

**Rose Villa Resident Forum**  
Tuesday, August 16, 2022

**Please welcome** Alex Mihm, Sustainability Analyst from Clackamas County, will be here to present Rose Villa officially with our **Gold Leaders In Sustainability** award.

**Employee Anniversaries**

Celebrating ONE YEAR:

- Abril Ginez-Marin - CNA

**Welcome New Employees**

- Elle Monen, Server, F&B

Please congratulate these staff when you see them!

**Welcome New Residents**

**Marjie Takei and Phil Senatra** moved into North Pocket Cottage #3044 on August 2 from Portland, OR.

**Hobbies & Interests:** Marjie: Yoga, gardening, reading, community, spirituality.  
Phil: Golfing, fly fishing, investments.

**Former Occupations:** Marjie: Psychologist. Phil: College professor.  
Their phone number is (971) 347-1175.

**Stephanie Feeney and Don Mickey** moved into Trillium Townhome #8001 on August 4, from Portland, OR.

**Hobbies & Interests:** Stephanie: Reading, museums, travel, walking, Native American art and literature, child advocacy, good food, wine, and conversation.  
Don: Woodworking, baking bread, cooking, travel, reading, tai chi, walking, kayaking, science, environmental issues, good food and wine.

**Former Occupations:** Stephanie: Professor of Education. Don: Astronomer.  
Their phone number is (971) 371-4071.

**Suzanne Mounts** moved into Schroeder Lofts apartment #8306 on Monday, August 8 from Oakland, CA.

**Hobbies & Interests:** Gardening, pets (horses, dogs, cats), walking, exploring the outdoors, reading, and history.

**Former Occupation:** Professor.

Her phone number is (971) 347-1206.

**Gail Davis and Janyce Bender** moved into Schroeder Lofts apartment #8310 on Tuesday, August 9, from Lincoln City, OR.

**Hobbies & Interests:** Gail: Travel, art, swimming. Janyce: Music, dance, swimming.

**Former Occupations:** Both Gal and Janyce were Real Estate Brokers.

Their phone number is (971) 347-1210.

**Bob and Mary Fedoroff** moved into Schroeder Lofts apartment #8401 on Wednesday, August 10, from Portland, OR.

**Hobbies & Interests:** Bob: Woodworking, fly fishing, dragon boat paddling, rowing, craft beer tasting. Mary: Walking, hiking, arts, reading, photography, travel, dragon boat paddling.

**Former Occupations:** Bob: Insurance auditor/inspector, Superintendent. Mary: Registered nurse; started an in-home care agency.

Their phone number is (971) 708-6231.

**Penny Naumoff** moved into Schroeder Lofts apartment #8311 on Thursday, August 11, from Ashland, OR.

**Hobbies & Interests:** Sudoku, puzzles, cooking, taking long walks in nature, study and practice of Buddhism.

**Former Occupation:** Health care, including health promotion and community relations.

Her phone number is (971) 708-6228.

**Bob Murch** is moving into Schroeder Lofts apartment #8402 TODAY, Tuesday, August 16, from Portland, OR.

**Hobbies & Interests:** Photography, outdoor activities.

**Former Occupation:** Risk and insurance manager.

His phone number is (971) 708-6232.

## **Announcements**

### **Community Benefit Grants – Cheryl Franceschi**

Beginning this month, Rose Villa resident groups and departments can apply for one-time grant funding for projects and programs to serve our community in big and small ways. We believe these mission-focused grants will give voice to the interests of Rose Villa stakeholders, strengthen and leverage the impact of existing programs, encourage new ideas and solutions, and improve the transparency and accountability of donated resources.

Providing support for campus projects isn't new for Rose Villa Foundation. In recent years, donations to RVF have helped to purchase items like blankets warmers and a therapy Upwalker for Madrona Grove, a desktop video magnifier for the Library, a Theracycle machine for the Wellness Studio, and outdoor stand heaters for the Harvest Grill patio. Thanks to our donors, these grants will help RVF incorporate more positive outcomes for everyone at Rose Villa. If you want to learn more or get an application, please contact Cheryl Franceschi at 503-652-3075.

### **More Information on the Foundation and Medicaid**

Medicaid only covers residents who live in a Medicaid-certified area. By definition, that does not and cannot include independent homes on campus. Any resident who may need financial assistance while still living independently – and there have been several over the years I have been at Rose Villa – must rely on the Foundation for their support.

### **Financial Update from Angela Hansen** (presentation separately attached)

### **North Star Collaborative in Brief**

The idea for what is now called North Star began during Phase 1 of our redevelopment project. As we developed our relationships with our finance partners and attracted attention at the national level of senior living providers, we learned more about the vulnerability of single site CCRCs.

We (the management team and the board) could take two paths forward: keep renewing our campus and hope that all the work to build our community's physical and occupancy sustainability would also support our ability to retain our own identity and stand strong - alone.

Or we could take action and instead of hope, work a plan to ensure Rose Villa's longevity as a unique, authentic, values-driven community with a management team and resident body that is equipped to make good decisions right here.

North Star is a product of that action. We want to be the decision makers of our own destiny, not find ourselves in a situation in the future when being a stand-alone single site CCRC is no longer viable and we are caught off guard and unprepared. Instead, we want to plan so that we are always in the driver's seat – very much like the decision of every resident to be in charge of their own destiny by moving to a community like Rose Villa. Just as you don't want to be caught in a situation where you are not the decision maker, neither does Rose Villa. North Star growth will shelter Rose Villa from outside forces that could threaten our identity and autonomy. Putting it more bluntly, *If you don't have your own growth strategy, you are part of someone else's.*

Talking to many colleagues and senior living professionals, it is standard practice for there to be a strong connection between the initial community and the new supporting organization. Many other communities have also used the Board Executive Committee to get the new organization off the ground. It ensures that Rose Villa's interests are taken care of.

Our next steps include the North Star Board working on the business and strategic plan. We have been asked to provide help to other organizations for many years. We have done some small work for free, some medium-sized work for a fee, and we would like to build the North Star organization so that we can partner on larger projects. Creating the right structure allows us to do that while protecting Rose Villa.

You know that I will be talking about this in smaller groups, so you have a chance to ask questions and talk through ideas together. We will also have Ziegler Investment Bank – arguably the largest and most expert in our field – come to talk with residents as well, as they have a great handle on the industry at large and the trends they see.

### **Alzheimer's Walk**

As we look forward to the fall season, Rose Villa residents and staff will once again have the opportunity to support research and services through the Alzheimer's Association – our community has participated in the Portland Alzheimer's Walk since 2006! We have donated over \$2,500 every year since 2015... and topped our previous high of \$5,700 with a total of \$6,300 last year!

This year the Portland Alzheimer's Walk will be held at the Oregon Zoo on Saturday, October 15 and our team will be there. We are ALSO holding a Rose Villa Walk on campus at the same time - and our wonderful RV Promise Garden will once again bloom.

Many of you will be contacted by the Alzheimer's Association to donate directly - especially if you've donated in the past. Kate Dins and Jan Wainscott, who are heading up the Rose Villa effort, ask that you consider holding off and donating as part of the Rose Villa team. Look for details coming in September ... and thank you!

### **Feedback Wanted!**

Grey Davis wants to hear from you about Events and Activities! Send them an email at [gdavis@rosevilla.org](mailto:gdavis@rosevilla.org) or call ext. 7001 any time. If you think something could be improved or have suggestions, they are happy to talk any time.

### **Upcoming Events**

**Volunteer Appreciation Cookout – Thursday, August 18**, from 11:30 AM - 1:30 PM on Main Street

Please join the community! You are invited to a cookout celebrating the many resident volunteers of Rose Villa! Carryout and delivery options are available as well (by reservation only). Come on outside, enjoy some great food, and thank the people who give so much to Rose Villa every day.

**Meditation with Singing Bowls – Friday, August 19**, at 1:00 pm in the Garden Grove Event Space. Join Debra Shaffer for her popular session, held this month in the great outdoors in our beautiful Garden Grove space. Bring your water bottle, sunscreen, and hat. Please enter in silence.

**Showcase for the Marginally Talented – Friday, August 19**, at 6:00 pm in the PAC.

Are you or someone you know experiencing a dearth of mirth? Symptoms may include heaviness, rigidity, and frowny-face. There is only one sure-fire way to eliminate mirth defects: Come to **The Showcase for the Marginally Talented** on Friday, August 19 in the PAC! The festivities begin at 6:00 pm with a Half-a-Happy Hour (bring your own beverage). The show begins at 6:30 and features a wealth of your marginally talented neighbors mirthfully performing for your

entertainment. The price of admission is to simply flash your name tag...those without a name tag *may* be publicly shamed. This showcase is presented by your neighborhood “mirthenaries,” whose sole goal is to raise the mirth level on the old “mirthometer” at Rose Villa.

**Meet the Staff – Monday, August 22**, at 1:00 PM in the PAC North.

Come meet René Swar! You know her. You love her. But do you know what her family nicknamed her and why? And splish...splash...she’s a water baby! Chat with René about all things water, fitness, and fun.

**Learn to Swim – Tuesdays, starting on August 23**, from 1:00 – 1:30 pm in the Pool. Join René Swar, Wellness Director, for a four-week course focusing on becoming comfortable in the water, floating, and basic swim strokes. Sessions will be led by René, assisted by the Lifeguard Corps.

**Birding – Wednesday, August 24** from 8:00 AM – 10:30 AM -- Bus Trip  
Join Patty for another tour! Location TBD, so watch for more information coming soon.

**Introductory Zumba Gold Class with Nataliya Miller – Wednesday, August 24**, at 11:00 am in the Fitness Studio. Nataliya has been teaching Zumba for about three years, and was an active Zumba student for several years prior to becoming a licensed instructor. Zumba Gold is a modified Zumba class for active older adults that recreates the original fun Zumba moves you love at a lower intensity. It provides low-impact routines that are easy to follow and protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination. Join Nataliya for this fun introductory class!

**Candy the Comedian - Monday, August 29** at 1:00 PM in the PAC

Touring comedian Candy Kraft will bring you some wonderful entertainment. See flyer for details.

**Concert at Tuesday Market - Tuesday, August 30** at 10:00 AM

Shireen Amini returns to play a set of Latin music to spice up the summer at the Tuesday Market. Bring your own bags and support the Rose Villa Foundation by buying delicious RV-grown food!

**Drumming with Steven Skolnik – Thursday, September 1**, at 2:30 PM in the PAC North

Rhythm instructor Steven Skolnik returns for a full hour of percussion! Borrow an instrument or bring one of your own. Class space is limited to 20 people. Sign up on Touchtown or by calling ext. 3289.

**Classical Club – Thursdays, September 1 & 15**, at 1:00 PM in the Tranquility Room

Join classical radio host Terry Ross for an hour of expertly curated classical music!

**English Country Dance and Class – Sundays, August 28 and September 11**, from 3:00 - 5:00 PM in the Fitness Studio

This type of social dance is easy to learn and a nice way to get up and moving without many rigorous steps. Music for English dance ranges from hauntingly beautiful tunes to up-tempo reels and jigs. Each dance is taught by the caller (teacher) before it is danced, and the session includes both dance steps and terminology. Both beginning and experienced dancers are encouraged to join! Please note that these dates are not the first and third Sundays, as they usually are.

**Lance Rhoades September Presentation – Monday, September 5**, at 12:30 PM on Zoom

Join Lance for another exciting presentation! This month it will be a fascinating travelogue on the beautiful country of Croatia.

**Knife Sharpening by Bob Lease – Mondays** from 10:00 AM -12:00 PM at apt. 3030. Bring your knives to Bob for a tune up! He can sharpen most any metallic knives, scissors, clippers, and gardening tools. Donations benefit the Rose Villa Foundation and the Woodshop.

**Ice Cream Truck – Mondays** from 4:30 PM – 5:00 PM outside the PAC

Cool off from the heat with a tasty treat! Every Monday until the fall, residents and employees can enjoy a variety of frozen desserts, which can be purchased with cash or card. Note new time!

**Monday Night Movies – Mondays** at 6:30 PM in the PAC

September's weekly movies will focus on the themes of Hispanic Heritage and healthy aging. Don't forget to fill out a survey while you're there; feedback is always welcome. See flyer for details.

**Tuesday Market – Tuesdays** from 10:00-11:30 AM in the Garden Grove Event Space. “Lettuce” “beet” our feet to the market! “Peas” support the Rose Villa Foundation by buying veggies grown right here at Rose Villa. Bring your own bags! Musical entertainment will be featured on some days.

**CHANGE IN DATE!**

**Next Resident Forum: Tuesday, September 27 at 2:30 in the PAC.**

**Q & A submitted before the Forum**

**Q1.** I have heard that there are AED devices throughout the campus and that if I were to have a heart attack, other residents and/or staff would use the machine to shock me back to life. I am a DNR {Do Not Resuscitate} and would not want anyone to do this. How do I prevent a well-meaning person from doing something against my wishes? I do not carry my POLST with me at all times, nor is this realistic.

A. We did add additional AEDs to our campus at the request of the Resident Community Health committee. Regardless of the mechanism (as administering CPR could result in the same thing), this is truly a conundrum. There are no assurances (and it would be irresponsible for me to offer any) that a well-meaning person will not use an AED against your wishes - at Rose Villa or in any other place they may be found.

You could wear a bracelet that states your wishes, but even then, there is no *guarantee* that in that moment, the well-meaning person would see the bracelet, read it, and honor that wish.

I have heard a resident concern that some of the residents who requested the additional AEDs have stated that EVERYONE on campus wants them and have made it clear they don't care about honoring wishes of anyone who does not. I believe this is a minority, but a vocal one, and this question may be a result of that type of language, expressing a serious fear that people's wishes will not be honored.

***Each of us has the right to determine our own health care path.***

**Q2.** Why couldn't anyone involved in planning and designing Schroeder Lofts come up with a better name for the multipurpose room than REC room?



A. For residents who have lived here longer, they will remember that one of the spaces we had to take down in order to build Phase 3 was the previous “Rec Building” and the new room in Schroeder was designed specifically to provide the same type of space we had in the basement of the Rec Building, which was a room that was for residents to use for their family get togethers – casual, with a kitchen, great for potlucks, not a public event space. That room was the Rec Room and that is why we carried that name forward. If people would like a different name, we certainly can change it.

**Q3.** Is there a way, on Touchtown or anywhere, to find out if a room has been reserved or is available without having to bother staff?

A. Yes. Under the Events icon (the one with balloons), there is a section titled "Rose Villa Meeting Room Calendar." It has a link to the calendar program we use. Anyone can see which rooms are reserved. Please contact Reception or Events to reserve a room.

**Q4.** Who Are Bob Judd and Jim Willeford?

A. Those of you who have tuned in to Coffeetime with the Contractors will know them. For those of you who have not, Bob has been with Rose Villa for almost as long as I have. He began as a part-time grounds person (he had his own landscaping company at the time), became the Grounds Supervisor, then moved into the Facilities Director position, and now is Director of Campus Development. In that position he oversees all new building on our campus,

Jim was formerly with Klash Company, hired as our Owner’s Rep for Phase 3. When the Director of Strategic Facilities Operations became available, he applied and was hired. He has worked on our behalf for about 2 years and been an employee for less than 2 months. In this position, he oversees all building, grounds, and environmental services areas (which includes laundry and housekeeping), plus Food & Beverage.

**Q5.** When did Resident Forums start and what was the purpose?

A. I started them in 2006 when I joined Rose Villa as a way to communicate with residents. It is important for us to have an opportunity for open conversation and updates. It is a mix of reporting on things that are happening here, issues that are of interest and need to be discussed, and then any questions any resident has – whether in advance or in the meeting. It has been a very effective way to bring the

community together and discuss issues and make decisions. It can get a little long when we have a ton of events and/or a ton of new residents or staff to introduce, but everything is in writing in case you need a reminder or can't make the meeting. We can change up the format; the live opportunity to interact and make decisions is extremely valuable. (And for those of you who joined us during COVID, you haven't had the true forum experience because holding the forum on Zoom is NOTHING like holding it in person.)

**Q6.** What is the status and outlook for more staff in IT, Building Ops, Grounds, etc.?

A. We are focusing on getting the right people in the right jobs. Going into Phase 3, we've planned for the additional load. Of course, planning and operating aren't always the same, so we are in the adjustment phase right now. Our IT management is now solid and looking good for the future as we recruit another staff person. For Facilities, Building Ops, and Grounds, we have found that staff were not working consistent full time shifts in the right areas, plus we have a greater load as we open our buildings than expected. As we get the right managers in place, we expect this area to become more robust. Housekeeping and Laundry is almost fully staffed – several new staff are getting trained - although we have an FTE in that area out on leave. We are evaluating if more staff are needed – while looking at how we schedule and deliver these services. F&B is in a good spot – currently staffed up as a result of forward planning. Health Services, as you might expect, is a very difficult area. It is particularly difficult to hire nurses right now. We are constantly evaluating our wages, hiring bonuses, and benefits to be sure we stay competitive in all areas.

The staffing situation is more volatile than at any other time in my memory. It is hard to find the right people. It is hard to get people to show up – for an interview, for their first shift. The people who do work here say that it is a good work environment and we continue to get a lot of referrals from our current staff. Please continue talking to Tina about staffing during the Friday lunches. That is a great time to learn more details.

## **Lyrics from the Hearing Awareness Team's Opening performance:**

A good communicator  
Is a clear enunciator.

If you're wanting to be heard  
Then enunciate each word.  
Every consonant and vowel -  
Do not mumble them, then growl  
That our hearing must be foul!

We cannot participate  
If you do not enunciate!  
A good communicator  
Is a clear enunciator.

This is true right here right now  
And will be true a minute later.  
If you talk in such a hurry  
That your words are chopped and slurry  
It will surely be your fate  
That you don't communicate.

We want to understand  
All the things that you have planned,  
Whether cheerful news or drear.  
As your friends - we want to hear!  
But we can't participate  
If you do not enunciate.

A good communicator  
Is a clear enunciator.