

Parkland Village

January 2026

Celebrating January

Book Blitz Month

International Brain Teaser Month

New Year's Day *January 1*

Someday We'll Laugh About This Week *January 2-8*

Bobblehead Day *January 7*

Make Your Dream Come True Day *January 13*

Fresh Squeezed Juice Week *January 18-24*

Disc Jockey Day *January 20*

Belly Laugh Day *January 24*

Curmudgeons Day *January 29*

Cascade Living Group | 503-435-1499
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North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward more than six decades ago remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, "North to the Future," captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them



build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.

January Symbols & Traditions

Birthstone: Garnet, symbolizing protection and safe travel

Birth Flowers: Carnation and Snowdrop

Zodiacs: Capricorn (Dec 22–Jan 19) and Aquarius (Jan 20–Feb 18)

Roman Origins: The original Roman calendar had 10 months; January and February were added later, with Julius Caesar adding a 31st day.

Folklore: A warm January often predicts a harsh spring.

Weather: Coldest in Northern Hemisphere, warmest in Southern Hemisphere.

NYC Ball Drop: The first New Year's Eve ball drop happened in 1908.

Historical Milestones: Emancipation Proclamation (1863), Ellis Island opened (1892)

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 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.


Parkland Village
Retirement Community
A Cascade Living Group Community



Residents enjoyed a festive art activity called “Christmas in a Cup” in December. We decorated mugs with mini trees, different ornaments, and tinsel. Each unique creation now adds a touch of holiday cheer to their living spaces. While celebrating creativity and the joy of crafting together. Big shout out to our Wellness Director, Erica, for the wonderful craft idea! We had a whole room full of crafters this day!

January Birthdays

Ruthella H. – Jan. 4th
 Irene P. – Jan. 7th
 Sharon R. – Jan. 23rd
 Rosemarie K. – Jan. 31st

“As you grow older,
 you will discover that
 you have two hands,
 one for helping
 yourself, the other for
 helping others.”
 — **Maya Angelou**



Steele Feathers Fitness w/ Instructor Erica Clark presents:

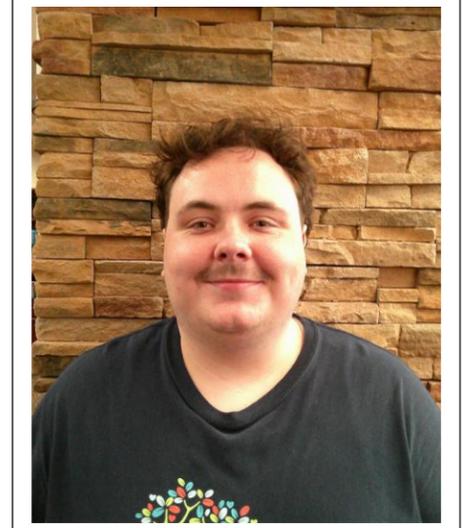
Seated Pound Fit (Drum Circle): is a low-impact, rhythm-based fitness format designed to improve strength, coordination, and cardiovascular health-while having fun! Using lightweight drumsticks to drum to the music. This class focuses on improving balance and coordination, building upper body and core strength, enhancing mobility and joint health, and boosting energy and mood through music and rhythm.

Seated Pilates: is a gentle, chair-based class for students seeking to improve posture, flexibility, strength, and mind-body. This class uses slow, controlled movements with regressions and progressions paired with breathwork to support joint health and functional mobility-without getting down to the floor. This format emphasizes core and postural strength, balance and coordination, joint mobility and circulation, and breath awareness and relaxation. Movements can be easily modified to meet individual needs, making this class ideal for beginners, those recovering from injury, or anyone looking for a mindful movement experience! Socks or grip socks are required for safety purposes.

Seated Zumba Gold: is a fun, low-impact dance fitness class designed for older adults needing a chair-based dance fitness workout. Set to lively Latin and international music, this class delivers all the joy of Zumba with simple, easy-to-follow movements performed from a seated position. This format focuses on improving cardiovascular health, increasing coordination and range of motion, supporting joint mobility, and boosting mood, confidence, and social connection.

Check out the Calendar for Fitness class dates.

Employee Spotlight:



Zeke Hodges
 Medication Technician

Zeke started working at Parkland in April of 2023 and was excited to advance to a Med Tech position within just a few months. Zeke was raised in Dayton, Oregon where he attended school from preschool through 12th grade. He grew up in a medium sized family with 2 younger siblings who are twins, Brooklyn and Boston. One of Zeke’s goals is to eventually continue his career in healthcare that allows him to continue growing (CNA, Nursing, etc.) A fun fact about Zeke is that he enjoys fishing, building Legos, collecting sports cards, and attending sporting events.

Residents say that Zeke is “reliable, helpful, and diligent”.

Thanks for all you do, Zeke!