

Rose Villa Resident Forum

Tuesday, October 18, 2022

Employee Anniversaries

Celebrating **ONE YEAR** with Rose Villa:

- Kim Manuel, Receptionist, Courtesy Services
- Casey Morando, Receptionist, Courtesy Services
- Cheryl Franceschi, Foundation Director

Welcome New Employees

- Kofi Dah, Facilities Services Manager, Building Operations
- Horizon Mayer, Avencia Staffing Coordinator, Health Services
- Raymone Kennedy, Server/Line Cook/Kitchen Steward, F&B

Please congratulate these staff when you see them!

Welcome New Residents

Barbara Curtis moved into Schroeder Lofts #8201 on September 26, from Sandy, OR.

Hobbies & Interests: Reading, baking, traveling, going to the coast, baseball and watching baseball games, especially the Mariners, history, and women's history.

Former Occupation: Teacher.

Pets: One cat.

Her phone number is (503) 905-5072.

Perry Downes moved into Schroeder Lofts #8303 on September 29, from Oregon City, OR.

Hobbies & Interests: Volunteer work as patient partner at Kaiser, heart ambassador.

Former Occupation: Organizational Development.

Her phone number is (971) 347-1203.

Terry Sesar moved into Schroeder Lofts #8209 on October 3, from Clackamas, OR.

Hobbies & Interests: Scrapbooking, travel, reading, spending time with family, Bunco.

Former Occupation: Teacher.

Her phone number is (503) 905-5089.

Margaret Hamilton moved from Classic Cottage #235 to Classic Cottage #114 on October 3. Her new phone number is (503) 652-3114.

Verna Hendrickson moved into Schroeder Lofts #8304 on October 4, from Portland, OR.

Hobbies & Interests: Walking my dog in nature, sewing, travel, meeting new people.

Former Occupation: Lab Technician, Research Technician.

Pets: One dog.

Her phone number is (971) 347-1204.

Joan Garrett moved into South Main Loft #4208 on October 4, from Klamath Falls, OR.

Hobbies & Interests: Reading, enjoying people, singing, cooking, sewing, traveling, dancing, learning new things and cruising.

Former Occupation: Teacher

Her phone number is (503-652-3122).

Karen Smith moved into Classic Cottage #222 on October 5, from Portland, OR.

Hobbies & Interests: Books, film, theater, dance, gardening.

Former Occupation: Admin Assistant

Her phone number is (971) 708-6242.

Dale Hawkins moved into Schroeder Lofts #8207 on October 6, from West Linn, OR.

Hobbies & Interests: Gardening, cooking, reading, knitting, geopolitical news junkie, her kids and grandkids.

Former Occupation: Occupational Safety Engineer.

Pets: One cat.

Her phone number is (503) 905-5086.

Connie May is moving into Schroeder Lofts #8205 TODAY, October 18, from Portland, OR.

Hobbies & Interests: Walking, biking, spending time with family and friends, movies, and reading.

Former Occupation: PE Teacher

Her phone number is (503) 905-5083.

Announcements

SLOW DOWN! There have been many reports and sightings of cars speeding on campus. As you know, there are many residents (and dogs) who walk through our campus, and they might not hear a vehicle or be able to move aside quickly. Please drive slowly, observe the posted speed limits (**5 mph**), and share this information with any friends or family members who may drive here. Safety first!

Resident Council's Triple Play

Please welcome Council Chair Cindy Brown to talk about three upcoming initiatives.

Got some crafts, sewing or art projects, or special food items you've created? **Rose Villa Holiday Pop-Up Shops** are the perfect way to sell some things while supporting the community. The shops are open Thursdays, Fridays, and Saturdays from 10 am to 2 pm from November 3 through December 24, 2022. It's easy for anyone to participate – resident or friends! Reserve a sales space for just one day, or choose multiple days in the former SEEDS store in the North Main building. When several vendors share the space each day, every market day is new and different! There is no table fee; simply commit 20% or more of your sales to support Rose Villa Foundation. To sign up for a space or learn more, contact Cheryl Franceschi at cfranceschi@rosevilla.org or ext. 3075. Proceeds benefit Rose Villa Foundation.

A message from Dori Jones about the Employee Holiday Fund (technical difficulties prevented Dori from presenting at the Forum):

Recently, you've received in your cubbies an updated information flyer regarding the gift fund. Please read it carefully. Many of you are new residents and I would like to emphasize the importance of giving to this fund.

When I first came to Rose Villa almost eight years ago, I didn't realize how lucky we were to have such a dedicated staff. But I learned quickly that the staff here is like a caring family. I know that Rose Villa employees are vetted to see if they appreciate old people. They choose to work at a non-profit organization. They receive no tips or bonuses.

For the past few months, we've had staffing problems, just like so many organizations. But we have boot strap people who have grown into positions of greater responsibility through a determination to improve themselves. We have dish washers who have become maintenance service personnel, and servers who have grown into leadership positions because our environment has been one of encouragement and support.

For many years, the Resident Council has sponsored a holiday gift-giving fund to thank Rose Villa employees for making our lives easier. I have read many of the heart-warming, sometimes tear-jerking, thank-you letters written by employees after receiving their gift. It makes a difference in their lives.

If you haven't seen Patrick Mizelle's clever artistic display on the wall above the piano in the Club Room, be sure to take a look. What an imagination this man has! As the gift fund grows, a snowflake will note the new total. There is a lockbox adjoining the art

work, and envelopes for contributions on the piano. **One important item:** the deadline for getting your contribution into this year's fund is Friday, December 2. Remember, time flies!

On to a related topic: you've all received a flyer in your cubby entitled "Calling All Bakers" which is self-explanatory. We have many wonderful bakers at Rose Villa, and I know they will respond to this appeal. Please contact Mary Claire Phelan (ext. 1183 or 561-658-1327) for more information.

Thank you for your attention and for your generosity.

Please welcome Jan Wainscott to give us an update on Rose Villa's contribution to the Walk to End Alzheimer's.

Upcoming Events

English Country Dance and Class – Cancelled

Due to low participation, the English Country Dance instructor has decided to cancel dances.

"Pink Out" Day – Friday, October 21 at 11:00 AM in the Wellness Lobby

October is National Breast Cancer Awareness Month. Wear all of your pink gear on Friday, October 21. Meet in the Wellness Lobby at 11:00 a.m. for a "Pink Out" walk around campus. All walkers will receive a pink commemorative bracelet. Residents, employees, and pets are welcome. Please contact René Swar at ext. 3284 if you have any questions.

Classical Club – Thursdays, October 21, and November 3, at 1:00 PM in the Tranquility Room

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

Lance Rhoades Presents *The Phantom of the Opera* – Monday, October 24, at 3:00 PM on Zoom

Great Musicals from Stage to Screen: The Phantom of the Opera Inspired by a French thriller novel, Andrew Lloyd Webber's 1986 musical tells the tale of a mysterious, disfigured, masked genius haunting the Paris Opera house who is driven mad by an obsession for a singer. The musical, a winner of seven Tony Awards, has gone on to become the world's longest running and most commercially successful musical in history. This multi-media presentation takes a look at the story behind its success, as well

as several film adaptations, from the Lon Chaney silent classic to the 2004 musical blockbuster.

Listen & Learn Happy Hour – Thursday, October 24, at 4:00 PM in the Vista Lounge. Explore the services of Rose Villa Foundation with a glass of wine and some snacks! Listen & Learn is an informal way to meet a few folks and ask some questions. Call Cheryl Franceschi at ext. 3075 or email cfranceschi@rosevilla.org.

Flower Power Trivia Night – Tuesday, October 25, 6:00 – 8:00pm in the PAC. Mark your calendar! Our fabulous friend and neighbor, Kate Dins, hosts three 15-minute trivia rounds of 60's-themed trivia. Family, community members, and staff are welcome to come play or watch. The cost is \$80 per team, four people per team, with a limit of 12 teams. \$12 PEANUT GALLERY seats for spectators are available at the door! The registration fee includes music, snacks, a tasty cocktail, and soft drinks. FUN PRIZES for the top winning teams! It's a fundraiser, so bring cash for the 50/50 Drawing. \$1/ticket or 6 tickets for \$5. Sign your team up now...spots are going fast! Contact Cheryl Franceschi at cfranceschi@rosevilla.org or call ext. 3075.

Halloween Drag Show – Thursday, October 27, at 7:00 PM in the PAC
Local Drag celebrity, Bolivia Carmichaels, along with handpicked performers will put on a Halloween-themed show that will undoubtedly put a smile on your face!

Boardman Wetlands Birding – Friday, October 28, from 8:00 AM – 11:00 AM -- Bus Trip
Join Patty for another tour! The site was once undeveloped land, scarce of wildlife and filled with the invasive reed canary grass. After several years of restoration and planting almost 25,000 native plants, it is now home to ducks, geese, beavers, and many other aquatic species! The new park and trail in Jennings Lodge are complete! This 5.8-acre park is part of the Boardman Wetlands and features a nature play area, outdoor educational areas, and a scenic boardwalk trail loop.

Deep Dive Into the Budget Pool – Friday, October 28 at 2:00 PM in the PAC
Join Angela Hansen, Director of Finance, and take an in-depth look into Rose Villa's operating budget. There will be plenty of time for Q&A.

Sinister Songs and Terrifying Tales – Friday, October 28, from 4:00 – 5:00 PM in the PAC
Heidi and Grey Davis will be performing part of their act for a Halloween fundraiser show for Rose Villa to enjoy. Join them for short stories and related songs to usher in a spook-tacular Halloween!

Not-so-Scary Stories by Ken Iverson – Saturday, October 29, at 3:00 PM on Zoom
If you're looking for a lighter storytelling experience, join Ken for another of his popular story sessions.

Halloween – Monday, October 31, ALL DAY

The Boo Crew is putting on one Heck of a Halloween this year! There will be activities throughout the day, culminating in costume contest and dance party in the Performing Arts Center! Residents and staff are encouraged to bring kids and grandkids to participate. See flyer for details.

Dive-in Movie, *Cocoon* – Monday, October 31 at 6:30 PM in the Pool

Enjoy this Oscar-winning sci-fi classic in the pool (how spooky!)? When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor. Bring a swimsuit or light clothes—it can get warm in the pool area!

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

November's weekly movies will center around the DEIA and Wellness themes of Native American Heritage and Appreciation! There will also be flicks for holidays and more. Feedback is always welcome; email Grey Davis at gdavis@rosevilla.org with any suggestions or concerns. See flyer for details.

Psilocybin in Oregon and Beyond – Tuesday, November 1, at 7:00 in the PAC

Dr. Matthew Hicks, Naturopathic Physician and Therapist, will talk to us about Psilocybin. Also called Magic Mushrooms, Psilocybin is one of a class of Psychedelics such as LSD, mescaline, cannabis, etc., generally considered physiologically safe. He will show us why Psilocybin is not addictive and will describe the research on treating depression and other mental health disorders. He will tell us about the special program that Oregon is developing to integrate Psilocybin into mental health care and he will describe the framework of caring and support that surrounds the use of this treatment. Presented by the Education and Enrichment Committee of the Rose Villa Foundation.

The Rose Villa Foundation Board is inviting all Legacy Society members to the Annual **Legacy Society Dinner** on Thursday, November 3, from 5:30 – 7:30 pm. If you have named Rose Villa Foundation in your estate plans, you are a member of the Legacy Society and we want to celebrate you! RSVP to Cheryl Franceschi at cfranceschi@rosevilla.org or call ext. 3075.

Mark Ortloff Saxophone Music – Saturday, November 5, at 2:00 PM in the PAC

Mark is a member of the local Oak Grove United Methodist Church and will bring classic 30s and 40s tunes, and maybe some early Rock and Roll!

Calling all Veterans

Rose Villa will be putting up displays in the South Main building on Veteran's Day to honor those among us who have served. Please send descriptions of your service, photos, etc. to Grey Davis at gdavis@rosevilla.org by Monday, November 7 if you would like to be recognized.

North Clackamas School District's Winter Blitz

Rose Villa will be helping to sponsor families in need this holiday season. Keep an eye out for information about how you can help!

Birthday Lunches – Two times a month

Beginning in November, Birthday Lunches are resuming their previous in-person format in the Harvest Grill. Details will be distributed with your Birthday Cards each month.

Next Resident Forum: Tuesday, November 15, at 2:30 in the PAC.

Q & A

Q1: Last Saturday, I received a phone call from a RV resident asking if I would pick up a package of toilet tissue for her the next time I went grocery shopping. I wasn't planning a trip for a few days so offered to send one of my extra packages to her by our surrey service. I called the Front Desk to say I put the tissue into a bag and would they please send a surrey driver to my apartment to pick up the bag and surrey it to my neighbor. Their reply was that they didn't think surrey drivers did that service, but they would ask if they wanted to do it. This package sat by my front door for two days. I thought this inter-campus surrey service was available whenever the surrey drivers are on duty...am I wrong?

A1: Yes, this is indeed a service Rose Villa provides! We are happy to assist with requests like this. We are not sure why you received the answer you did, but Beth Knoll is following up with staff to make sure the entire Courtesy Services team has correct information. Beth deeply apologizes that your request was not honored.

Q2A: I moved into Schroeder Loft from out-of-state and am looking for a new doctor. I have heard only good things about Dr. Bryden who practices at Rose Villa. I called her office and was told she is not taking any new patients except for Rose Villa residents and that I would qualify. After the receptionist took all my info., when I told her my insurance was Medicare plus Blue Cross, she checked with her supervisor who said they do not take Medicare!!?? When asked to speak to her supervisor, I was disconnected.

Do you know anything about Dr. Bryden not taking Medicare? And working at Rose Villa where most of us use Medicare? Do you know how I can communicate with Dr. Bryden? I would love to get an appointment with her.

Q2B: Are there physicians willing to see new patients at the Rose Villa health clinic? If so, what insurance do they accept? Traditional Medicare or only certain PPOs? I'd like to avoid long drives to doctor's offices if possible and I don't know of any practices in Milwaukie accepting new patients. Many of us are in this predicament and we would really appreciate your help.

A2: Dr. Leslie Bryden serves Rose Villa as the Medical Director for Madrona Grove. She has served in this capacity for eight years. We are fortunate to have a medical director with a passion for serving older adults, and one that has stuck with us for so long! In addition, she is the primary care physician for many Madrona Grove residents and some independent living residents, and she comes to Rose Villa 2-3 times per month to see her patients.

Dr. Bryden works for Northwest Primary Care. Like all medical clinics, Northwest Primary Care determines which insurance plans they will accept and like most medical clinics, the number of insurance plans they accept has narrowed in the last several years. According to Northwest Primary Care's website, for 2022, they accept the following Medicare Advantage plans: Providence Medicare Health Plans; Regence Blue Advantage HMO Plans; United Healthcare AARP Medicare Advantage HMO Plans; Pacific Source HMO Medicare Advantage Plans. Please note that this may or may not be up to date and may not reflect what they will accept in 2023.

While Northwest Primary Care does accept some Medicare Advantage plans as listed above, they do not accept patients who have only straight Medicare or who have Medicare Supplemental plans. Northwest Primary Care asks anyone who needs information on which insurance plans they currently accept to call Willamette Valley Benefits at 503-659-5566.

If you wish to change your insurance plan to one accepted by Northwest Primary Care (or any other clinic of your choosing), Willamette Valley Benefits can also assist you with that. We have found that many Rose Villa residents do not want to change their health insurance plan because of the robust benefits they receive under the plan. Unfortunately, robust benefits are not terribly helpful if the provider network offered by the plan is not equally robust.

Northwest Primary Care is not the only medical provider who is narrowing their insurance panels. Many Rose Villa residents recently got a letter from Providence Medical Group (PMG) that their insurance will no longer be accepted. The most up-to-date information we have on this change is that as of January 1, 2023, PMG will accept original Medicare with a Supplemental, Providence Medicare Advantage plans, United Health Care HMO Only Medicare Advantage plans, Regence Blue Cross HMO Only Medicare Advantage plans, and MODA Medicare Advantage plans. Note: These changes apply only to primary care services at PMG clinics and does not apply to the Providence system as a whole. Another recent insurance change: Kaiser recently cancelled their contracts with outside pharmacies, as we found out just a couple of weeks before our Safeway/Albertson's flu vaccine clinic.

Some residents have asked for Rose Villa to add another physician group to our campus. Unfortunately, the challenges with this are many. We would need to find a physician who takes a broad range of health insurance plans to actually cover a significant portion of Rose Villa residents. We would then need at least 50 residents to switch to their care in order to have a shot at consistently filling ½ a day of patients each month. Then, we would need to convince the physician group that there is some benefit to them for coming to Rose Villa ½ day each month to provide care when most practices are already quite full at their Clinics where patients come to them. We have been told that any physician group who comes to Rose Villa loses money every time they come here. Needless to say, it is not an easy sell to convince a provider to come onsite, and we are very fortunate that despite the shifting healthcare climate, Dr. Bryden does continue to come on-site, serve as our Medical Director, and that Northwest Primary Care continues to accept any Rose Villa resident who has an insurance plan that they currently accept.

One avenue for finding a primary care physician is to use your insurance plan's website or customer service phone number to search for physicians in our area – though we have found that at times insurance companies are themselves providing out-of-date information. The best resource we have found for assisting residents through this challenging dynamic is Willamette Valley Benefits. As referenced above, Willamette Valley Benefits can provide information on which insurance plans are currently accepted by Northwest Primary Care, but they can also provide you with information on where else your insurance plan is accepted in our local area. And, they can assist you to change your health insurance plan if it becomes clear that changing plans is the most viable path forward. **It is important to note that the open enrollment period for Medicare began on October 15 and ends on December 7.** Open enrollment is the only time of year when you can change health insurance plans without a qualifying event, so if you have any reason to believe you may need or want to change health insurance plans, I strongly suggest reaching out to Willamette Valley Benefits right away so that you do not miss this opportunity.

Rose Villa does not have any financial relationship with Willamette Valley Benefits. We refer residents to them only because of their expertise and the reports of excellent service we have received from many residents over the years.