



Parkland Village is a retirement community located in McMinnville, Oregon. We offer 50 assisted living apartments and 22 independent cottages. Situated in the center of the Willamette Valley, McMinnville is a warm-hearted city of approximately 33,000 residents, located close enough to the bustle of Portland and Salem without feeling overwhelmed by it. Nestled in the heart of Oregon wine country, we are a hub for those who appreciate the relaxed charm of a small town paired with great taste.



Jessica Deleon
Executive Director

James Beus
Community Relations Director

Erica Smalley
Wellness Director

Heidi Allison
Nurse RN Oversight

Alisha Fuentes
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 April

Straw Hat Month

Physical Wellness Month

Passover

Begins Sundown April 1

Handmade Day

April 4

World Health Day

April 7

Siblings Day

April 10

Dolphin Day

April 14

World Amateur Radio Day

April 18

Earth Day

April 22

International Jazz Day

April 30

Bloom Into Spring

The vernal equinox takes place in March every year and marks the beginning of spring for those living in the northern hemisphere, north of the Equator. During this moment, the amount of daylight and darkness is nearly the same in length. Following the equinox, days get longer and climates in the northern hemisphere get warmer. Spring is a season of renewal, and there's no better time to focus on your health. Whether you're soaking up the sun, getting active, or making healthier food choices; small changes can have a big impact. Spring offers a fresh start- not just for nature but for your health too. Whether it's shaking off the winter blues or embracing the outdoors, this season is packed with benefits that can boost your physical and mental well-being. After a long winter, your body is probably craving some extra sunlight. Spring brings longer days and more opportunities to soak up the sun, which is a great natural source of vitamin D. Many people don't realize they may be deficient in vitamin D, especially during the winter when they spend more time indoors. Getting outside, even for just 10-15 minutes a day, can make a big difference. With comfortable temperatures and blooming landscapes, spring makes it easier to enjoy outdoor exercises. Whether you prefer walking, running, biking, or hiking, being active outdoors provides added benefits, such as improved heart health, better mood, mental clarity, and stronger muscles and joints. Exercise is one of the best things you can do for your long-term health, and spring makes it much more enjoyable. Spring is the season of fresh, vibrant produce, making it the perfect time to add more fruits and vegetables to your meals. Vernal Equinox is the season that marks the moment the sun crosses the celestial equator, balancing day and night, signaling the end of winter in the Northern Hemisphere. Often aligned with the first full moon after the vernal equinox, Easter and Passover holidays are rooted in ancient agricultural and rebirth festivals. Historically, many cultures, such as those in Egypt and Ireland, built monuments that aligned with the sun during this time to symbolize fertility and the renewal of life. The term "Spring Fever" is a psychological and physical phenomenon where longer days increase activity and creativity, it has been recognized for centuries as a time of rejuvenation.

Important Notice

Medical Transport Days

We would like to share an upcoming change to our transportations schedule. Currently, medical transportations are Mondays and Thursdays.

Beginning May 1st, medical transportation days will be adjusted to

Tuesdays and Thursdays.

We kindly ask that you plan future appointments accordingly. If you have any questions or need assistance with scheduling, please don't hesitate to reach out- we are always happy to help.

Thank you for your understanding and cooperation.



A whole lotta green and a little bit of magic. ☺

Sweet treats and minty sips to celebrate the luck of the day!

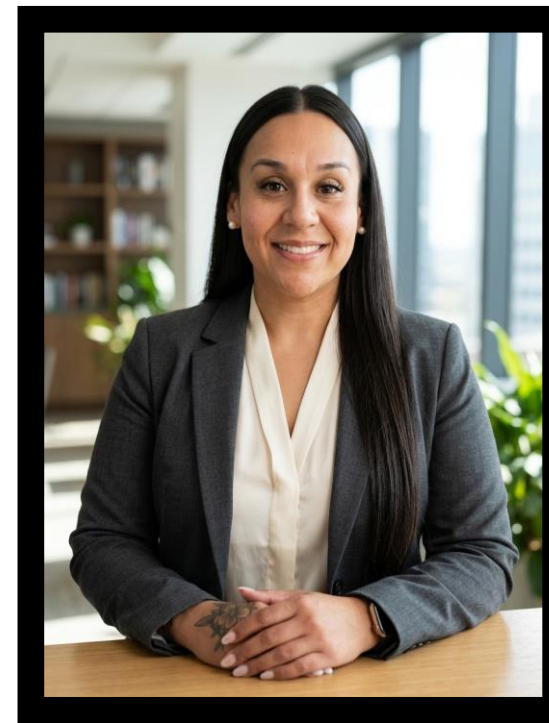


Golden cupcakes dressed in green, shamrock shakes stealing the show... safe to say we sham-rocked St. Patrick's Day!

Meet our new Executive Director!

We are excited to welcome Jessica Deleon as the new Executive Director at Parkland Village Retirement Community! Jessica brings several years of leadership experience in senior living, along with a strong passion for creating a warm, supportive, and engaging environment for residents, families, and staff. She is dedicated to building stability within her community, fostering a positive team culture, and ensuring every resident feels truly at home.

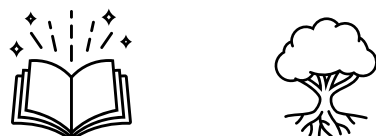
Family is at the heart of everything Jessica does. She is a proud mom to her 15-year-old son, Elijah, and a devoted dog mom to her 3-year-old Chiweenie, Bowser. In her free time, Jessica enjoys staying active and connected—she plays in a coed softball league in Salem from spring through fall, loves caring for her plants, playing pickleball, spending time outdoors, and making memories with her family. Jessica is excited to be part of the Parkland Village family and looks forward to getting to know each resident and creating a positive, enriching experience for everyone.



Jessica Deleon

Resident Spotlight: Dee Weiler

Dee was born in Michigan and raised in Yamhill, OR where she grew up and went to school. Her first job growing up was picking fruits on different farms in Yamhill. She picked all sorts of produce including walnuts, filberts, walnuts, apples, cherries, and much more. Dee grew up in a family of 8 children. There were 4 boys and 4 girls. Mom was Irish and Dad was English. All 8 kids had bright red hair. It was difficult growing up with red hair in a small town because everyone knew who the redhead kids' parents were. Mom canned everything growing up. Dee loved her mom's homemade bread topped with her homemade butter and jam. So yummy! She loved climbing trees as a child to see how high she could go and feel free like a bird. The ripest cherries are at the top of the tree! When Dee graduated high school, she was married for 6 years. Her husband was in the Air Force, and they were stationed in Japan for a while. Dee was 21 years old when they adopted their daughter, Terry, while they were in Japan. Dee was a housecleaner for 40 years. She made loving and impactful relationships with her. If you ask Dee what makes her happy or what she loves in life, the list would be never ending. Dee loves clouds, hot tea, trees, mystery books, wildlife, and her "ratty old teddy bear, Oliver".



Our friends in the Independent Living Cottages had their monthly potluck and brought each other together for an afternoon full of delicious homemade dishes, laughter, and great conversation. Events like these truly highlight the warmth, connection, and sense of community that make Parkland Village such a special place to call home. We're so grateful to all who participated and shared a dish (and their time!) with us today. We're already looking forward to the next one! 🍷



April Birthdays



Jeff M. - April 5th

Teri B. - April 10th

Margaret H. - April 12th

Rich S. - April 12th

Roberta V. - April 15th

Dale C. - April 17th

Ann O. - April 18th

Marci G. - April 19th