



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.

Parkland Village

Cascade Living Group | 3121 NE Cumulus Ave. McMinnville, OR 97128 | 503-434-1499 |



Celebrating June

Great Outdoors Month

Pride Month

**African American
Music Appreciation
Month**

**Caregiver Appreciation
Week
June 22nd-26th**

**Free Fishing Weekend
June 6-7**

**World Blood Donor Day
June 14**

**Men's Health Week
June 15-21**

**Father's Day
June 21**

June Spotlight: Men's Health Month

June is Men's Health Month. A time to recognize the importance of physical, mental, and emotional well-being for the men in our lives and workplace. It's a reminder that health is more than annual checkups. It includes managing stress, staying active, eating well, getting enough rest, and making time for meaningful connections.

Men care for themselves in many different ways. Some prioritize fitness and nutrition, others focus on mental wellness through hobbies, mindfulness, or time with family and friends. Small daily habits like taking a walk, scheduling preventative appointments, unplugging after work, or simply asking for support when needed can make a lasting difference.

Too often, busy schedules or the pressure to "push through" can lead many men to put their health on the back burner. This month encourages everyone to take a moment to prioritize personal well-being and build healthy habits that last far beyond June.

We can all play a role in supporting the men around us. Encouragement, open conversations, and checking in on friends, coworkers, fathers, brothers, and partners can help create a culture where wellness is valued and seeking support is seen as a strength.

As we recognize Men's Health Month, let's continue fostering a workplace and community that values balance, support, and overall wellness. Whether it's encouraging a coworker to take a lunch break, joining a fitness challenge, sharing resources, or simply offering a listening ear, even small actions can have a meaningful impact. Together we can help create an environment where healthy choices, open conversations, and mutual support are part of everyday life.



The Difference Between Living and Living Well



JUNE BIRTHDAYS

- Pam L. – June 1st
- June B. – June 13th
- Gwen W. – June 17th
- Pat H. – June 20th
- Red L. – June 25th
- Claude H. – June 27th
- Karen P. - June



Greatest Pops Party!

Join us for a Father's Day celebration full of backyard BBQ favorites, sweet soda floats, and a fun throwback showdown: **Coca-Cola vs. Pepsi!** Come enjoy great food, refreshing drinks, festive décor, and good company as we celebrate all the amazing dads and father figures in our community. Don't miss this pop-filled party!



Our Wellness Director, Erica, hosted a fairy garden cup craft last month. The room was buzzing with smiles as long tables filled with residents crafted side by side, with staff joining in to lend a hand. Every fairy garden turned out beautifully unique, just like the residents who made them! 🌸🌟 Crafts with Nurse Erica are always a favorite, and it's easy to see why. She always brings the most creative ideas and so much fun to our day! ❤️

A Quick Safety Reminder

If you live in Assisted Living and are heading out with family or friends, please remember to sign out at the front desk before leaving the building. It helps our team know you're safely out enjoying yourself — otherwise we may think you've gone missing and start an elopement drill (which is much less fun than your outing!).

For our Cottage residents: There is no need to sign out for daily outings, but we always appreciate a heads-up if you'll be away on an extended vacation.

Thank you for helping us keep everyone safe and informed!



Erica Clark, our wonderful fitness instructor, has decided to step into an exciting new chapter and has resigned from her position with us. While we will certainly miss her smiling face, encouragement, and energy, we are so excited for all that lies ahead for her. Sometimes life opens doors to new adventures, and we are cheering her on as she moves towards something bigger and brighter.

Our new fitness instructor is Jeneya and she will start on June 1st.

Parkland Village Bus Transportations

Medical Transports:

(Tuesdays & Thursdays)

Sign up at Front Desk

Outings:

Sign up with Activity Department prior to the outing day please.

SPIRIT WEEK FOR CAREGIVER APPRECIATION WEEK!

(JUNE 22ND-26TH)

Monday: Crazy Socks

Tuesday: Character Day

Wednesday: Sports Day

Thursday: Rainbow

Friday: Beach/ Tourist