

# MENNONITE VILLAGE EMPLOYEE NEWSLETTER

## MENNONITE VILLAGE COVENANT

To be a Christ-centered community providing life-enriching services. As such, we commit to uphold the following principles within the life of our community:

- Stewardship
- Service
- Self-Determination



[www.mennonitevillage.org](http://www.mennonitevillage.org)

Human Resources Hours  
Mon-Fri 8:00a to 4:30p

*Kristen Gregory, HR Director*

*Ginger Rummell, HR Specialist*

*Kacie Marken, HR Benefits Coordinator*

*Karina Santillan-Olea, HR Assistant*

March 24, 2023

## **JOTTINGS FROM HR....**



### **Wellness Program Updates**

**Wellness Center Open 24/7**

**Aquatic Center Open M-F 8:00am-8:00pm; Starting April 1<sup>st</sup> Saturdays will be Included**

### **Wellness Program Updates**

***Current Wellness Program Class Offering;  
Reservations Recommended:***

- **AM Fitness** M/W/F 8:00am in the Aquatic Center
- **Arthritis Mobility** M/W/F 9:00am in the Aquatic Center
- **Better Bones & Balance™** M/W/F 8:00am and 9:00am in the Main Room
- **Balance Skills** T/TH 9:30am in the Main Room
- **Circuit Class** T/TH 8:15am in Wellness Center \*New Time Beginning in April\*
- **Forever Fit Chair Class** M/W/F 10:00am in the Main Room
- **Functional Movement** T/TH 9:00am in the Aquatic Center
- **Gentle Yoga** M/W/F 11:00am in the Main Room
- **Mid-Morning Fitness** T/TH 10:00am in the Aquatic Center
- **Stronger Bodies Water Walking** M/W/F 10:00am in the Aquatic Center
- **Tai Chi for Arthritis for Fall Prevention** M/W 1:00pm in the Main Room



**New Class to Start in May! Mat Yoga  
T/TH from 4:00-5:00pm in the  
Chapel; Equipment Provided**

My name is Placer Holman, born and raised in the Philippines. I moved to the United States in 2005 and started working at Mennonite Village soon after. I have worked in various roles such as a CNA, Med Aid, and my current role as the Central Supply Coordinator. I love taking care of people and also taking care of myself, and that's the reason why I love physical movements or exercises. While

managing the family's bakery business, my passion for exercise led to me becoming an aerobics instructor in the Philippines, and I was introduced and trained in Yoga by a Yogi Friend. I completed my formal Yoga Instructor Certification locally at Love Yoga. I am glad that this class is open now for the Mennonite Village residents and staff, and I am eager to share my training and practice with you.

**Wellness Program Class Reservations:** Reservations are recommended due to limited availability. Reservations will be first come first serve. Residents and staff can begin signing up for classes for the following month on the 2<sup>nd</sup> Friday of every month. Contact the Wellness Center at 541-704-4296 or via email at [fitnessc@mennonitevillage.org](mailto:fitnessc@mennonitevillage.org) to make a class reservation or if you have any questions about classes.



**"Advanced Care Planning: Having "the Conversation," Thursday, April 6th from 1-2pm in the Lakeside Center Classroom, all are Welcome to Attend, Space is Limited, Reservation Required:** Ages 18+.

Presented by Christopher Eilers; Older Adult Behavioral Health Specialist. This presentation is focused on long term care preferences, end of life choices, required and helpful documentation, and discussions with loved ones about difficult topics.



**"Peripheral Neuropathy" by Dr. Gordon Banks, PhD MD, Tuesday, April 11<sup>th</sup> from 1:00-2:00pm in the LSC Large Room, All are welcome to attend:** We will discuss the causes and treatment of peripheral neuropathies, including diabetic neuropathy, carpal tunnel syndrome, and neuropathies of chemotherapy. Dr. Banks received his MD from the University of Chicago in 1977. He was on the neurology faculty of the University of Pittsburgh from 1981 until 1998. He practiced Neurology in McMinnville from 1998 until 2020, when he retired and moved to Mennonite Village. Refreshments will be provided while supplies last.



**"Managing Money: A Caregiver's Guide to Finances" Brought to you by the Alzheimer's Association, Thursday, April 27<sup>th</sup>, 2022 from**

**10am- 12noon in the Lakeside Center Main Room, All are Welcome to Attend:** If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefit of early planning.



**"Powerful Tools for Family Caregivers" by Lumina, April 6<sup>th</sup> -May 11<sup>th</sup> on Thursdays from 10am-12pm in the LSC Classroom; Space is Limited;**

**Reservations Required:** This no cost, six-week educational program is designed to help family caregivers. You will learn how to take care of yourself while caring for a relative or friend, wherever they live: at home, in a nursing home or across the country.

To register, call 541-757-9616 or visit [luminahospice.org/PTC](http://luminahospice.org/PTC). This series and the provided workbooks are made possible by a generous community grant from Oregon Cascades West Council of Governments.



**“Living Well with Chronic Conditions” by Samaritan Health Services May 9<sup>th</sup>-June 13<sup>th</sup> on Tuesdays from 11am-1:30pm, Space is Limited, Reservations**

**Required:** Living Well with Chronic Conditions is a workshop for people living with on-going physical and mental health conditions like heart disease, anxiety, diabetes and arthritis. The skills learned will help you take charge of your health by building skills in communication, problem solving and action planning. Gain control and feel better. The class meets for 6 weeks, 6 total sessions for two and a half hours each week. Topics include: tools for action planning, decision-making and healthy eating, how to break the symptom cycle and better manage frustration, pain, fatigue, isolation, sadness and poor sleep, skills to communicate better, make informed decisions and improve problem-solving. Call to register: 866-243-7747.



DOH	NAME	DEPT	# OF YRS	DOB	NAME	DEPT
4/3	Mercedie K Langager	DS	8	4/1	Shondiin Redsteer	DS
4/4	Camree L Cobb	DS	1	4/5	Alicia I Mendoza-Ramirez	LH
4/7	Kristen Gregory	HR	15	4/6	Jesse A Bass	DS
4/8	Madison C Rice	QR	2	4/9	Blanca I Miranda	QR
4/11	Kerby E Newman	DS	1	4/12	Madison C Rice	QR
4/11	Rebecca L Osborn	DS	7	4/13	Oscar E Llamas	MH
4/14	Matthew D Tessen	IT	9	4/13	Daniel R Headings	MAINT
4/16	Rebecca A Roth	MH	4	4/15	Jonathan D Redd	HSKPG
4/18	Aaron R Troyer	PROJECTS	7	4/15	Kenn Stump	LH
4/19	Emmalee A Rowberry	HSKPG	7	4/17	Rebecca L Osborn	DS
4/19	Zoe Boynton	MH	2	4/17	Tabitha J Dodson	QR
4/20	Samantha M Ackley	QR	6	4/18	Andrea J Kollaer	DS
4/21	Eric R Stephenson	MAINT	1	4/19	Kimberly R Merrill	LH
4/22	Thomas L Alvarado	PROJECTS	1	4/22	Samuel A Montgomery	MH
4/23	Placer Holman	CS	17	4/25	Donna M Cuzick	QR
4/26	Josiah C Reed	DS	1	4/25	Clemetis A Watt	DS
4/26	Angaelika M Gould	MH	19	4/30	Gregory D Gonnerman	MAINT
4/27	Jason A Roberts	IT	1	4/30	Willie R Harlow	MAINT
4/27	Kayla R Brock	LAUNDRY	5			
4/28	Maxwell A Louber	DS	1			
4/30	Jaedon L Morton	GROUNDS	2			
4/30	Alicia I Mendoza-Ramirez	LH	2			