



WLLO Village Newsletter

Your February 27, 2023 Issue

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Note from the editor: This long issue might get clipped automatically by some email programs. If that is the case for you, don't forget to click on the link at the end that says, 'read the entire message' or similar wording. Or just click on the top where it says, 'view this email in your browser'. Either way, we hope you will enjoy reading what's new and newsworthy with WLLO.

News and Newsworthy

We hope everyone was safe during our few snow days. Remember that whenever there is inclement weather or similar circumstances, you can always reach out to WLLO Village for assistance. We will do our best to help you get through it.

Save the Date!

We want to alert you to 2 upcoming events. On Friday, April 7, the Foodways initiative / Community Cultures Through Food is beginning its spring season (Wild Foods) with an Intro to Foraging. A 2-hour foraging walk starting at noon

at the Tryon Creek State Natural Area will be led by Erika Ironwood. Please scroll down to the Shared Village Events section for more detail. Also, in April, WLLO will be celebrating its 4th anniversary. Be on the lookout for more information about this event soon.

Spring Gardening Tasks

Yes, we are aware that the weather in the last week didn't scream Spring. Nevertheless, soon it will be time to prune roses and provide your yard with a little TLC. Feel free to reach out to our office if you need assistance. Our volunteers would love to help.

Shape Your Library, Create our Future!

The LO library is looking for your input to help them serve you even better in the future. They created a dedicated webpage to solicit input. Now is your chance to shape the future of this important local institution. Here's the link to leave your thoughts:

<https://berrydunn.mysocialpinpoint.com/lakeoswegopubliclibrary>

If you know of any event that would be a great addition to our activities, or if you have comments or suggestions about an event you attended, we want to hear from you. Please email us at info@wllovillage.org or leave us a message at (503) 308 8223.



We are very close in several discussions and hope to be able to announce new members and volunteers soon.

In the meantime, if any of you know of someone who might be interested in WLLO Village - as a member or as a volunteer - please let us know. If

you want to share something with your friends and neighbors, ask us for one of our brochures. We are always looking for new members and new volunteers!

The Harvard Magazine Discusses The Senior Housing Shortfall

Kudos to Susan J. for bringing this interesting article to our attention.

AS THE RANKS OF AMERICAN seniors swell with aging baby boomers, most say they hope to age in place. But that may not be possible, experts at Harvard's Joint Center for Housing Studies (JCHS) predict. They note that there is an acute lack of safe, affordable, and accessible housing options to accommodate this swelling demand. JCHS projects that U.S. households headed by someone more than 80 years old will number 17.5 million in 2038—more than twice the 8.1 million of 2018— accounting for 12 percent of all households.

For many, aging in place is about remaining in the home they have lived in and, in some cases, owned for decades, says lecturer in urban planning and design Jennifer Molinsky, who directs the JCHS's Housing an Aging Society Program. For others, it means relocating to a smaller apartment or residence within their longtime community or neighborhood. Yet each approach requires different supports, structures, and policy prescriptions.

"When we talk about aging in place, we need to remember the home but also the larger place—does it have the amenities and transportation alternatives and walkability and opportunities to engage in the community that you might want or need?" asks Molinsky, a coauthor of several reports on older adults' housing requirements. "We're also thinking a lot about how tied services and supports are to staying in the home. So, it's not only about the home and neighborhood, it's also about ensuring access to the services and supports people need to stay safely there."

Perhaps her overarching message is the need to fundamentally rethink the aging narrative in the United States and beyond. Older adults are too often seen in terms of their health needs, says Molinsky, who instead supports a *housing-first* approach: "We look at aging, often, through a medical lens. And we looked at the pandemic through a public health lens. But our argument is that we really need to start where people live. We've got to take a housing approach—that's where people are spending most of their time. And then...we can think about how we can support older adults better."

The entire article is available here:

<https://www.harvardmagazine.com/2023/03/right-now-senior-housing-options>



March Birthdays

Our best birthday wishes to our March birthday ladies and gentlemen: Sherl R., Sandra K., Terry S., Mark L., Becky C., Carol C., Tammi B., Nora S., and Lynn H. We wish you all the best, health and happiness for this year and the ones to come. Live it up!



The NO-GUILT Book Club meets again on the second Tuesday of the month.

We enjoyed meeting in person and discussing *The Midnight Library* as a group during our February meeting. Our next book club meeting will once again be in person, on **Tuesday, March 14, at 10:30am.**

We will meet at Ellen S.'s house in March. It will not be as crowded as being jammed around small tables in a coffee shop, and she will turn on the air filters and open windows for circulation. Feel free to wear a mask if this will make you more comfortable. Call the office for her address and directions.

Our theme for March is books about journeys. You are encouraged to read [*The Lincoln Highway* by Amor Towles](#) so we can have a group discussion about it. If you don't read that book, that is fine – you can tell us about another book you read! Or just listen and enjoy being around other people who like to read.

These are the upcoming books we agreed to read:

March: *The Lincoln Highway* by Amor Towles

April: *The Seed Keeper* by Diane Wilson (the LO Reads book selection)

May: *Lessons in Chemistry* by Bonnie Garmus

June: *A Tale for the Time Being* by Ruth Ozeki (The Multnomah County Everyone Reads selection)

July: *Demon Copperhead* by Barbara Kingsolver

It might be advisable to put these books on hold at the library now; they are popular and in demand!

WLLO Events in the Month of March

Check out our new and improved calendar on our [homepage](#). It's easier to read and you can change how information is being displayed.

If you know of any event that would be a great addition to our activities, or if you have comments or suggestions about an event you attended, we want to hear from you. Please email us at info@wllovillage.org or leave us a message at (503) 308 8223.

Please understand that some of these events are for members only. We welcome your interest and are always looking for ways to accommodate everyone as much as possible.

**Every Other
Wednesday. March 1,
15, 29**
Chat & Stroll
10:00 am
Luscher Park

Weather permitting, we will be meeting at Luscher Farm's parking lot off Rosemont. Watch your email for an announcement. Members and volunteers are welcome to join.

**Every Thursday.
March 2, 9, 16, 23**
Online Happy Hour
5:00 pm
Online

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's company. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Every Friday. March
3, 10, 17, 24, 31**
Friday Coffee
9:00 am
Online

WLLO is hosting a virtual gathering every Friday at 9 am. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Every Monday. March
6, 13, 20, 27**

Each week we will choose a brief TED Talk to watch together then have a short discussion. Call

TED Talk & Discussion

1:00 pm
Online

or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.

**Every Other
Wednesday. March 8,
22
Brisk Get Your
Heart Pumping
Walk**

9:00 am
George Rogers Park

Weather permitting, we will be meeting at the lower parking lot of George Rogers Park. Watch your email for an announcement. Members and Volunteers are welcome to join.

**Tuesday, February 14
The No-Guilt Book
Club**

10:30 am
Morse Coffee
417 1st Street, Lake
Oswego.

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme.

Come prepared to talk about your favorite piece of literature. If you haven't read for a while, maybe you'll be inspired after our discussion! We will send out an email with the Zoom link to all members and volunteers a day or two before the gathering. Or call the office! 503-308-8223.

RSVP required to get the dial-in information.

**Tuesday, March 14
Recycling**

Registering required

On the list for March are furniture, linens, kitchen utensils, decorative items and artwork, rugs etc. Items are donated to the Community Warehouse.

Shared Village Events in the Month of March

**Women's Coffee In-Person
Wednesdays, 10:00 am
Jim & Patty's Coffee
4130 SW 117th, Beaverton**

Hosted by Viva Village

RSVP recommended, 503-746-5082 or vivavillageevents@gmail.com.

Passage of Time

Online Age Café

First Friday, March 3, 11:00 am – Noon.

Beaverton City Library, Meeting Rooms A&B

12375 SW 5th St, Beaverton

Hosted by Viva Village

Registration optional. Check the Viva Village calendar for registration link,

[https://vivavillage.clubexpress.com/content.aspx?
page_id=4001&club_id=33466](https://vivavillage.clubexpress.com/content.aspx?page_id=4001&club_id=33466)

Small group conversations exploring topics of interest to older adults. A new topic every month. Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS.

(Pending)

Village at the Falls Movie Tuesday

Pending

Regal Hilltop

325 Beaver Creek Road, Oregon City

Hosted by Village at the Falls

In-Person Coffee Hour

Wednesday, March 8, 10:30 am

Tous les Jours - Orenco Station

6221 NE Cornell Rd., Hillsboro

Hosted by Village Without Walls

This a great way to get acquainted and learn more about the Village community. Everyone welcome! Korean/French bakery with coffee, tea, and other treats available for purchase. Look for our table in the seating area.

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, March 14, 2:00 pm

Hosted by Villages NW

Join fellow villagers – including some from other states – for this semi-monthly discussion on equity, diversity and inclusion. Bring your voice and share an experience. Contact Jurie Lewis, jlewis@villagesnw.org to be added to the distribution list.

Trio of Shorts

Third Thursday Movie Discussion

Thursday, March 16, 10:00 am

Hosted by RiverWest Village

Watch on Kanopy and other streaming services.

Father and Daughter

8 minutes An Oscar-winning film for Best Animated Short, 2000

This bittersweet tale explores the deep bond between father and daughter. Set against a wide landscape, a father bids farewell to his young daughter. Through the seasons, the girl matures to a woman, raising a family of her own and ages. Yet her father remains with her always.

The Neighbor's Window

20 minutes Academy Award, Life Action Short, 2019

We watch a mother with young children, whose life is shaken up when two free-spirited twenty-somethings move in across the street. Inspired by a true story by Diane Weipert. A modern morality story.

The Danish Poet

15 minutes, Oscar-winner for Best Animated Short 2007

Can we trace the chain of events that lead to our own birth? Is our existence just coincidence? Do little things matter? Follow Kasper, whose creative well had run dry, on holiday to Norway to meet a famous writer. It appears that a spell of bad weather, an angry dog, slippery planks, a careless postman, hungry goats and other seemingly unrelated factors might play important roles in the big scheme of things, after all.

Join the discussion:

<https://us02web.zoom.us/j/89016059225pwd=bmhESjN0N3NhRUE3MXuesJWSWpVQ0Nrdz09>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

Coffee and Conversation on Zoom

Monday, March 20, 10:00 am

Hosted by North Star Village

Make new friends and enjoy your morning coffee and socializing on Zoom with North Star villagers. To join us, go to <https://zoom.us> and click on JOIN A MEETING. Provide the ID and passcode for the meeting when prompted. ID: 881 8236 6122, Passcode: 827145

Broadway Rose Theater

Viva Village Forum

Monday, March 20, 2:00 pm

United Methodist Church, Wesley Room

12555 SW 4th Street, Beaverton

Hosted by Viva Village

RSVP Recommended. Register on the Viva Village website, vivavillage.org Dan Murphy, founding managing director of the Broadway Rose Theatre, will be speaking about the history of the theatre and offer a glimpse of the backstage workings of a live theatre. Refreshments served.

Easy Five-Step System – Managing Personal and Financial Records

Monday, March 20, 6:00 pm

Online Webinar, Registration Required, https://rivers.east.helpfulvillage.com/events/1646-managing-personal-and-financial-records/event_participations/new

Hosted by Rivers East Village

An Invitation to All Village From North Star Village

Monday, March 20, 10:00am to 11:00 am

Make new friends and enjoy your morning coffee and socializing on Zoom with North Star villagers. This is an event specifically for members of other Villages. To join us, reach out to the WLLO Village office for the log in information.

Men's Coffee Break

Monday, March 27, 10:00-11:30 am

Ki Coffee

4655 SW Griffith Dr #160, Beaverton

Hosted by Viva Village

RSVP Recommended, vivavillage.org

Cooking with Grains

Community Culture Through Food

Rescheduled: Monday, March 27, 2:00-4:00 pm

Virtual. FREE. Please join us!

Register at chefigata50plus@gmail.com

Villages NW is participating in a new Foodways program, "Community Culture Through Food", brought to you by a group of food enthusiasts as part of our Equity, Diversity & Inclusion Affinity Group. We seek to address the cultural and community-building aspects of food traditions through presentations, hands-on classes, tours and other activities as this new year progresses. The renowned Food as Medicine program, to begin again in the spring, will dovetail nicely with the 'Community Culture Through Food' programming. Watch for updates from both groups as the topic of food takes on new and expanded interest.

The Foodways program is hosting another presentation on **cooking with grains** with Maureen Quinn of the Oregon Extension Agency and a two-county family nutrition program. To register for the virtual talk about cooking with grains, please contact Stefana Sardo, chefigata50plus@gmail.com.

The first 20 registrants will receive a packet of focused grain ingredients and related recipes with instructions and an opportunity to try some advance preparation. We will take some time at the end of the presentation to hear from YOU! For other information or questions, email info@villagesnw.org.

Paris Library by Janet Skeslien Charles

Online Viva Village Book Club

Tuesday March 28, 1:00-2:30 pm

Hosted by Viva Village

RSVP for Zoom link, https://vivavillage.clubexpress.com/content.aspx?page_id=4001&club_id=33466

The Book Club meets on the 4th Tuesday of each month. This month's book is Paris Library by Janet Skeslien Charles.

Save the Date!

Intro to Foraging

Community Cultures Through Food

Friday, April 7, Noon-2:00 pm

Hosted by Villages NW

Registration Required.

On Friday, April 7, the Foodways initiative/ Community Cultures Through Food is beginning our spring season (Wild Foods) with an Intro to Foraging.

A 2-hour foraging walk from noon – 2:00 pm at the Tryon Creek State Natural Area will be led by Erika Ironwood. Erika will introduce participants to a variety of wild edible and medicinal plants that grow right here in our backyards. Erika has been a forager and herbalist for 17 years and has been teaching publicly for five years. She is committed to demystifying foraging and to encouraging stewardship of wild places in the Pacific NW.

Attendance is open to everyone (but adults only, please). Space is limited; registration is required. To register, please email chefigata50plus@gmail.com and include "Foodways: Foraging Walk" in the subject line. (Note: this class requires good shoes and weather-appropriate gear!)

Anosognosia

To my friends that have made it this far and still kicking. God Bless.
Anosognosia [pron. ah-naa-suh-NO-zhuh] What the heck is that? Never heard of it - Check out the details below. Very Interesting.

The number one and main thing that should jump out at all of us is the percentage of people in the world that live to be over 65! Meaning - If you are reading this e-mail, then you and I ARE one of a very few fortunate people!

The Earth's Population Statistic Put Into Perspective

The population of Earth is constantly changing, but it's around 7.9 billion at this time. Check it out @World Population Clock: 7.95 Billion People (2022) - Worldometer (worldometers.info). For most people, this is an unfathomable figure. However, if we condense that 7.9 billion into 100 persons, and then condense it further into various percentage statistics, the resulting analysis is relatively much easier to comprehend.

Out of 100 people:

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside

51 live in cities

75 have mobile phones

25 do not

30 have internet access

70 do not have the availability to go online

7 received a university education

93 did not attend college.

83 can read

17 are illiterate.

33 are Christians

22 are Muslims

14 are Hindus

7 are Buddhists

12 are other religions

12 have no religious beliefs.

26 live less than 14 years

66 died between 15 - 64 years of age

8 are over 65 years old.

Think about this - If you live in your own home, are able to eat full meals & drink clean water, have a mobile phone, can surf the internet, and went to college, you are in a minuscule percentage of the population and are a highly privileged person this day. (This equates to being in the

less than 7% category)

Amongst 100 persons in the world - only 8 will live or exceed the age of 65!

If you are already over 65 years old - be content, grateful, and thank God; cherish life, and grasp every moment. If you did not leave this world before the age of 64, like the 92 persons who did pass before you, you are truly blessed amongst mankind. Take good care of your own health. Cherish every remaining moment.

If you think you are suffering memory loss.....it's called anosognosia....it gets interesting...

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do NOT have Alzheimer's."

1. You know you forget the names of families.
2. You know you don't remember where you put some things, but you remember you had them.

This often happens in people 60 years and older and they complain they are losing/lacking their memory. "All information remains in the brain, but the "processor" is lacking." This is "Anosognosia" or temporary forgetfulness. Half of the people 60 and older have some symptoms due to age rather than disease.

Some of the most common cases are:

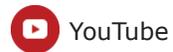
- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys...

After 60 years most people have some difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years. Many people are concerned about these oversights, hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."



Last but not least: We put together a list of enjoyable activities on our website. Check out [our tips on our website](#). We're sure you'll find a distraction that will brighten your day.



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