Enthusiasm spread among Friendsview intent list applicants as they learned the board had approved the first phase of University Village, our newest neighborhood. The site’s proximity and convenience to George Fox University stands as a major draw. (On page 4 we will take a thorough look at some of the benefits of this location.) The multilevel neighborhood will feature 38 hybrid homes.

Under board direction, Friendsview has been acquiring property adjacent to the Fulton campus for the past 20 years. As part of the long-range planning completed in 2011, we hired LRS Architects to develop a new concept maximizing the use of available land and increasing green space. This design resulted in the development of “hybrid homes.”

Hybrid homes might be a new term to you. If it is, try to envision the best of these two worlds: cottage homes and apartment living, enhanced with multiple exposures, garage parking, outdoor living, and spacious floor plans. Residents will have indoor access to common areas and opportunities for social connections in shared living spaces, including a community room and spaces to gather on each level. These homes will include popular features of Friendsview’s Meadow Way/Springbrook Meadows duplex homes and our Creekside apartments. By building up, we can be good stewards of our costly land.

Phase 1 will comprise four levels, with a parking garage on the first level. Homes will feature two bedrooms/baths with windows on several sides.

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and large covered decks. The five floor plans range from 889 to 1,290 square feet. This neighborhood is located a short walking distance from Friendsview’s dining rooms, fitness center, and library. Residents can enjoy an easy walk to the GFU campus and downtown Newberg, which includes the Chehalem Cultural Center, Newberg Public Library, and many quaint restaurants and coffee shops.

More than half of the University Village Phase 1 homes have been reserved, and by the time you read this we will have contacted our entire list of two-bedroom applicants, in order of their application date. Now that these contacts are complete, the remaining homes are available to outside applicants. Yorke and Curtis Inc, who built our Springbrook Meadows neighborhood, has been chosen as our contractor for University Village. We anticipate that construction will begin in late spring with proposed occupancy in spring 2017. The 2020 Vision strategic plan proposes up to three additional phases.

Dennis Russell, former executive director and current development consultant: “The mission-related drivers that led the board to create the strategic plan ‘2020 Vision’ are relevant today. Upgrading and expanding clinical services, adding moderately priced independent living residences while extending the mission of Friendsview, will continue to position the ministry to serve the generations of future residents.”

“Friends University”

To arrange for an appointment to learn more about homes still available, please call 503-538-3144 or e-mail information@friendsview.org.
Consider these University Village features and services:
• Parking garage space (ground level) with storage unit
• Community garden access
• Educational, travel, and recreational programs
• Fitness Center, with free classes and trainer
• Home, appliance, and grounds maintenance
• Kitchen appliances
• Long-term care options available on campus
• Non-smoking
• Covered deck
• Scheduled transportation
• $20 Dining Dollars per person (monthly)
• Up to 15 complimentary days in the health center per occurrence (meals extra)
• Washer/dryer
• Utilities: water/sewer/garbage, wireless internet, and cable cost included; electricity, metered gas for hot water, and phone service not included
Other services for additional fees:
• Housekeeping
• Additional Dining Dollars
• Guest room accommodations

The five floor plans carry the university theme, with names of Quaker institutions: George Fox, Barclay, Friends University, William Penn, and Malone.

Some Are Already Making Plans to Move to University Village!

The Mylanders…

by Nancy Mylander

Being a part of University Village brings the opportunity for Chuck and me to go full circle back to where our story began. We both grew up in the Northwest, active in our respective Friends churches (Salem, Oregon, and Boise, Idaho). In the fall of 1962, we moved into different wings of the brand new Pennington Residence Hall and began our studies at George Fox College (now University), later graduating and getting married. Some of the very people we lived with in our college days will be our new neighbors when we move into University Village. How fun is that?

In 1969, we moved to Southern California for graduate school, intending to move back to the Northwest as soon as possible. Instead, we stayed, put down deep roots, and had a lifetime of experiences with kids, extended family, deep friendships, ministry positions, grandchildren, and “parenting our parents,” while still maintaining strong ties to family and friends in the Northwest. The trips back and forth on Interstate 5 over all the years are too numerous to count. We joke that our car knows the way all on its own.

One gift our parents gave us was moving into life-care retirement communities when the time was right. In fact, my mother still lives at Friendsview and turned 100 last June. We have always wanted to pass along the peace of mind (that comes with knowing parents are cared for) to our own kids. When Frank Engle contacted us about considering University Village, our kids agreed that the time was right to plan this next step.

After living in Orange County for more than 45 years, I’m sure it will be painful to leave our friends and family behind, and we expect to make many trips back to visit. At the same time, we are looking forward to being part of this new community, renewing friendships from the past, making new friends, being closer to our family who live in the area—and of course the freedom from maintenance and yard work! The new construction, the varied floor plans, and having an outside deck are all positives for us. As alumni of George Fox University, we plan to fully enjoy the added benefits of living right across the street from our alma mater.

The Sherwoods…

by Carol Sherwood

Life transitions are never easy, but they can often become blessings. Leaving home for college and then meeting your life partner while there; having your children become adults and then getting...
grandchildren; moving to a new community and making deep new friendships—you know how it goes.

Such was the case with David and me last spring and summer when we became more serious about our decision to move to Friendsview. We were interested in living in the new University Village complex in a few years, but in order to do that we needed to sell the home we had built and lived in since moving to Newberg nine years earlier. It meant giving up the place our teen-age granddaughters formed their memories with us, the home that afforded us space to host Sunday school parties and entertain all of the family. And it meant David and I will live in a rented home for a few years and downsize from 2,400+ square feet to about 1,100 square feet; from a three-bay garage to a two-bay; from two large attic spaces to no attic space. We began to realize that our plan involved giving up a lot of space and a lot of stuff.

The first part of the process began in March and ended in August. We did not have a garage sale but instead shared our things with friends and family. A family that recently returned from many years of work on the mission field appreciated the gift of much of our furniture. Most of our books went to the local bookstore for resale. All of this felt like a real blessing (usually) and in some cases a weight lifted.

I worried at the beginning of the transition that having to part with so many of my “valuable” things would make me feel diminished. The opposite has been the case. I feel more full because the things that I truly valued are now being cared for and used by others who need them.

We look forward to the move into University Village. When David and I moved to Newberg we had no intention of living in a retirement community. We did not even know Friendsview existed. Now that many of our friends already live in the Friendsview community, we have no doubt it is where we want to be. Its emphasis on excellence, its desire to create true community, and the assurance that we will have a place we can live well regardless of our circumstances all make us thankful we made this decision and have begun the first steps toward that move.

The close proximity of George Fox University to Friendsview’s University Village offers benefits for residents. To list a few:

- The “Adult 62” program offers those aged 62 years or older enrollment in traditional undergraduate courses at a highly reduced rate of $50 per credit (approximately 95 percent discount).
- GFU’s music department performs concerts throughout the year, including symphonic band, student choirs, recitals, and guest performers—the annual Christmas concert always a highlight.
- The Murdock Learning Center welcomes residents to check out books and use the various resources available in the library.
- GFU’s drama department offers a fall comedy, a winter musical, and a spring drama.
- The Dalton Lecture Series features eminent scientists who are Christians. Also a variety of outstanding guest lectures hosted by various departments during the academic year are open to the public.
- GFU’s art students frequently serve as instructors for classes in Friendsview’s art center.
- GFU athletic events include football, basketball, volleyball, soccer, and other sports.
- “Fox & Friends,” a monthly gathering, welcomes GFU students to the Friendsview community for game nights, story nights, and other intergenerational activities.
- GFU’s athletic track is a popular walking destination open to residents when not in use by teams or PE classes. Residents also may use the campus tennis courts.
- The campus bookstore and post office are open to the public.
- International students participate in “Adopt a Grandparent” program.
George Fox University Welcomes University Village

George Fox President Robin Baker: “Adding University Village to the neighborhood will increase opportunities for student-resident connections. Everybody wins!”

I grew up in a small town where retirement communities didn’t exist. So I learned the importance of relationships with older people through church and family. As part of the George Fox community, I can see specific ways students can grow and learn through the cross-generation opportunities Friendsview residents provide. Even if students don’t connect one-on-one with residents, they can still observe them walking on the track or attending a concert or enrolling in a class. Residents model the advantages of staying fit and keeping an attentive mind and enjoying the culture around them.

Residents give many hours as volunteers to the university and greatly impact our success.

As our students prepare to enter the workplace, they can benefit from a connection with those who have had full and fruitful careers in the workplace.

Again, on behalf of George Fox University, we welcome the new University Village residents and all the other Friendsview residents who share our neighborhood.
Physical Therapy Students Get Practical Experience

by Peggy Hanson

Since its beginning three years ago, the physical therapy program at George Fox University has established a strong partnership with Friendsview. This three-year doctoral program includes a clinic that provides services to the local community, yet Friendsview enjoys a special relationship with the program.

Each fall, first-year students begin their professional studies by developing basic clinical skills. Friendsview residents volunteer as subjects for clinical lab sessions, enabling students to gain practical experience. The benefits go both ways as the residents encourage and mentor students.

According to Jeff Houck, PT, PhD, director of research and faculty member at the program, “The skills the students need to practice are associated with wellness and health status. This includes tests and activities associated with strength, balance, joint motion, cardiovascular responses, and other standardized tasks commonly used to assess health.”

Last fall, Carol Gleason, a resident of Springbrook Meadows, responded to the call for volunteers. As a retired physical therapist, Carol was especially interested in supporting this program and delighted by the opportunity to begin mentoring a whole new generation of PT students. Carol continues to serve as a volunteer and also helps to organize other volunteers for student projects.

Students in the PT program also contribute to the body of professional research in their field. Houck goes on to say, “The research projects vary widely; however, they always address a common health issue....These activities are connected to broader projects intended to improve health in general and specifically for targeted groups—for example, people recovering from a hip fracture.”

Friendsview also participated with the development of a community Health and Wellness Screen. For several days in November, the PT program screened residents using state-of-the-art technology. Students were able to assess risk factors for orthopedic, neurological, cardiovascular, diabetes, and general health. The use of iPads to record data allowed participants to immediately receive a printout of a personal “Health and Wellness Score Card,” review the score with a PT student, and hear specific tips for improvement.

We are grateful for the strong relationship with the physical therapy program at George Fox University.
A n important part of capital improvements is, of course, capital. Taking careful and intentional steps toward fiscal stability, Friendsview’s chief financial officer, Dave Hampton, with the active support of the entire administrative leadership team and board, has enabled the community to be “sitting strong financially.” The accumulation of enough funds has finally allowed the team to say “Go!” this year to many delayed capital improvements.

Now that we have cash set aside for capital projects, exactly what can we do with $1,000,000? If you ask our executive director, Todd Engle, and director of facility services, Bill Madison, be prepared for a thorough and enthusiastic response. They began with a master list, collected and prioritized from the input of staff. Each project was approached from two perspectives: first, safety and quality of life; second, aesthetics. “We assessed every part of Friendsview; nothing was left out,” says Bill. Todd adds, “In contrast to some communities, who focus their first attention on street appeal, we chose to begin with areas for the frailest and most needy residents.”

In keeping with our desire to downplay the institutional feel, we moved forward with improvements on our lower level by removing the health care nurses station, adding places for residents to connect with each other, with staff, and with visiting family and friends. We updated carpet, flooring, and paint. Todd happily anticipates a kitchen area in the memory care wing, where residents can chat with the cooks and breathe in the familiar aromas of home.

In other parts of the building we recarpeted and painted many of the hallways, followed by totally redecorating the dining facility, top to bottom—beautiful new carpet, fresh paint, chairs refurbished. New equipment was purchased for the kitchen—a dishwasher and two new steamers. And the cherry on top: a new set of china!

What’s next? The memory care kitchen mentioned earlier, a technically advanced sound system, sound baffles at Springbrook Meadows Community Center, a nurse call system that will cover the whole main building—and more. These advances prolong the life of each residence and help us take pride in where we live. They are, indeed, capital improvements that enhance our community.

It would be impossible to accomplish all these improvements without some inconvenience to residents, who patiently anticipated the completion of each project. It would also be impossible to accomplish all these improvements in a timely fashion without the efficiency and tenacity of Bill Madison as project manager. When he promises residents a particular completion date, he will move mountains to try to meet that goal. Todd says that Bill is a master at working with vendors—a “good project manager.” And Bill, of course, says that his team makes him look like he knows what he’s doing. They are both thankful for the “new day” at Friendsview when they now have additional reserves set aside for future capital projects.

Francie Gilmer, director of dining services, shows off the new china.
A photographic recap of our recent Intent List Gathering at Chehalem Cultural Center

- Sherry Oakley, resident services coordinator, welcomes applicants.
- Inten list applicants enjoy touring the Chehalem Cultural Center gallery.
- Friendview’s dining services catered a delicious autumn luncheon.
- Gary Fendall, resident association chairperson, welcomes applicants and gives the invocation.
- Sam Farmer narrates the trolley tour of Newberg.
- Several businesses welcomed intent list applicants to Newberg.