



Celebrate Healthy Foods at Our 2012 Wellness Fair!

A look at the day's presentations:

10:15 a.m.

Raw Foods Demonstration
Chef, Bridget Ware

11:30 a.m.

This is Your Brain on Chocolate & More
Roger Anunsen, a founding partner of
mindRAMP

1:30 p.m.

The Anti-Inflammatory Diet
New Seasons Market Nutritionist,
Christi Reed

2:30 p.m.

What Does the Bible Teach us about
Nutrition? Biblical Nutritionist and
Radio Personality, Homeyra Bakhshnia

Enjoy an International Healthy Foods Buffet at the Village Square Restaurant from 11 a.m. to 1 p.m. 20 Health & Wellness Vendors and Service Providers will be here to share their services with you.

May 2012

Mother's Day Brunch



Join us Sunday, May 13, as we celebrate
mothers and friends.

Seatings at 11 a.m. and 12:30 p.m.
Residents \$15, Guest \$17, Kids \$10

Mother's Special Menu Will Include: Carved Prime Rib, Chilled Salmon Platter, Tortilla Tilapia w/ Mango Salsa, Grilled Chicken Thigh w/ Ginger Teriyaki, Grilled Tofu w/ Ginger Teriyaki, Omelet & Waffle Station, Cheese Blintz w/ Berry Compote, Eggs Benedict, Western Scramble, Vegetarian Eggs Florentine, Turkey Bacon & Veggie Bacon, Roasted Fresh Vegetables, Brown Rice Pilaf, Fingerling Potatoes, Fresh Fruit Tray, Garbanzo Bean Salad, Cous-Cous Salad, Greek Salad, Green Salad, Assorted Cheeses and Assorted Pastries.

**Please Make Reservations by May 11 at
the VSG Front Desk.**

"She Adds Love and Playfulness to Everyone's Day!"



All-Star Pitcher Elizabeth Reining pitching strikes at our 2011 Employee Softball Game.

Elizabeth Reining is our Independent Living Manager. She began her journey with Generations 25 years ago as a housekeeper at Town Center Village. From there, she was promoted to Housekeeping Manager, and when the plans were developed to build CherryWood, she was chosen to manage the Independent Living Community. We are all so thankful that she accepted this position and still holds it today. Elizabeth is the person we go to for just about every concern we have from a simple burned-out bulb to serious health and family concerns.

Those who know Elizabeth well also get to enjoy her playful side. If you have been to the annual Generations Employee Softball Game, you have seen her in her prime! She is our team captain and star pitcher for CherryWood. She has a great way of rallying everyone together and making this game so much fun!

Elizabeth is always happy to take the time to listen to residents, families and her employees—she truly cares about each of our needs. Thank you, Elizabeth, and congratulations on 25 years of wonderful service!



The doctor is in. Elizabeth dressed as a doctor for our 2007 Halloween Party.

"Elizabeth makes living at CherryWood a real joy. Her dedication to her job and the residents goes way beyond what could be expected." CWV Resident Sandra Egbers

"Elizabeth has a spot-on sense of family, which is the atmosphere we are trying to create for our fellow staff members and residents." Generations Vice President of Marketing Melody Gabriel



Meet Kate Bodin, Our Newest Volunteer

Kate Bodin has joined the Royal Anne Team and is starting our new **Garden Club**. She is currently working on an internship in the Legacy Health/PCC Horticultural Therapy Program.

You might see Kate surrounded by Royal Anne gardeners in the Art Studio on Thursday mornings, or weather permitting, out in our raised-bed gardens helping and advising. Indoor projects have included making **Garden Club** name badges using pressed flowers and tulip "pop-up" greeting cards. The group has been to nurseries with excited discussions about what to plant when the weather permits.

Kate visits residents who are unable to come out to the meetings to help care for their indoor plants, press flowers or simply share memories of their favorite flowers and gardens.

Concierge Flower Delivery Service

One Concierge is happy to provide you with fresh flower arrangements delivered in time for Mother's Day or any special occasion. Fresh flowers will be delivered, with a card and balloon if you wish. Small mixed floral (6-8 blooms) \$10; large mixed floral (10-12 blooms) \$14. Add a balloon for \$1 each. To order, contact Linda, the Concierge, at (503) 729-8992.

"Just living is not enough. One must have sunshine, freedom and a little flower."

—Hans Christian Andersen

Cinco de Mayo Celebration

We have a wonderful Cinco de Mayo planned for Friday, May 4, at 2:30 p.m. Get out your sombrero and serape and come enjoy a "Margarita" (CherryWood Style) and some Mexican appetizers!

Chef Adrian always does a fantastic job of planning and preparing the greatest appetizers, EVER.

Our entertainment will be **The Chihuahua Desert Trio** who are new to CherryWood and excited to be a part of our party!

A Generations Fund-Raiser for a Darling Girl in Need

Many of you will remember Norm Smith, previous Executive Director of CherryWood. His son Corey's sister is the mother of Anily, a 12-year-old girl living in Bangladesh and suffering from a large tumor on her spine that causes severe scoliosis. Her family is very hardworking, but cannot afford the \$20,000 corrective surgery. The family knows there are many needs in this world, but asks that if it moves you to help Anily receive this surgery, they would be eternally grateful. Donation boxes will be located at the VSG desk.



Mother's Day Social

On Friday, May 11, the **Portland Adventist Academy String Orchestra** will be returning for another wonderful concert in the Royal Anne Dining Room. Their new director, Hunter Petty, is excited to be returning to CherryWood for this annual Mother's Day Social beginning at 2:30 p.m.

Plan to be here on time, as there is always a huge crowd for this.

Keeping Fit

Research has shown that even a small amount of exercise can keep you healthier, stronger, reduce your chances of contracting illnesses and help you live longer. Some activities to try:

- Take a 10- to 20-minute walk three times a week
- Take up an active hobby, such as bowling, golfing or gardening
- Eat healthy foods/take vitamin supplements

The Arthritis Foundation recommends exercise as a remedy for arthritis sufferers. But these individuals are often reluctant to get moving due to the pain. If that's the case with you, start with a water exercise program. In water, your body's buoyancy reduces stress on hips, knees and the spine while building strength and increasing range of motion.

Join the Wellness Center and Activity Department This Summer for Our Monthly Garden Walks



Residents Phil and Markie Brown on our 2011 Vancouver Lake Walk.

A Happy Home



George and Tena Baehm in Their Beautiful Kitchen.

The Baehms moved to CherryWood in October of last year from Nevada City, CA. They were very happy in their Cottage, but found it difficult to utilize her kitchen as much as they would like. Tena enjoys cooking and entertaining guests and hoped to find a way to cook for others safely and more conveniently.

CherryWood worked together with the Baehms on this idea and began to build a more accommodating space for the Baehms. The couple is "so grateful to everyone involved" in making their Cottage "so homey."

"It is so nice to be on top of my kitchen instead of my kitchen being on top of me," Tena exclaimed.

CherryWood
VILLAGE
Retirement Community

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