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Your October 31, 2023 Issue  
**HAPPY HALLOWEEN**



**Phone: (503) 308 - 8223**

**email: [info@wllovillage.org](mailto:info@wllovillage.org)**

*Note: if your email cuts off part of this newsletter, click the link at the very top that says 'View this email in your browser'. Enjoy reading what's new and newsworthy with WLLO!*

This month's articles (click the title to jump directly to it):

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- [November Birthday Celebrations](#)

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- [Red Hot Recommendations](#)
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## NEWS AND NEWSWORTHY

### SUNDAY, NOVEMBER 5TH, DAYLIGHT SAVINGS TIME ENDS

Daylight saving time for 2023 will end on Nov. 5 when we will have to "fall back" for the biannual time change and turn our clocks back an hour — and it looks likely to remain that way for the foreseeable future.

The most recent effort in congress to pass legislation that would have gotten rid of daylight saving, failed. Had it passed, the [Sunshine Protection Act of 2023](#), would have resulted in making daylight saving time permanent. However, its failure guarantees we'll have to turn our clocks back again this year even though every study indicates that the every six month self-imposed jet lag, is not good for our health.



**T**his is the time of year when we are visiting families and friends. We may notice they are not as healthy or active or have changed in some other way.

The Aging and Disability Resource Connection of Oregon ([ADRCofOregon.org](http://ADRCofOregon.org)) is a great website with over 6000 resources for folks in Oregon who are aging or living with disabilities. To find out what resources are available in your area, from the homepage, find the box with the word **Connect**, and then click it. Then, from the map of Oregon that displays, simply click the county where you live or need the services. From this page you can even locate an ADRC in other states.

If you decide to call instead of looking things up yourself on-line, just call 1-855-ORE-ADRC (1-855-673-2372). People there, can provide you with more information or put you in touch with referral specialists who can help. They also have trained Options counselors who can help you assess what you might need and then help connect you with what might be available in your area.

If the issue is cognitive declining or dementia of some kind, [Oregoncarepartners.com](http://Oregoncarepartners.com) has lots of FREE webinars, on-line classes and in-person classes for anyone living or working in the state of Oregon. This includes friends, family, interested persons, caregivers. These have to do with Caregiving and medications, safety, typical and not typical aging, etc.

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**Huge SHOUT OUT to all VOLUNTEERS** - Huge heartfelt thank you to the volunteers who made our October Drop By and bag exchange possible. From our cookie bakers - Lonnie, Susan R, Sherl and Diana, to our bag packers - Susan L, Sherl, Lonnie and Sandy, and our delivery Drivers - Susan L, Lonnie, Susan R, Judy, Diana, Claudine, Sandy, Sue D, and Vicci. We couldn't have drop by visits or manage our reuseable bag program without you.

And our sincerest gratitude goes out to all volunteers who have done anything over the past month. We have been busy with an average of 5-8 rides a week, and several maintenance and gardening requests. THANK YOU VOLUNTEERS!

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## NOVEMBER BIRTHDAY CELEBRATIONS

We're happy to be celebrating birthdays with Judy B., Carolyn P., and Elva G. We're very happy to part of your celebration! We'll give you a call and be stopping by. Wishing you a special day and year to come!

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*We don't always remember to take pictures (because we're so enjoying being with you) and not all pictures make the newsletter. However, if we took a picture, we'd be happy to send it to you.*

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## MEET AND GREET & VOLUNTEER OPPORTUNITIES

Get to know our villagers better, both volunteers and members

### **TAMMI BOSTON** WLLO Volunteer Since 2019

Retired internal medicine doctor, Tammi Boston has been a WLLO volunteer for 4 years. She had heard about "village" programs prior to retirement and when she retired she thought the program would be a good volunteer fit for her. It has definitely been a wonderful fit for us, Tammi has volunteered as a driver, helped with housekeeping, phone connections, birthday visits, gardening and more.



Tammi describes our members as *lovely*. When she initially started driving for WLLO, she discovered that many of our members loved and took pride in their gardens, but needed help. Since childhood Tammi has gardened, first with her mother, who was a master gardener, and then for her family. So, Tammi decided to help WLLO members in their gardens in addition to all the other services she provides to WLLO. Tammi says she finds it so rewarding to help our members stay in their homes and helping them to continue to take pride in their gardens or patios in which they have invested so much of their own time and energy over the years.

It's easier to find someone to mow the lawn and more difficult to find someone to weed the garden beds, or keep up the yard work. Tammi takes pleasure in her garden and knows how our members feel - or at least how she would feel if she were in their shoes. Over the past several months Tammi has single handedly managed all our requests for yard service requests, and she alone has had the benefit of beautifying gardens and seeing the joy in our members faces. However, the task is greater than one person can do.

Which brings us to our next subject....



## GARDEN VOLUNTEERS NEEDED

Although Tammi is a master of gardening in her own right, it is not a requirement to helping with yards. Tammi will assist new volunteers, work with them and answer any questions they might have. You too could join Tammi in our WLLO members' gardens and share their happiness. If you think you might be interested, please contact us at [info@wllovillage.org](mailto:info@wllovillage.org). Let's see if we can find some help for Tammi.

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## Villages NW Needs Volunteers

Volunteers Needed for Senior Resources and Housing Workshop

The Program Affinity Group is interested in hosting a workshop for villagers on senior resources and housing. We envision a format similar to the Listen Lunch Learn series featuring a panel of experts followed by small group discussions. Ideally it would be a hybrid format that would give participants the choice to attend in-person or by Zoom.

We need a handful of volunteers to help with logistics and planning. It would be a finite volunteer commitment with a variety of opportunities: finding a venue, confirming speakers and discussion leaders, arranging refreshments, managing the "Owl" technology, helping with publicity or day of event coordination. To learn more about how you might be involved, email [info@villagesnw.org](mailto:info@villagesnw.org).

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## NO GUILT BOOK CLUB

We're a No-Guilt book club that meets on the second Tuesday of every month. Members and volunteers are welcome even if you haven't finished the book. It's always a good discussion.

Thanks to Ellen Steel for hosting the upcoming meeting on Tuesday, November 14th, at 10:30 AM at her home. We will be discussing the book *Wrong Place Wrong Time* by Gillian McAllister which was a GREAT book, so much fun to read or listen to. If you want to attend and need a ride, just give the office a call, or send us an email.

**Bookclub:** Based on a vote by bookclub regulars, the next books are:  
December: *Women Rowing North - Navigating Life's Currents and Flourishing as We Age* by Mary Piper  
January: *Remarkably Bright Creatures* by Shelby Van Pelt  
February: *An Honest Man* by Michael Koryla  
March: *Northanger Abbey* by Jane Austin  
April: *Horse* by Geraldine Brooks

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## TERRY'S EARTH FRIENDLY TIPS



### LEAVE THE LEAVES

November, 2023

By

Terence M. Shumaker

[shufly46@comcast.net](mailto:shufly46@comcast.net)

This month let's blend the topics of reducing our fossil fuel use with allowing natural elements in our environment to lead their own lives, much as we live ours.

Let's talk leaf blowers and leaves. Mostly leaves, since it's that time of year when many of us develop a love/hate relationship with them. Love to see the riot of color. Hate to clean them up, so we break out the leaf blower.

Do you have a leaf blower? If so, is it gas or electric? And what do you blow away with it?



If we were talking about your use of fossil fuels, we would lobby for electric leaf blowers. But this month we're advocating for eliminating the use of a leaf blower in most of your yard.

Why? Equate the blast of air from your blower as a category five hurricane, completely annihilating entire communities of bugs, worms and microorganisms. Not to mention the seeds of plants, grass, trees and sunflower farms sown by sweet, often annoying squirrels. Humans are captured by the clean and pristine yard, free of leaves, debris and plants we cannot name. But in doing so, we are harming many beneficial life forms in the process.

In our yard here in West Linn, we strive to encourage life in all we do, and that means changing our mindset on how we view our environment.

Leaves and needles that fall to the ground keep the feet of plants and trees cool and moist in the summer and warm in the winter. They also act as a sponge and retain moisture, slowly releasing it into the ground. In addition,

the organic material left on the ground becomes food and building materials for small critters. Small critters attract larger critters, who in turn do their jobs of pollinating our plants, spreading their seeds, and blessing our gardens with their wastes and eventually their bodies, which contribute to further nourishing the soil.

***Continue reading by clicking on the link below.***

[https://s3.amazonaws.com/ClubExpressClubFiles/287615/documents/2023-10-Leave the Leaves 1786892800.pdf?AWSAccessKeyId=AKIA6MYUE6DNNCCDT4J&Expires=1698695753&response-content-disposition=inline%3B%20filename%3D2023-10-Leave the Leaves.pdf&Signature=6TXccsEiTV4dRKRQMcVDoYShojk%3D](https://s3.amazonaws.com/ClubExpressClubFiles/287615/documents/2023-10-Leave%20the%20Leaves%201786892800.pdf?AWSAccessKeyId=AKIA6MYUE6DNNCCDT4J&Expires=1698695753&response-content-disposition=inline%3B%20filename%3D2023-10-Leave%20the%20Leaves.pdf&Signature=6TXccsEiTV4dRKRQMcVDoYShojk%3D)

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## RED HOT RECOMMENDATIONS

*These are member or volunteer recommendations and we encourage you to participate and send us your favorites in TV, movies, recipes,. (These are not WLLO Village recommendations, just valued sharing from friends and neighbors.)*

**T**wo members have recommended the comedy Sex Education on Netflix. Also on Netflix for those of you who are Monty Python fans is Monty Python's Almost the Truth, a series of six episodes and the Wes Anderson movie The Wonderful Story of Henry Sugar with a stellar cast of Benedict Cumberbatch, Ralph Fiennes, Dev Patel, Ben Kingsley, and Richard Ayoade.

Also recommended on Prime, the movie Brian and Charles a science fiction drama.

*Please let us know what you'd like us to share... recipes, books, movies, TV.*

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## COMMUNITY CORNER

Community Events shared by friends and neighbors:

**FREE!**

## **WORKSHOP ON PRESERVING CABBAGE**

Throughout 2023, Foodways has provided opportunities-both virtual and in-person, to celebrate foods. Autumn-preserving, is the last food theme of the year. Sauerkraut is an example of a simple method of preserving by fermentation. And we are excited to announce that we have a food expert, Charlene Murdock, the Executive Director of Nana Cardoon\*, a non-profit urban farm and learning center to lead this class!

Class is free, Nana Cardoon and Foodways provide all the tools and ingredients to use during this workshop and you take home a jar of fermenting cabbage! We hope to inspire you to think about the goodness and nutritious value of fermenting foods.

Class space is limited so sign up early! To register for this free class, send us an email at **[chefigata50plus@gmail.com](mailto:chefigata50plus@gmail.com)** and in subject line type 'sauerkraft'.



**Tuesday, November 7th from 1-3pm  
Elsie Stuhr Center  
5550 SW Hall Blvd, Beaverton, OR 97005**

Foodways is a collaboration of  
Villages NW and Che Figata!

To learn more about Nana Cardoon visit their website:  
<https://www.foodwaysatnanacardoon.org/>

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OREGON HUMANITIES SPONSORED  
Loneliness and Aging: Making Space for Our Elders



Loneliness and isolation are common experiences for elders, especially for those who do not have nearby family members or who are not computer literate. What do you know about the elders in your life or in your neighborhood? Are they connected to their families in an enriching way? Do they belong to a caring community of some kind? This conversation is for elders and people who live near elders or have elders in their lives to explore questions, experiences, and obstacles to showing up for elders and to generate ideas for connection.

Registration for this online program is required. Participants will receive a confirmation email that includes instructions for logging on to the event.

Register for this free event.

November 8th, 6:30 to 8:00 p.m. Pacific, Virtual Event, statewide  
ABOUT OUR FACILITATOR

Pamela Slaughter is a lifelong Oregonian with varied interests. She retired from her career as an adult protective service investigator for Multnomah County, where she saw firsthand how devastating loneliness and isolation can be. Pamela is the founder and executive director of People of Color Outdoors, a nonprofit designed to help facilitate the reconnection of Black, Indigenous, and People of Color to the outdoors. She is the author of the children's book, *Hi! My Name is Robin!*, published in 2020, which she hopes will encourage families to bird watch together.

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[COVID Home Tests | USPS](#)

4 free at-home COVID-19 tests are now available! Click the link above.

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## WLLO & Villages Events

Check out our calendar on our website [homepage](#). It's easier to read and you can change how information is displayed and the calendar is also printable.

- Check your **Week-At-A-Glance** email. Members and Volunteers receive Week-At-A-Glance email every Sunday with detailed information for the upcoming week.
- Summary of Regularly Scheduled Events:
  - Ted Talk Discussion Group - Monday 11:00 a.m.
  - No Host Brisk Walk Wednesdays at 9:00 a.m.
  - No Host Chat and Stroll Wednesdays at 10:00 a.m.
  - 2nd Thursday of the month - Happy Hour in person 4 p.m.
  - The 3rd and Last Friday - Coffee's are in person at 10:00 a.m.
  - All Thursdays except the 2nd, are Happy Hour on Zoom 5 p.m.
  - All Fridays except the 3rd and last are Coffee on Zoom at 9:00 a.m.
- For registration, calendar questions, or log-in help, contact the WLLO office (503-308-8223) or email [info@wllovillage.org](mailto:info@wllovillage.org) to get log-in details. (Many events are for members and volunteers only.)
- Members and Volunteers receive Week-At-A-Glance email every Sunday with detailed information for the upcoming week.

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**Come to North Star Village's Game Day!**  
**Sunday, November 26, 2-4 p.m.**

**We'll have lots of games on hand, but you're also invited to bring any favorite board games, card games or other games. We have space for 20 people (in small groups, spread out over several rooms), so please RSVP to Patricia Cornman, at 503-285-7832 or [cornmanp@gmail.com](mailto:cornmanp@gmail.com). In your RSVP, please include your name, phone/email, and, if you are planning to bring a game, include its name.**

**We are meeting at the Edgewater Condo Clubhouse. To reach the Clubhouse, take N. Willamette Boulevard. Your turn from Willamette for your destination, Edgewater Avenue, is next to Cathedral Café. You will drive down a short steep hill and up a short steep hill and will end up at the clubhouse, 7581 N. Edgewater Ave., 97203, which has adjacent parking.**



Viva Village  
presents

## Aging With Grace Embracing Our New Normals

**November 11, 2023, 1–4 pm**

**Open to the Public**



As we age:

- What are the normal physiological changes we might expect?
- How does our engagement with the healthcare system change?
- How can we best manage and benefit from our "new normals"?

Join us as Glenn Rodriguez, M.D. and Jenny Sasser, Ph.D. address the normal physical and emotional changes of aging, when to seek professional advice, and how to respond to our changing selves.

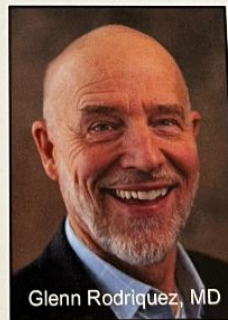
***Presentations, Q&A session, and small group discussions***

Southminster Presbyterian Church  
12250 SW Denney Road  
Beaverton 97008

### **Fee**

Public: \$10/person or \$15/couple  
(fee assistance available)

Viva Village members and  
volunteers: no cost



Glenn Rodriguez, MD



Jenny Sasser, Ph.D.

**RSVP:** [vivavillage.org](http://vivavillage.org), 503-746-5082,  
or [vivavillageor@gmail.com](mailto:vivavillageor@gmail.com)

Registration  
opens  
October 2, 2023



**Sponsors:** Safeway (NW Cornell Road)  
Southminster Presbyterian Church



**SOUTHMINSTER**  
Presbyterian Church

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