

Valley View Voice

Valley View Retirement Village • Rock of Ages Mennonite Home • M.A.I.D.S. • McMinnville, Oregon • Autumn 2023

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Valley View Voice

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MARLYS YODER

by

Victoria Wilbanks

Marlys was born and raised in Sheridan, Oregon, into the Yoder family, where there were five children, three girls, and two boys. Sadly, the family lost a child named Karen, who died at the age of two before Marlys was born. She may have died from diphtheria, as it was very prevalent in those times. The other children were Carla, (who we all know and love) and Don and Larry. The family lost Don in 2002 due to a car accident when he was traveling in China.

Marlys's father worked in the saw mill in Sheridan until the family purchased the variety store where Marlys's mother worked part time. After they purchased the store, Mrs. Yoder worked full time. The family had the store for at least 10 years, and after they sold it Mr. Yoder went to work in the high school as a custodian.

She attended grade school and the first two years of high school in Sheridan. The last two years were

spent at Western Mennonite (now Western Christian). After graduation she attended Chemeketa and took courses in accounting, which served her very well. She loved that work, and was able to find work throughout her life in that field. Her first job was with Stuck Electric in Sheridan, where she stayed for approximately 25 years. She had been a babysitter for that family while she was in school, so it was a natural transition. She also mentioned that the Stuck family trained her well while on the job in her accounting/bookkeeping career.

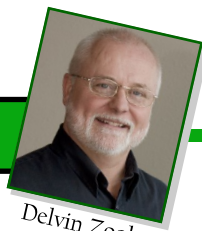
After spending 25 great years in Sheridan with Stuck Electric, Marlys was asked to come and be bookkeeper for Gospel Echoes Prison Ministry headquartered in Goshen, Indiana. She spent five years there and found it very rewarding. Marlys had an opportunity to see positive work that was being done by the organization.

By the time Marlys decided to return to Sheridan, her father had lost his eyesight. She lived with them for a while and helped out until she purchased her house in Sheridan, which had been previously owned by her aunt. Marlys found her next

(Yoder continued pg 3)



Delvin's Desk



Delvin Zook

I hope this finds each of you well and enjoying the fall colors. I love this time of the year. We've had a beautiful summer and now some rains have quickly greened up the lawns, and the tree leaves are beginning to show their beautiful fall colors.

I want to give you a short update regarding future executive leadership here at Rock of Ages. The board's commitment to find the right person to serve as Chief Executive Officer is the top priority at this time. Unfortunately, the person hired in July resigned because of personal reasons. The board's search is both on a local and national level. The board has asked me to stay on as CEO for a period of time with limited hours. I have restructured the office staff and have confidence that as they work

together with me during this transition period, any disruptions in service will be limited.

Karen Nisly is now serving as the Director of Operations. She is a thirty-year employee and is very familiar with operations, having served as Resident Care Manager of the care center and Maids Administrator, overseeing the TLC building care and in-home care. She has a BS degree in social work.

I'm also excited to have Ginger Teller as our new bookkeeper, replacing Leslie Harrison who has served us very well and is now retiring.

God has always been faithful, and we appreciate your prayers as we move forward with confidence so the Rock of Ages mission is not interrupted.

Chaplain's Corner



Alex Katchkovskiy

Hi, I'm Alex Kachkovskiy, the new chaplain at ROA. This is my third month here and I am blessed to serve with, and for people who love God and share His love, mercy and compassion to each other.

I'm from Ukraine; my parents and sister still live there. I accepted Jesus as my Savior at 18 and had an interesting and blessed faith journey trying to figure out the sense of my life. I became a part of a Baptist church in my hometown and started ministering to teenagers and young adults. During that time I was studying at the university to become a teacher of English and French. At the same time I graduated from Bible college with a youth ministry diploma. Later, I continued my studies at the Ukrainian Baptist Theological Seminary at Lviv, graduating with a Bachelor of Theology and Pastoral Ministry honors diploma. After graduation I travelled to the USA under the Mennonite Central Committee for participation in an International Volunteer Exchange Program. The first year I was a pastoral intern at Forest Hills Mennonite Church, Leola, Pennsylvania. My experiences were diverse and varied from working in kids' activities, visiting the elderly and those recovering from illness, as well as preaching

sermons. I also had a significant role in helping edit and post videos to social media pages. My second placement was at Fairmount Homes Retirement Community where I had the opportunity to assist in the chaplaincy tasks which included a lot of visitation with the elderly residents, reading Bible verses to them, having one-on-one conversations, with them and offering a prayer for them.

As I start my ministry here, the following are my goals as the chaplain at Rock of Ages/Valley View:

- Provide pastoral care by visiting, counselling and praying with residents.
- Reach out to the unchurched, new residents, or inactive church members
- Provide quality patient care and emotional support.
- Walk with residents in their life journey, sharing their burdens and challenges.
- Deliver a high level of spiritual guidance, emotional support, and practical assistance to residents, loved ones, and employee teams

Feel free to contact me, stop by my office or call me (503-472-6212). I appreciate your prayers.

Honoring Our Employees

Employees of the Month



Yesenia Contreras May 2023

Yesenia has been at Rock of Ages for 16 years. She works in the Memory Care and does a fabulous job taking care of the residents. We appreciate her leadership and commitment to Rock of Ages.



Riza Robles June 2023

Riza works at the Ann Scott Estates Senior Adult Foster Home. She has taken responsibility for resident care and all that goes with running an adult foster home. Thank you Riza for your commitment to our residents.



Candice Armour July 2023

Candice is our office manager and administrative assistant. Along with that she fills in wherever needed. She is always willing to help and has been a huge help at the foster home, filling in for staff. Thank you, Candice, for your 18 years of service to Rock of Ages.

HOW CAN WE PREVENT FALLS?

- *Keep moving.* Walking, balance exercises and resistance exercises to strengthen muscles can keep us on our feet. You can build strength and improve your balance in as little as two 15-20 minute sessions per week.
- *If you do fall,* strength training will make you less likely to break a bone. Working out with resistance bands or weights or doing resistance exercises makes your bones denser and therefore stronger. Women's exercise classes meet Monday, Wednesday and Friday at 9:30 AM. Our gym is available for workouts on your own anytime. You can also consider a water aerobics class.

(Yoder continued from pg one)

career job in McMinnville at Western Oregon Waste (now Recology) and remained there until her retirement in February of 2022. She had sold her home in Sheridan just prior to her retirement, and had acted upon an opportunity to move to Rock of Ages/Valley View, where she renovated a cottage to her liking, and it turned out to be very cozy and charming. She is especially proud of her most up-to-date window treatment which was recommended to her by the salesperson in the window treatment store.

Marlys is very vested in her family, she says they are her life, and she enjoys doing activities with her nieces whenever she can. She also likes to do puzzles, games, loves to work in the flowers, and travels whenever she can. She says she has traveled to the Maritime Provinces in Canada, Scotland, the New England states and Florida. She hopes to be able to travel again someday.

In the meantime, Marlys is happy to be at Rock of Ages/Valley View, where she is closer to her family.

The Lighter Side

- Doctor tells a decrepit, sickly old man, "Remember the 20 years you added to your life by clean healthy living? Well, these are them!"
- Getting older has some benefits...Call it a *Senior Moment* and you can get away with pretty much anything.
- I don't think of my skin as saggy...I think of it as relaxed-fit!
- Instead of the john I call my bathroom the Jim. That way it sounds better when I say I go to the Jim every morning!
- Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller?
- I called the incontinence hotline...they asked me to hold!
- My husband cooks for me like I'm a goddess...by placing burnt offerings before me.
- Money isn't everything, but it sure keeps you in touch with your children.

Life in the Village

Helping Out

text & photos by Delvin Zook

Recently, a fun evening was had by nearly fifty folks as we worked together to prepared 250 Hygiene kits at the Rock of Ages Activity Center. The group included residents, staff and some folks from the Sheridan Mennonite and Sunrise churches. We started out with pizza and ice cream and then we went to work. The kits included soap, shampoo, comb, toothpaste and brush, fingernail clipper, underarm deodorant, along with washcloths all wrapped in a bath towel. The kits will be sent to Lebanon families in the Middle East. Christian Aid Ministries (CAM), an Ohio based organization, provided the contents of the kits and the CAM NW Director, John Smucker, was here to train us how to put the kits together. The kits that were prepared here at Rock of Ages will join others and will be shipped in a filled container in November. It was a great time working and having fun together.

There were two assembly lines, each manned by 10 to 15 people on either the supply or assembly sides. The process began by spreading out a bath towel at station I.



At station II, a handkerchief and a tube of toothpaste were added, and so on continuing down the line.



When the towel reaches the end of the assembly line, the assembly is inspected to make sure it has all the items and then folded over tightly and passed to the final station where the bundle is closed with three safety pins and stacked in a box for shipping.



Three safety pins held each bundle together



Supply Side folks made sure all the items needed to keep the process moving along were ready. All 250 kits were completed in one hour.

Miscellaneous



Eunice was surprised at a recent coffee hour with a Barbie's Balloon throne. No tiara though.



Ismael and Fernando have created a new parking lot for overflow traffic or if you need a place to park your second or third vehicle to keep it off the street.



There is a new addition to the exercise gym. Trek Physical Therapy has added this heavy weight rack. They say we residents can use it, but get them to show you how to use it so you don't hurt yourself. The bar alone weighs 40 lbs.!

Life in the Village

What Does NOT Go in the Red Recycle Can by Jan Noland

Recology Western Oregon is the recycler/garbage hauler for Rock of Ages. You see their green and white trucks here on Fridays. Recology is asking that you **NOT** put the following in red containers or your recycle bin:



- Any type of plastic bag or Styrofoam of any kind
- Plastic food containers, like what comes from the dining room or take-out foods.
- Snack food bags (like chips) or candy wrappers
- Plastic drink cups, silverware and straws
- Any food residue or container that has food residue on it (like pizza boxes)
- Napkins, Kleenex, paper towels,
- Attends, diapers, or other such personal items

Please **DO** recycle the following in the red can or your driveway bin:

- Newspapers, magazines, junk mail
- Cardboard, if possible, break it down
- Plastic tubs (like yogurt tubs) and; bottles that have a screw off lid (milk jugs, detergent bottles. Item must be larger than a tennis ball.
- Clean, rinsed out, tin and aluminum cans and bottles.

Items that go in the red can should be empty, clean and dry.

Many plastics that go in the garbage can be recycled through a special once-a-quarter program. Talk to Jan Noland if you would like more information.

You can recycle your 10 cent Oregon glass, plastic and aluminum bottles and cans in the collection can at the lodge kitchen back door, or in the tub outside Bruce & Shirley Hamilton's door. Bruce will take it all to the Western Christian School as part of their fund raising program.

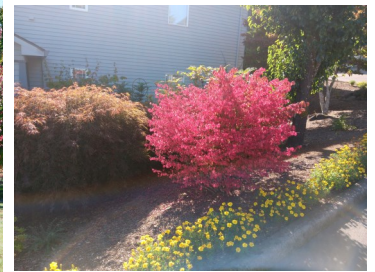
You know Fall is here when...



...the maples along the path look like this.



...you see lots of fungi springing up everywhere.



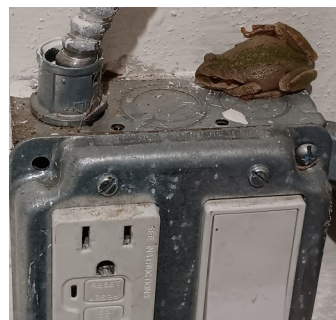
...Eleanor's bush looks like it's on fire.



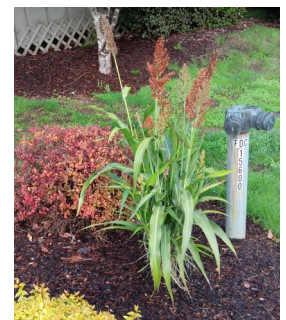
...the pond is so low the drain pipe is exposed.



...the gourds have been harvested.



...critters try to come inside away from the cold..



...the millet is ready to harvest.

Bible Mennonite Fellowship, Inc. dba

Rock of Ages

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Rock of Ages Christmas Dinner

Mark your calendars for the
Rock of Ages/ Valley View
Christmas Dinner

December 12, 2023

