



**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 a great taste.**

- Heather Golden  
Executive Director
- James Beus  
Community Relations Director
- Josh Garcia  
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  
Business Office Manager
- Ruby Lay  
Concierge
- Rosemarie Taylor  
Bus Driver/ Activities Assistant



# Parkland Village

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



## Celebrating December

- Bingo Month
- Spiritual Literacy Month
- Safe Toys and Gifts Month
- Antarctica Day  
December 1
- Mutt Day  
December 2
- Lost and Found Day  
December 12
- Hanukkah  
December 14–22
- IFCM World Choral Day  
December 14
- Christmas  
December 25
- Boxing Day  
December 26
- Kwanzaa  
December 26–January 1
- New Year’s Eve  
December 31

## Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it’s a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph’s search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you’ll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king’s ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings’ Day), when children wake to find gifts left by the Magi. It’s a joyful reminder that in Mexico, Christmas is more than just one day—it’s a whole season of togetherness, laughter, and celebration.



## Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.



To some, letter writing might seem like a lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of “you scratch my back, I’ll scratch yours” exchange that highlights the enduring value of saying thank-you.

Leave it to the experts at Hallmark to offer tips on writing the perfect thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn’t have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you’d like to say. Be sure to spell the person’s name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, or *Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.

## December Birthdays

**Carolyn Gross- December 5<sup>th</sup>**  
**Bobbi Sandmann- December 5<sup>th</sup>**  
**Bea Nisly – December 15<sup>th</sup>**  
**Florence Wall- December 18<sup>th</sup>**  
**Linda Seaman- December 23<sup>rd</sup>**

Bette Midler (singer) – December 1, 1945  
Eli Wallach (actor) – December 7, 1915  
Rita Moreno (actress) – December 11, 1931  
J. Paul Getty (industrialist) – December 15, 1892  
Ray Romano (comic) – December 21, 1957  
Diane Sawyer (journalist) – December 22, 1945  
Howard Hughes (aviator) – December 24, 1905  
Maggie Smith (actress) – December 28, 1934  
Bo Diddley (musician) – December 30, 1928

## Good Friends Make Good Neighbors Program

We want to spread the word about Parkland Village, and now you can benefit by helping us tell your friends about it! You could receive \$4,000 credit toward your rent just by referring a friend or family member to Parkland Village if they move in for at least 90 days. To qualify, the name of the person making the referral, and the name of the prospective resident must be turned into the Executive Director or the Community Relations Directors prior to the inquiry or tour. The referred person must be new to Parkland Village (i.e. not already in our contact list). The referred person must move in and reside at Parkland Village for a minimum of 90 days before the credit is given. If you have any questions, please reach out to the Executive Director or Community Relations Director.

## Upcoming Events:

**December 7<sup>th</sup> @ 1pm-** Holiday Bazaar at the Heritage Museum

**December 10<sup>th</sup> @ 11am-** Christmas Bazaar at Parkland Village

**December 25<sup>th</sup> @ 5:00pm-** Drive Around Town to look at Christmas Lights



## Parkland Village 3<sup>rd</sup> Annual Christmas

**Bazaar** 🎁

**December 10<sup>th</sup>**

**11am-3pm**

**Jewelry**

**Crystals**

**3D printed toys**

**Sewn items**

**Crochet blankets and plushies**

**Aprons and Potholders**

**AND SO MUCH MORE!**

## What’s Happening?

**Teresa Courtney** had been our temporary **Executive Director** while Heather has been away. Teresa has worked at our sister community, Bridgwood Rivers in Roseburg for 35 years. Thank you, Teresa, for your hard work and dedication to Cascade Living Group. We appreciate you! Congratulations on retirement and enjoy this new chapter in life!

**We have a new Plant Operations Director, Josh Garcia.** He was born and raised in Oregon and currently resides in Salem. He has been working in the building maintenance field for over 15 years. Josh has two sons. His oldest works at a University and his youngest attends the University of Oregon.

**Welcome to the team, Josh!**

## Steele Feathers Fitness Instructor

**Erica Clark**

**Friday, Saturday, Sunday at 3:30pm**

**Come stop by and say Hi!**

