balance a busy life at Rose Villa and the life you also have outside of Rose Villa? You are not alone!

This workshop is a unique time to meet new and experienced residents to discover and explore what “living in community” means to YOU. Participants will break into small groups of 5 or 6 and explore three interesting questions:

- What does “living in community” mean to YOU?
- What do YOU think are the challenges of “living in community”?
- What do YOU think are the rewards of “living in community”?

Come prepared to share and explore your thoughts with fellow Rose Villa residents. During the workshop, there will be two breaks to enjoy tasty snacks, talk with others and discover what fellow residents at Rose Villa think about “Living in Community.” After the workshop, we encourage you to continue the conversation at Happy Hour, which will be in the Tranquility Garden from 4-5 pm.

Space is available for 60 participants and residents must sign up by August 30 via Touchtown or by calling ext. 3289.

Special Event -

Recognizing Personal Bias and Deepening Your Cultural Sensitivity Training:

You may be asking yourselves.....whaaat? Why is Rose Villa focusing on Diversity, Equity and Inclusion (DEI) and hosting a training for residents? Over the past few years, Rose Villa has committed time and resources to define our culture through various initiatives, including creating organizational core values,

developing the Employee Culture Handbook, creating the Kaizen team which brings together staff from all departments and roles, as well as other training programs such as our Leadership Development Group. As an organization, these initiatives highlight our efforts to become an employer that is as supportive and inclusive for our staff as we are for our residents. This is VERY important work as we welcome a growing and diverse workforce and resident population. Although rewarding and important, these efforts aren't enough. A critical next step is developing a comprehensive Diversity, Equity and Inclusion (DEI) program for residents, staff and the Board.

We believe in the value of having a community that is heterogenous. We are quite diverse in terms of income, spirituality, sexual orientation, and lifestyle – and this makes us stronger. To open the door more widely and welcome increasing diversity, including greater racial and ethnic diversity, requires us to be more proactive and more self-aware. This means providing a safe environment that embraces diversity, equity, and inclusion efforts. Rose Villa is currently in the process of selecting a long-term, comprehensive partner to assist us in this important initiative. While that search is ongoing, we identified a need and desire to provide training to residents and staff right now.

SO

On Monday, September 9, from 1:00 pm to 2:30 pm in the Performing Arts Center, Rose Villa will host a training for residents entitled ***Recognizing Personal Bias and Deepening Your Cultural Sensitivity***. This training, led by Michael Kahn, focuses on bias as it applies to multiple identities, race, age, religion, ability, gender, sexual orientation, and socioeconomic status. The goal is to increase one's awareness of personal biases and the impacts they have on oneself and others. Sometimes, *we don't know what we don't know*. The Rose Villa community that I love is very curious, loving, and open and this is a great opportunity for discussion. No lecturing, no shaming, just opportunity. (In addition to the training for residents, staff will also be attending a training by Michael earlier in the day.)

Michael is a Licensed Professional Counselor, a former lawyer, and is also the co-founder of ReelTime Creative Learning Experiences. He has facilitated programs on diversity and inclusion all throughout the US, Canada and Australia, as well as for the U.S. military. He recently presented at the 2019 LeadingAge Oregon Annual Conference, and we are super excited for him to come to Rose Villa!

For more information about Michael Kahn visit his website at: <http://www.michaelkahnworkshops.com/Site/Welcome.html>

For questions regarding this training, please contact Michelle LaCroix, Director of Human Resources at x7017.

Creating a rich, deep, engaging and multi-faceted life together is really the responsibility of each one of us. You don't buy it, and it isn't delivered to you. You *create* it. Join us and each other in our effort to create a work environment for staff and a living environment for your friends and neighbors that is free from bias, discrimination, and judgement – and able to grow and meet new challenges with voices and experiences we could never hope to have on our own.

I look forward to seeing you at the training!

I have information and images to share about **Phase 3!** See slide show on Touchtown after this meeting.

Upcoming Dates:

Tomorrow's bus trip to the **Portland Art Museum** with Lisa Staley is full; however, residents are more than welcome to meet the group at the museum for the Art & Conversation lecture. Contact Jenna at ext. 3206 for more information.

On **Wednesday, August 21, at 3:00 pm** in the PAC, join **Clackamas Community College's** current **president, Dr. Tim Cook**, for a "State of the College" address. A first-generation college student, Dr. Cook understands how community colleges provide economic mobility for students and the communities where they live. There will be time for Q+A after Dr. Cook's presentation.

This month's **Culinary Dinner** featuring **Portland Food Carts** is on **Thursday, August 22, at 5:00 pm in Heirloom**. Live music is being provided by Elliot Ross. Cost is \$18 per person for the four-course meal. Make your reservation by calling Amy at ext. 3324. Please indicate if you would like a vegan meal. Harvest Grill will be closed for dinner that evening.

We're taking a **day trip to Rockaway Beach**...with a pit stop at the Tillamook Forest Center on the way... this **Friday, August 23**. Take a walk on the beach, eat lunch, and browse the local shops. Please bring money with you for lunch and shopping. Bus leaves at 9:00 am and will return by 6:00 pm. Cost of transportation is \$12/person. Sign up required.

Also on **Friday, August 23, at 7:00 PM** in the PAC, join us for an evening with **Visiting Artist Leanne Grabel**, who will present a variety of short performance-prose poems with backup vocals and sound effects by Steve Sander. She often collaborates with musicians and performers and uses an old keyboard to create rhythmic accompaniments for the poems. This is poetry you can dance to! This event is free and open to the public.

The Walk to End Alzheimer's is coming up on **Saturday, August 24**. Residents, staff, family, and friends are all invited to walk with the Rose Villa team! The walk starts at 11:00 am from the Rose Quarter. You can choose to walk the full 3.7-mile route, or turnaround early for a 1-mile walk. Rose Villa is providing free transportation to and from the walk. The bus will leave Rose Villa at 9:30 am on Saturday and will return by 2:00 pm. Sign up required. Please wear a "Rose Villa red" t-shirt the day of the walk.

Rose Villa will have a booth at the **Trolley Trail Fest on Saturday, August 24**. The Trolley Trail Fest is a free, family-friendly community festival in Historic Downtown Oak Grove. Live bands will play all day. Stroll food, craft, community and business booths along SE Oak Grove Blvd. from the United Methodist Church at Rupert to Arista Drive. The Fest begins at 11:00 AM and goes until 4:00 PM. Swing by and say hi!

Join us for a trip to **Fort Vancouver and Pearson Air Museum on Tuesday, August 27**. This park has a rich cultural past – from a fur trading post acting as headquarters of the Hudson's Bay Company to a powerful military legacy. Discover stories of transition, settlement, conflict, and community. Admission into the Fort Vancouver Visitor Center and Pearson Air Museum is free. Admission into the Reconstructed Fort Site is \$10/person. You do not have to go into the Fort Site. Please pack a lunch to bring with you. Bus leaves at 10:00 am and will return around 3:00 pm. Cost of transportation is \$7/person. Sign up required.

Originally scheduled for August 24, **Jewelry Making and Repair** has been **rescheduled for Saturday, August 31, from 1:00-3:00 pm in the Art Studio**. This is to accommodate for the Trolley Trail Fest happening on the 24th. Jewelry making will resume its normal schedule in September.

Join us for a day of “**Joyspotting**” on **Thursday, September 5, from 11:00 am – 3:00 pm in the Tranquility Garden**. When psychologists use the word joy, what they mean is an intense, momentary experience of positive emotion – one that makes us smile and laugh and jump up and down. It’s different than happiness, which measures how good we feel over time. Joy is about feeling good in the moment, right now. Joy is often thought of as a nice-to-have, rather than a necessity. But study after study shows that joy makes us healthier, more productive, creative, and resilient. Rose Villa’s day of joyspotting will include hula hoops, sidewalk chalk, bubbles, tie dying, ice cream with sprinkles, a joyspotting scavenger hunt through campus, and even squirt gun painting. Be on the lookout for a flyer with the full schedule of events.

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Q1. Is it possible to restrict parking in the bike lane on River Road just north of Wild Rose Drive? Pulling out of Wild Rose is difficult and potentially dangerous when a vehicle parks there blocking the view of oncoming traffic. Perhaps if we (Rose Villa) can’t do it, we could ask the county.

A. No car should park in the bike lane! We have ordered a “No Parking Bike Lane” sign which should arrive next week. We will install it in the sidewalk area in front of that space

Q2. Can residents be assured that hand rails will be installed very soon on the steps going to the CAB? Also, the steps need permanent paint - although the Pink Tape has worked so far for those who do not see well.

A. YES! We have permanent handrails coming in two weeks (as fast as the contractor can get here) and will see if we can get temporary railings of some kind by next week

Q3. The North Pocket wall electric switches go from warm to very warm. Is this a problem that is being checked out?

A. Bob Judd had this investigated by the architect and the electrical engineer. They verified the correct wattage switches were installed. The warm feeling of the dimmer switches is a normal function of the switch. A dimmer switch functions much like a resistor, limiting the amount of electricity that passes. As it does this, heat has to dissipate. This is what you feel when the light circuit is on. There is no danger; it is functioning as it should.

Q4. I am aware of one resident who does not have a telephone connected to the RV system. Are there special arrangements to get messages to this person and others using cell phones only?

A. Residents are responsible for providing their own handsets to connect to their phone jacks in their apartments, which are provided by Rose Villa, as is phone service. We encourage all residents to use the provided service and connect a phone that could be used in an emergency, since the land line is connected to the e911 service which maps the emergency call to that apartment. If residents wish to use only a cell phone, it is up to residents to decide if they wish to share that phone number with Rose Villa and the rest of the community. It is not a requirement.

Q5. There appears to be no easy pathway from the Oaks to the CAB. Some folks walk in the barkdust next to the Rose Court. Would it be possible to place a more secure pathway or install a very tall fence between the Oaks and the CAB to prevent folks from doing the slip and slide in the bark?

A. Yes, a pathway will be installed by our grounds department. It was clear early in construction that the more direct route from The Oaks to CAB was going to be too steep and that a more gradual path would need to go in along the edge of Rose Court. We expect this path to be completed the first week of September, if not before.

NEXT FORUM: Wednesday, September 18, 2019, at 11am, in the Performing Arts Center

WELCOME SONG

Right after the Forum, residents will sing the Welcome Song to Gene and Jo Berry in cottage 3024 and to Hank Hadaway in CAB loft 9202. If you'd like to join the singers/musicians, assemble right outside the PAC after the Forum.