



Parkland Village is a retirement community in McMinnville, Oregon. We offer 50 assisted living apartments and 22 independent living cottages.

Situated in the center of the Willamette Valley, McMinnville is a warm-hearted city of about 33,000 residents located not too close- or too far from the bustle of Portland and Salem.

Living in the heart of Oregon wine country, we are a hub for those who enjoy the laid-back style of a small town with great taste.

Parkland Village Leadership Team

Heather Golden
Executive Director

James Beus
Community Relations Director

Matt Brand
Plant Operations Director

Erica Smalley
Wellness Director

Heidi Allison
Nurse RN Oversight

Alisha Fuentes-Walker
Resident Services Director

Faith Ellis
Life Enrichment Director

Reggie Smith
Dining Services Director

Oksana Plaster
Office Manager

Ruby Lay
Concierge



Parkland Village

Cascade Living Group | 3121 NE Cumulus Ave. McMinnville, OR 97128 | 503-435-1499 |



Celebrating November

Aviation History Month

Sleep Comfort Month

Novel Writing Month

**Marooned Without a
Compass Day**
November 6

Nurse Practitioner Week
November 9–15

World Kindness Day
November 13

Homemade Bread Day
November 17

International Men’s Day
November 19

**Celebrate Your Unique
Talent Day**
November 24

Thanksgiving Day (U.S.)
November 27

Maize Day
November 28

Talkin’ Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey’s time to shine (or roast), but chickens hold their own all year long.

Let’s start with turkeys. Wild ones can fly—surprisingly fast and far and sleep in trees. They’re also clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren’t quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the male’s gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is impressive considering they’re also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don’t need a full farm, just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving’s main course. Some people even decide on breakfast-for-dinner, with stacks of pancakes and cozy casseroles taking center stage. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn’t in the bird—it’s in the gathering. No matter what’s on the plate, it’s the company that counts.

Milestones in American Aviation

- **1915: The first flight from Toronto to New York.** Victor Carlstrom made the pioneering flight in a Curtiss R-2 biplane, completing the journey in 6 hours and 40 minutes.
- **1926: First FAA medical director.** Dr. Louis Hopewell Bauer was appointed the first medical director for the newly established Aeronautics Branch, bringing his military medical experience to the nascent civil aviation industry.
- **1927: The USS *Saratoga* is commissioned.** The U.S. Navy commissioned the aircraft carrier USS *Saratoga* (CV-3). It was the first large, high-speed carrier built for combat operations and proved instrumental in naval aviation history.



These and other events on November 16 illustrate aviation's path from a daring adventure to a reliable commercial and military enterprise, shaped by innovation, determination, and visionary pioneers.

November Birthdays

Gene Rice- November 12th

Alberta Baker- November 17th

Joe Morrison- November 27th

Sally Field (actress)- Nov. 6th, 1946

Carl Sagan (astronomer)- Nov. 9th, 1934

Grace Kelly (actress, princess) – Nov. 12th, 1929

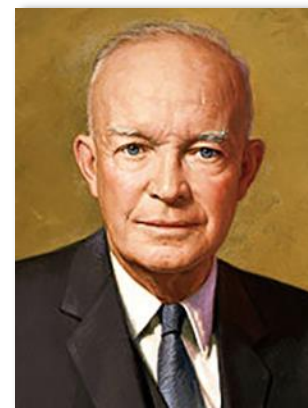
Margaret Atwood (writer) – Nov. 18th, 1939

Ahmad Rashad (sportscaster)- Nov. 19th, 1949

Andrew Carnegie (banker)- Nov. 25th, 1835

Tina Turner (singer)- Nov. 26th, 1939

Samuel Clemens (Mark Twain)- Nov. 30th, 1835



Notable Quotable

“Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him.”

~ **Dwight D. Eisenhower,**
U.S. president



Frankie has been one busy monster! After a month of candy collecting, he's ready to share the treats and Halloween spirit! Thanks to everyone who fed him candy all month long- he's ready to make Halloween extra sweet for the kiddos.

ZUMBA GOLD AND TONE

WITH ERICA CLARK

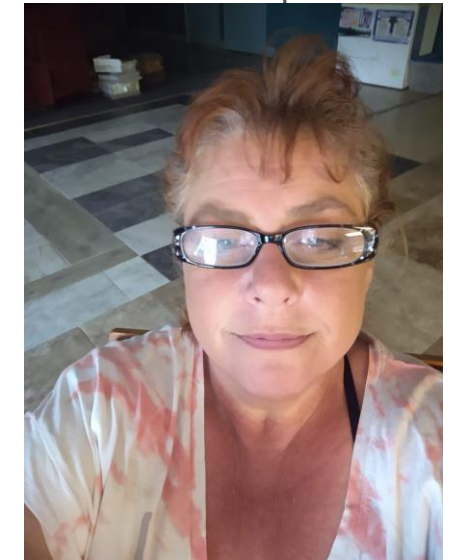
NOVEMBER CLASSES:

SUNDAY 2ND	@ 3:30 PM
FRIDAY 7TH	@ 3:30 PM
SATURDAY 8TH	@ 10:30 AM
SUNDAY 9TH	@ 3:30 PM
FRIDAY 14TH	@ 3:30 PM
SATURDAY 15TH	@ 10:30 AM
SUNDAY 16TH	@ 3:30 PM
FRIDAY 21ST	@ 3:30 PM
SATURDAY 22ND	@ 10:30 AM
SUNDAY 23RD	@ 3:30 PM
FRIDAY 28TH	@ 3:30 PM
SATURDAY 29TH	@ 10:30 AM

Employee of the Month:

Deanna Stepp

Housekeeper



Deanna has been a perfect addition to the Parkland team. She grew up in Oregon and then moved to Missouri in 2020 then moved back to Oregon in 2023. Deanna loves to play with her grand babies in her free time. She has 4 granddaughters. We are so thankful to have Deanna as a part of our team. She also has 30 years of caregiving experience!

Zumba Gold offers seniors numerous benefits, including improved cardiovascular and physical health through a low-impact workout that is gentle on joints. It enhances balance, coordination, and flexibility, which helps reduce fall risk. Additionally, it provides mental stimulation by engaging memory and cognitive function through learning new routines and offers significant social and emotional benefits by fostering connections and boosting mood.

Join *Erica Clark* 3 times a week for her Zumba Gold and Tone classes!

Come and check it out!