



The View

Friendsview Retirement Community • Winter 2018

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A Resident-Driven Community

by Darlene Zickefoose, *residents' council chairperson*

When my husband, Chuck, and I began considering relocating from our home on the island of Oahu, Hawaii, Friendsview Retirement Community moved to the top of our list. Clearly, we made the right choice! One distinction that appeals to us is the fact that Friendsview is resident driven. Chuck and I have different interests and talents; the varied committees or interest groups offer ways for us to keep active and use our gifts for the good of others and our community.

While serving as vice-chairperson of the Residents' Council in 2017 I was tasked with oversight of committees,

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Jake Ferrier, intern from George Fox University, shows resident Ellen Martin a shortcut on her iPad in Friendsview's business center.

(more on page 3)

Resident Bill Rourke presents a scholarship certificate to Friendsview employee Nancy Navejas, recipient of two \$300 scholarships to help toward math classes at Portland Community College. "This is how the residents show they believe in us and want us to succeed in life," says Nancy. (more on page 3)

The Friendsview Community Garden has fifty garden plots of various size. We have more than thirty gardeners, with newcomers to Friendsview joining regularly. The garden's appetizing flowers and veggies attract the interest of the deer that live in Hess Creek Canyon. Not much was off limits for those beautiful creatures. So the gardeners and some friends raised \$9,500 during the month of March, and Friendsview provided the remaining \$4,500 to pay for 453 feet of fence and eight gates. The fence was completed May 16, 2017. For the first time many varieties of flowers continued to bloom for the rest of the summer. Veggies and berries ripened, some that gardeners had given up growing prior to the fence installation. The fence is not only attractive but has discouraged our deer from feasting on the residents' crops. This resident-driven project yielded tasty and beautiful results.

—submitted by Gene Mulkey, pictured here



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including budget development and collection of annual reports of these special interest groups. It is humbling to see the resulting efforts of human vision and energy, combined with a minimal amount of financial support, explode into good works.

When there is a need, people step forward—donating to Art on the Walls; preserving the beauty of nature in the Hess Creek Canyon; advising, educating, and advocating for healthy diets, which we definitely have here at Friendsview. Actively providing programs through the education committee has been powerful; these offerings help us stay abreast of emerging health issues, history, and current events.

Keeping up with contemporary communication modes challenges many, maybe *most* of us. “Tweets” and “texts” are here to stay. Our technology and communications committee encourages, supports, and trains.

Our scholarship committee provides financial assistance to Friendsview employees. Recipients tell how being supported and

given the opportunity to improve their skills helps them advance in their jobs.

Proceeds from our resale shop and from the quarterly Council Garage Sale fund all the committees. My advice to folks planning to come to Friendsview is to bring as much as you want and can fit in, then pare down by donating paintings to Art on the Walls and gently used items to our resale shop.

Life didn't stop when Chuck and I moved to Friendsview. We find little time for “vegging out”! Every resident can find a place to have fun, express creativity, serve others, and continue growing.



Director of Community Life Kathryn Saunders



“I continue to be amazed by how active and engaged residents are in our community. I have been blessed by many residents and interest groups through community life. But on a more personal note, the resident scholarship committee graciously provided me with a scholarship to go toward tuition for my master of social work degree. It is an empowering mission that residents support our staff and encourage opportunity for continual growth and education.”

Committee/Interest

Groups include:

- Art on the Walls
- Arts and Crafts
- Biography
- Devotions
- Display Case
- Education
- Employee Scholarships
- Fitness
- Food Advisory
- Game Room
- Gardens (each campus)
- Health Center Mending
- Hess Creek Canyon
- Library
- Lobby Decorations
- Manor Laundry

- Marketplace
 - Menu Board
 - Movie Night
 - Music
 - Photography
 - Prayer Meeting
 - Reading Group
 - Resident Sales/Resale Shop
 - Sewing Room
 - Sound System
 - Special Events
 - Story Catchers
 - Technology and Communications
 - Vespers and Worship
- (Residents enjoy many other interest groups not funded by the residents' council.)*

The technology and communications committee

endeavors to provide resources for Friendsview residents. Some of our responsibilities include oversight of the business center, *Our Community Connection* (monthly newsletter), resident website, photo directory, ancestry research, and computer classes (PC, Apple, and tablet).

The business center is equipped with Apple and PC computers, tablets, printers, a copy machine, and more. We also provide resident-to-resident support. A George Fox student employee offers technical support and teaches classes.

—submitted by the committee



Darlene Zickefoose, chairperson for the residents' council, chats with council members Norm Winters and Chuck Mylander as she begins a training session.



Residents Joyce Myers, Barbara Morse, Evelyn Myers, and Ellen Martin stop by the business center to get some computer tips from intern Jake Ferrier.

The scholarship committee has granted scholarships of more than \$80,000 since the program began in 2008. We recently granted scholarships to employees working toward their RN, CNA, CDL driver license, classes toward a social work or media degree, EMT training, and others.

We offer two categories of scholarships: 1) academic, intended to result in a college degree for employees in good standing who have worked at Friendsview for at least 12 months, received acceptable performance appraisals, demonstrate Friendsview values, and are able to succeed at a higher professional or technical level; and 2) non-academic, for any employee in good standing who has worked at least 90 days, at least 15 hours per week.

Our committee's purpose is: "Recognizing the contribution employees make to the Friendsview community, the residents have chosen to enable and assist current employees in the pursuit of advanced training and education to meet their personal and professional goals."

—submitted by Bill Rourke, shown on page 1 presenting a scholarship





Faithful to Our Christ-Centered Mission

by Frank Engle

Does it make a difference that Friendsview is a faith-based community?

For many residents, staff, and intent-list applicants, being a part of a faith-based community is the heart of the Friendsview experience. Our mission—to provide active residential living and quality continuing care in a Christ-centered community—answers the “why” behind the service and sense of community many feel when they visit.

Started in 1961 by Quakers as an affordable community for seniors, including those who’ve served in vocational ministry, remaining faithful to our Christ-centered mission continues to be central. While fewer than half of the Friendsview community are Quaker, other

denominational backgrounds add a rich tradition of common values appreciated by the entire faith community. Individual beliefs are respected, regardless of church affiliation.

At Friendsview, the Christ-centered mission is lived out in the day to day. Many residents, including a spiritual-care team, visit those in our higher levels of care. Residents recognize a need and are quick to help their neighbors. Prayers are often offered at resident meetings. And in place of a hired chaplain, resident teams coordinate Sunday worship, vespers, prayer meeting, and spiritual care. Quaker unprogrammed worship and church-led Bible studies and prayer circles meet throughout the week.

Consider these nearby opportunities to enrich one’s spiritual life:

- George Fox University offers classes, chapels, concerts, seminars, and mentoring opportunities.
- Camp Tilikum (Newberg) and Our Lady of Guadalupe Trappist Abbey (Lafayette) offer respites for spiritual retreats.
- Choose from 31 churches in Newberg/Dundee; many residents find meaning and inter-generational opportunities. For a directory of churches, go to: <https://www.georgefox.edu/offices/spirituallife/local-churches.html>.

We asked several residents if they believe it makes a difference that Friendsview is a faith-based community. Here’s what they said.



Judith Aldred

Faith based...for me there was no other option. I marvel at the pillars in the lobby—dignity, compassion, stewardship, community, integrity, service, Friends heritage, and excellence. They keep the community grounded. The pillars become our daily guide posts.

Much had to be accomplished in order for me to sell my home during a difficult economy. I experienced God’s next step for me when I became part of the Friendsview family, which doesn’t have a worldly standard but a Christ covenant.



Ray Olson

Amere 45 days after we finally made it to the top of the Friendsview intent list, we moved into our new home. Many have asked why we made such a move and, more specifically, why we chose Friendsview Retirement Community. Our response always includes, “Because it’s faith based.”

When we began our search for senior living properties, we realized we needed to narrow the field by prioritizing what we actually required and wanted for our retirement and end-of-life years. A continuing care retirement community provided the security of establishing a home with care through all the coming stages of our lives, but that was only part of the picture. We wanted to be with people who shared our beliefs and faith. We wanted to feel comfortable with our neighbors and our conversations and activities. We wanted an administration that cared about us more than “the bottom line.” Suddenly, the list of possible communities had become quite small indeed. And after we visited most of the facilities on that list, Friendsview became our top choice. Our search was over.

My Book of Life seems to have chapters of about 20 years each, and Chapter 4 had been my favorite. I was retired, my house and car were paid for, my four children were having families and establishing careers. At last I had time to follow my interests. After my years of work in education, retirement revealed many opportunities to pay forward my energies. I volunteered with the library, Red Cross, school board, Methodist Church; grew a vegetable garden with thousands of pounds of produce (over the years) shared with F.I.S.H. and neighbors; attended classes of special interest to me, including home repair, horticulture, master gardener; and joined Home Orchard Society. Along the way I was accompanied by my four-legged friends—two labs, two poodles, and one lovable mutt. I loved everything about Chapter 4 and was not ready to give it up!

But Chapter 5 was fast approaching, and changes began appearing in my energy levels that signaled a time for reassessment. I’d made the right decision to choose Friendsview, but I

We’ve lived at Friendsview for a year now, and we are truly glad to be here. The foundation of faith has created a culture evident in so many ways. Resident meetings start with prayer, acknowledging that we all need wisdom and guidance. Employees—whether administrative, office, maintenance, food service, health care, or whatever—treat residents with a caring and respectful spirit. And our fellow residents have become our family, reaching out to one another on regular days and special days, in seasons of joy and sorrow, in times of celebration and crisis. Oh, we certainly don’t all agree on everything, but we have an obvious agreement to treat one another with kindness, equality, and compassion. Being part of a faith-based community is a very good thing.



Tim and Judie Abrahamson

strongly rebelled against growing older. In our daily “conversations,” my Lord convinced me that changes would continue. It would be my choice to be bitter or happy. If Friendsview was God centered, I would be in the best place ever.



Kate Copenhaver

One of the activities most special to me is the Sunday morning message. I enjoy hearing from retired resident pastors as well as guest pastors. Their Christian messages express their true concern for us. I feel blessed. What a wonderful start for a new week!

I just can’t imagine any place nicer to live, and each year it gets even better. I am most fortunate, and I find Chapter 5 my new favorite. To me this is God centered.



From Friendsview Director to Resident

by Armond Kalesse

It is awesome to be back at Friendsview—this time as a resident! I served as executive director from 1997 to 2004. But actually, my Friendsview history goes back further than my work. My grandmother, Maddie Raz-Frutiger, lived here in the early '70s.



Watching her embrace the transition from longtime southwest Portland homeowner to resident in the Manor with ease and joy made a great impression on me! During my working years here, the idea grew that one day I would join the community as a resident. Mary and I added our names to the intent list in about 2006, and in 2015, when we knew it would soon be time to move, became off-campus residents.

I am the fourth former director to choose Friendsview as a retirement residence! I see this as evidence of the health and vitality of our faith-based community, uniquely focused on the whole person.

As Mary and I considered this transition, we faced many issues—among them were our readiness to leave our home of 38 years and the increased distance from family, neighbors, and our church. As our friends and family helped us work through the concerns, we felt the Lord releasing us to something new. Our children didn't completely understand our direction at first, but they have been very supportive and see the pluses now that we are settled.

This is not to say we didn't experience sadness in what we left behind, but God kept opening our eyes and hands to receive the gifts of this new time and place in our lives. My previous employment at Friendsview gave me an advantage in knowing the place, its culture, opportunities, and many people. I was eager to get on with the move.

Mary's journey was different from mine. Her heart took longer. She needed time to adjust to the idea of living farther from people we love, leaving a home of memories. But as the downsizing and house-selling process wore on, her desire grew to call Friendsview our home. Over time, our readiness united.

Friendsview has not disappointed us. From day one, residents in our neighborhood and around the campus have welcomed us, made us feel at home. We love living with less, love the beauty of this campus, love that we can serve and be served, love living across the street from an amazing university in which we can participate in many ways. We love learning to live a less hurried, more focused life. It's all good!

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To learn more about Friendsview, please contact Friendsview's marketing staff at 503-538-3144 or visit the website at www.friendsview.org.

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Welcome, University Village residents!



University Village residents Norman and Carolyn Penner appreciate the help of “Soft Landings” as they settle into their new home.

University Village Residents Move In!

Friendsview celebrates the completion of its newest neighborhood! All 38 residences are now called home by new residents. Intent list applicants will enjoy a tour of this beautiful property. See page 8 for more information.





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Your Future in View

for those on the Friendsview intent list
and those contemplating the possibility

What is the intent list? This is the first step for learning about availability at Friendsview. When a residence becomes available, we contact intent list applicants (in order of application date) who have paid a nonrefundable application fee. In 2017 alone, more than 85 people placed their names on the list.

Our occupancy rate is historically high, so we encourage you to place your name on the intent list. Interested in applying? Or are you on the list but want to update your contact information or preferred neighborhoods? Please contact us at information@friendsview.org.

For those already on the intent list, please join us in April!

2018 Intent List Gathering

**Choose either
Thursday, April 19 or
Saturday, April 21**

Will include:

- Neighborhood tours (including University Village)
- A luncheon made from scratch using seasonal and local ingredients accompanied by resident stories
- Morning and afternoon seminars

Seminar titles:

- "Preparing Financially to Move to a Life Plan Community—What Do I Need to Be Doing Now?"
- "Bumps in the Road to Friendsview: My Adventure in Moving"
- "The Gift of Years (Growing Older Gracefully)"

**Space is limited so reserve early if you can!
Register online at www.friendsview.org/rsvp
or call 503-538-3144.**