

You're Invited to a  
Cooking Demonstration & Open House!

WHEN: Thursday,  
October 21, 2010  
1:00 – 4:00pm

WHAT: Cooking  
demonstration and  
tasting by guest Chefs Caprial and John Pence

- Tours of Apartments and Community
- Refreshments
- Complimentary Valet Parking

RSVP: Please call 503.299.4716 for  
reservations or return the attached reply card.



2545 SW Terwilliger Boulevard  
Portland, Oregon 97201

## 'Terwilliger Living' Promotions

### FALL 'MOVE-IN NOW' PRICING INCENTIVES

For a limited time, Terwilliger Plaza is offering potential Members several Fall Incentives. We want to allow our future members the flexibility and time to adjust to the current economic reality while enjoying the benefits of living in a secure and social community such as Terwilliger Plaza.

**DISCOUNTED PRICING** On select one, two and three bedroom apartments, Terwilliger Plaza is offering a **15% to 25%** discount off the traditional membership fee; that may result in a total of **\$19,448 to \$74,160** savings! The applicant must take possession within 60 days of application approval or by 12/15/2010, whichever comes first. Interior selections may be limited.

With these pricing incentives, now is the perfect time to move into Terwilliger Plaza. These limited time pricing incentives have certain restrictions and may be changed without notice. For more information, contact us at 503.299.4716 or email [info@terwilligerplaza.com](mailto:info@terwilligerplaza.com).

**PETS NOW ALLOWED** Terwilliger Plaza has a limited number of apartments for those who want to have their feline friend join them here.

These limited-time pricing incentives have certain restrictions and may be changed without notice. For more information, please contact Terwilliger Plaza at 503.299.4716 or email: [info@terwilligerplaza.com](mailto:info@terwilligerplaza.com).



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For more information about any material in this issue, or to learn more about our community, please contact Marketing at [info@terwilligerplaza.com](mailto:info@terwilligerplaza.com), 503.299.4716, or [www.terwilligerplaza.com](http://www.terwilligerplaza.com).



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## Governance from Within

Often an overlooked aspect of choosing a retirement community is the resident's role in governance. How do the residents, as a whole or individually, voice their concerns and opinions to the governing body? Every community is different. Many, due to the size of the organization, have governing boards that are far removed from the residents. Often communities do not allow for residents to serve on their boards because of the perceived conflict of interest.

Terwilliger Plaza is one of a very few self-governed retirement communities. We have worked diligently for years to create a model that gives our residents - our most important stakeholders - a strong voice in the governance of the organization. First and foremost, our bylaws allow no less than nine and no more than eleven persons, a majority of whom shall be members of the Plaza, to serve on our volunteer board of directors.

The board reports on the performance of the organization and seeks feedback from all residents. Vice chair and member Ronald Shrock also presents a strong voice through resident council meetings and other committees that actively contribute to the superior quality of life.

Story continued inside



*"This is a comfortable  
place to be. The people  
are very friendly and  
everything is well  
maintained."*

**Beth Reid**  
Board Chair  
Terwilliger Plaza

*Governance from Within* Continued from Cover

Board Member Diane Pinney and her husband Cliff Droke moved to Terwilliger Plaza in 2005, where she serves as the current Treasurer as well as the chair of the Finance committee. Diane keeps incredibly busy with painting, woodwork, hiking, sewing and reading. Cliff is a member of Terwilliger Plaza's Foundation Board.

Beth Reid has served in a variety of leadership roles including her most current position as Chair of the Board of Directors. During this time, she has provided the vision and support for strategic planning, budgeting, policies and procedures, to name just a few. "Members who get involved don't just hear complaints; rather they work on a solution to fix the problem," says Beth.

Beth selected Terwilliger Plaza six years ago, after visiting numerous retirement communities. "This is a comfortable place to be. The people are very friendly and everything is well maintained." She described

the specific feeling she had when she walked into her apartment for the first time "There was a welcoming feeling as soon as I opened the door. It was cozy. The note from my neighbor welcoming me was the icing on the cake. I was able to modify my new home with custom paint, carpet, countertops, added closets, pergo floors, and recessed lighting," says Beth, "I also wanted a larger living room. It's not your typical apartment," she says with a smile. "Not to mention the panoramic view of the city, river and the hillside forest."

Beth enjoys spending time with her grandchildren, exploring the internet and reading. That is when she finds time between board meetings, executive meetings, library committee, welcoming committee and volunteering at the Metcalf Health Center. "This is the ideal retirement option, I love to stay active and involved."

In addition to the six resident members on the board there are four community members whom share their legal and financial expertise with Terwilliger Plaza. ■

**Board of Directors**

- |  |  |
|--|--|
| <i>Resident Directors</i>                    | <i>Outside Directors</i>   |
| <b>Board Chair</b><br>Beth Reid              | Virginia Burgess<br>Lee Davis Kell<br>Gerard P. DeBlois, Jr.<br>Margaret Neal, PhD |
| <b>Vice Chair</b><br>Ronald Shrock           |  |
| <b>Treasurer</b><br>Diane Pinney             |  |
| <b>Secretary</b><br>Marian Martinez          |  |
| <b>Directors</b><br>Al Goudy<br>Bob Schuberg |  |

*Outpatient Therapy Services*

Infinity Rehab joined the Terwilliger Plaza community to offer our members outpatient therapy services on-site.

Therapy services include physical therapy, occupational therapy and speech therapy. The benefits include treatment of a current illness/injury, prevention of future injury, pain management, and assessment of assistive devices such as walkers and canes, and evaluation of strength, mobility and function. Infinity Rehab meets with members one-on-one to schedule fitness screenings, assist with obtaining a doctor's referral, and facilitate with pre-authorization from the insurance company.

Infinity Rehab is located next to our Wellness Center. For more information, contact them directly at 503-808-7974 ■



April Milan (left)

April Milan is a Doctor of Physical Therapy, Certified Strength and Conditioning Specialist. Dr. Milan was the physical therapist for the US Ski and Snowboarding Teams. Many of our athletes on the Olympic podium in Vancouver were April's patients.

Lizzie Scanlon (right)

Lizzie Scanlon is an Occupational Therapist, Honors Graduate, with Masters from Pacific University. Lizzie has worked in outpatient specialty hand therapy clinics and outpatient neuro-rehabilitation helping people recover from strokes.

Yes, I'd like to learn more about Terwilliger Plaza.

- Please reserve \_\_\_ seats for me at the cooking demonstration on October 21, 2010.  
 I would like to arrange for a private tour of the community.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE (DAY) \_\_\_\_\_ PHONE (EVENING) \_\_\_\_\_  
 E-MAIL \_\_\_\_\_



*A Smart Decision*

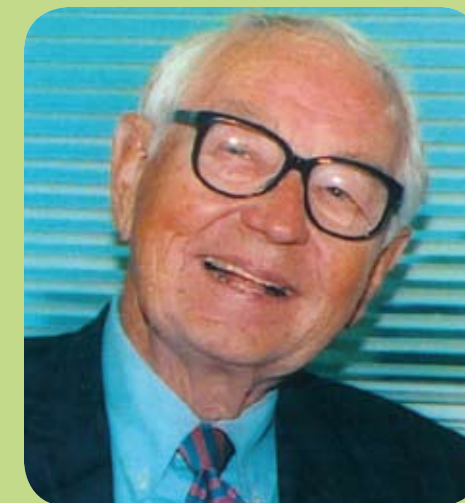
A smart decision – and an easy one – says Leonard Lockert. "I moved to Terwilliger Plaza one year ago," he says. "I was living alone, and my friends kept telling me about the Plaza. I toured here, as well as other retirement communities, for me there was really no other choice. I feel comfortable and secure."

For Leonard a move to Terwilliger Plaza meant a move to a convenient location, living closer to medical services and being near family and friends. "Moving and transitioning

was seamless and convenient because I had the "Good Daughters" helping me every step of the way."

The Good Daughters specialize in assisting seniors who are moving, usually to smaller residences. "Len was really very easy-going and flexible," said Jan Harju, founder of Good Daughters. "We had everything moved, unpacked and arranged in less than a week".

Terwilliger Plaza encourages new members to utilize the services of professionals during this transition. ■



"I feel comfortable and secure."  
**Leonard Lockert**