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WLLO Village Newsletter

Your September 29, 2021 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.

Fall has Started

If the lower temperatures and the rainy days haven't given it away already, fall has started. Be mindful that it gets darker earlier. That bad weather can make it harder for people to be seen. Don't give up on your daily walk if it's part of your exercise routine but keep a light with you and wear reflective clothing. Read the article about fall and the pandemic in this article. It's also a good idea to check on your lights inside the house and your porch lights to make sure things are in working order. WLLO volunteers can help if a bulb doesn't go anymore. And if you were to need an electrician, we can help with managing that as well.

Weather permitting, we might do walks and outside activities in October.

Make sure to check your emails frequently! Also, WLO is planning another of our 'saying hi' and 'dropping by' events on Saturday, October 16. We don't want you to miss it!

Last but not least, a reminder that our master gardener Ginny Haines will share some hints about what to do in/for your garden this fall. Her session is schedule for Thursday, Sept. 30, 10 am. Please call 503 308 8223 or email info@wlovillage.org for details.



We extend a very warm welcome to Joyce T., our newest member. We are so glad you decided to join our Village!



6 Tips for Coping with COVID Anxiety This Fall and Winter

This article is a great resource to learn how to reframe how you think of anxiety. It starts by accepting that feeling uneasy is normal. Figure out for you what's at the root of it and try to deal with it. Connecting with others is a big thing according to an infectious disease professor quoted in

the story. But hey, we could have told her that, couldn't we? Read more [here](#).



Suanne has a big shout out to all volunteers! We are still giving rides, doing yard work, handyman jobs, writing buddy cards, calling, visiting, etc! Thanks to everyone of you!

What about the stuff that cannot go in the curbside bin?

Thanks to Terry Shumaker for continuing his great column with useful advice

on recycling.

Those conscientious recyclers among you may often ask, "If only this stuff could go in the curbside bin." Having no answer, you may also say "Well it seems like it should, so I'll toss it in and hope it gets recycled." This is called "wishful recycling." If only...

That's why up to 15% of curbside bin contents end up in the landfill because it contaminates the recyclable materials. The prime culprits: plastic film and glass.

As many of you know, glass containers must go in a separate bin and never in the big curbside bin. But plastic bags and film, when mixed in with recyclables, most often gets tangled in conveyor belts and sorting machinery, causing shutdowns of sorting lines and hazardous cleaning of machinery by line workers.

Enter your WLO Recycling Team members.

Our team of volunteers has established a regular schedule of recyclable pickups for WLO members. Notices are sent out prior to our pickups, listing the materials to be collected on the second Tuesday of the month.

What do we collect?

Generally we have five categories of materials we collect for recycling. These materials are items that cannot go into your curbside-recycling bin.

Plastics: Plastic film, plastic packing pillows and bubble wrap, Ziploc bags, product overwrap, bread bags, Styrofoam and all #6 PS (polystyrene) containers, clamshells, foam meat trays, take-out containers, Solo cups etc. All #6 plastic taken to Agilyx Corp., www.agilyx.com.

Electronics/Electrics: Computers/laptops/tablets/phones, monitors, printers, scanners, cables, cords, wire, TVs, and anything with a power cord. Items taken to Free Geek, <https://www.freegeek.org>.

Household goods/furniture: Linens, towels, pillows, chairs, furniture (no glass tables), dishes, utensils, knives, pans etc., rugs, small appliances, lamps, tables, house decorations. Items taken to Community Warehouse, www.communitywarehouse.org.

Building materials & fixtures: Lumber (4' long minimum), windows, doors, molding, cabinets, hardware, light fixtures, toilets (low flow), plumbing fixtures, fasteners, hardware & tools. Items taken to the Rebuilding Center, www.rebuildingcenter.org.

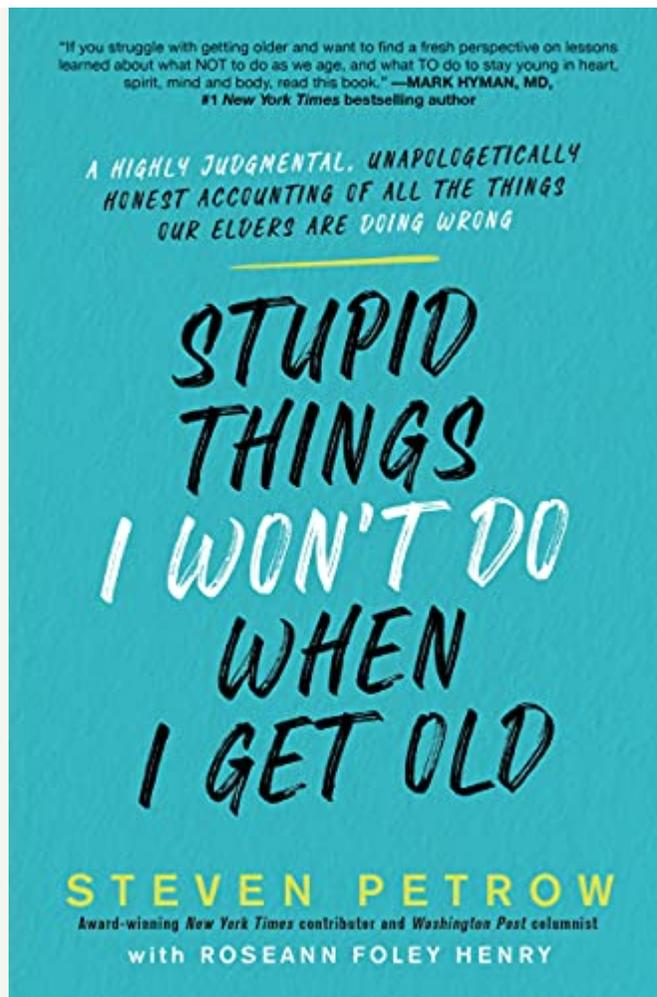
Hazardous & toxic materials: Batteries, cleaners/household chemicals, old paint, thinners, stains etc., yard & auto chemicals & cleaners. Items taken to Oregon Metro in Oregon City, www.oregonmetro.gov/tools-living/garbage-and-

recycling.

This service for WLOO members may help you reduce the amount of garbage you generate, and you may save money by going to once-a-month garbage pickup. If you have questions regarding the WLOO recycling program, please contact Suanne Jackson at suannej@wloovillage.org.



The NO-GUILT Book Club meets again on the second Tuesday of the month. In October, we theme will be books about the Middle East. We thought it would help us to understand the culture and events in the Middle East if we read and discuss some books set there. It should be an interesting exploration. People should come even if they haven't read anything. As usual, all are welcome. We will decide the theme for November at the October meeting.



Stupid Things I Won't Do When I Get Old

This is the title of a book co-written by Steven Petrow and Roseann Foley Henry. Lot's of useful knowledge told with love and a smile. Here is an excerpt: When I asked a woman my age how she was feeling, she said, "I have issues," and I said, "We all have issues. The secret to successful aging is to recognize one's issues and adapt accordingly." I'm constantly learning what I can and can't do and asking or paying for help when needed.

Jane E. Brody who writes for the NYT on personal health penned a lovely column titled 'how to age gracefully'. You can read a review in the New York Times [here](#).



October Birthdays

We don't have any birthday boys or girls in October. It's unique in that way. Why don't you celebrate one of your friends or neighbors whose birthday is in October instead? And, if you think they would be interested, tell them about WLL0. As a special benefit, they could be the sole October birthday next year...



In person smiling faces!

Thanks to everyone who came out to Foothills park for some great conversation, laughs and FUN!

Villages NW is looking for a Treasurer and a Controller

We are helping in spreading the word about 2 open volunteer positions in our parent organization.

Treasurer

Would you like to help Villages grow and realize the dream of a strong community that prolongs independent living for elders here in the Pacific Northwest? The Villages NW Board is seeking an accounting professional with the experience and analytical skills to help the organization grow and to oversee financial operations of the organization.

The Treasurer would be responsible for supervising the work of the professional contracted accountants as well as additional volunteers who would carry out some of the day-to-day functions of accounts payable, accounts receivable and funds transfers. In addition, the Treasurer would serve as a member of the Board of Directors. The Board of Directors would like to fill the Treasurer position as soon as possible with a person who is experienced in professional accounting and desiring to make a positive impact on our community.

We are currently adjusting the position of Treasurer in order to reduce the responsibilities of the Treasurer as well as obtain additional volunteers for the day-to-day operations. Our goal is that the Treasurer would spend approximately 5 hours per week once familiar with the operations. Interested candidates should contact Interim Treasurer, Justin Curtiss at jcurtiss@villagesnw.org for additional details.

Controller

Would you like to help Villages grow and realize the dream of a strong community that prolongs independent living for elders here in the Pacific Northwest? The Villages NW Board is seeking an accounting professional with the experience and analytical skills to help the organization grow and to oversee financial operations of the organization.

The Controller would be responsible for carrying out the day-to-day functions of accounts payable, accounts receivable and funds transfers. The Board of Directors would like to fill the Controller position as soon as possible with a person who is experienced in accounting and desiring to make a positive impact on our community.

We are currently reviewing the accounting operations of Villages in order to make the operations more efficient. Once the overall on operations have been completed, our goal is that the Controller would spend approximately 5 hours per week once familiar with the operations. Interested candidates should contact Interim Treasurer, Justin Curtiss at jcurtiss@villagesnw.org for additional details.



Happy Halloween. Enjoy and stay safe.

North Star Village

→ → Handwork Sale ← ←

Saturday, October 2, 11:00 – 3:00 p.m.



at

CLASSIC FOODS OUTLET

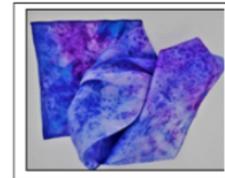
817 NE Madrona St, 97211

Classic Foods is generously hosting the outdoor sale to benefit North Star Village during the Outlet's Saturday sale of spices, ravioli, pasta, olive oils, nuts, chocolate, cheese and more.

Quilts and Needlework
Hand-Dyed Silk Scarves
Jewelry and Artwork
Knitted Hats and Cowls
Holiday Decorations
Stained Glass and More

North Star Village is part of a growing national aging-at-home movement. Our volunteer-led organization, part of the nonprofit Villages NW, serves members who range in age from the mid-50s to the 90s. Sale proceeds will provide funds for member activities and membership scholarships for those in need.

www.northstarvillagepdx.org



WLLO Events in the Month of October

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.

Friday, October 1
LO Library
Learning Group
 7 pm - 8 pm
 Online

The group will meet on the **first Friday of each month at 7:00 pm**. To sign up for a session you are interested in, just go to the Library Events Calendar

<https://www.ci.oswego.or.us/calendar?>

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and look for the first Friday of the month to find the Learning Group and click on the link to be emailed the invitation:

<https://www.ci.oswego.or.us/library/learning-group>

Every Friday. October 1, 8, 15, 22, 29
Friday Coffee

9:00 am

Online

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

RSVP required to get the dial-in information.

Every Monday. October 4, 11, 18, 25
TED Talk & Discussion

1:00 pm

Online

Each week we will choose a brief TED Talk to watch together then have a short discussion. Call or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.

Every Thursday. October 7, 14, 21, 28
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@wlovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

Tuesday, October 12
The No-Guilt Book Club

10:00 am

Online

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme. The Middle East is the theme for today's discussion!

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, October 12

This month we will focus on hazardous waste material but always happy to take plastics &/or

Recycling

Registering required

plastic bag material, Styrofoam, glasses, etc. just let us know what you have.



Have you been checking out our [YouTube Channel](#)? We keep on adding videos frequently. Learn about how we started, listen to members explaining WLLQ and what it means to them in their own words, and relive how we managed through last year's turmoil together.

Shared Village Events (Events Organized by Other Villages)

Here is a list of events that are being organized by our sister Villages in the Portland Metropolitan area. Please note the Village associated with the event, and who to contact for more information. If it is an in-person affair, mind travel times to get there.

Special Age Café

October 1, 11:00 am

Hosted by Viva Village

Beaverton Mayor Lacey Beaty has issued a proclamation recognizing the U.N. sanctioned "International Day of Older Persons", honored annually on October 1. To celebrate this honor, Age Café will host a special virtual event on Friday, October 1 at 11 am. Mayor Beaty will address the gathering and share the proclamation. Age Café participants will then be encouraged to share a story, quote, or memory of a special elder in their lives.

International Day of Older Persons is a special day for older adults all over the world. The day is celebrated annually to recognize the contributions of older persons and to examine issues that affect their lives.

Age Café is a collaboration between the Beaverton Library, the Beaverton Committee on Aging (BCOA), Washington County Disability, Aging, and Veteran's Services (DAVS), and Viva Village to encourage and stimulate

conversations about issues of importance to the participants.

The Age Café is open to all. To register, go to vivavillage.org. Under Events, click Age Café for the date you would like to attend. Once you have registered, you will receive the Zoom link by email.

North Star Village Invites Everyone!

NSV HANDWORK SALE

Saturday, October 2, from 11:00 a.m. to 3:00 p.m. outside at
Classic Foods Outlet, 817 NE Madrona St. 97211

A project of the North Star Village Handwork group to raise funds to support member activities and scholarships, the sale will feature an array of exceptional quilts, wall hangings, table runners, tiny stained glass Christmas trees as well as bigger stained glass items, fused glass pendants, knitted hats, shawls, vests, cowls, fingerless gloves, etc., plus hand-dyed silk scarves and more!

Classic Foods is generously hosting the outdoor sale during its Saturday sale of spices, raviolis, pastas, olive oils, nuts, chocolate, cheese and more.

Little Known Portland Metro Museums and Historical Sites

History and Current Events Discussion Group

Friday, October 8, 11:00 am – 12:30 pm

Friday, October 8, 11:00 am – 12:30 pm

Hosted by Village Without Walls Which little known museums or historical sites have you visited or always wanted to visit? Come share what you know about them and why we should visit. <https://us02web.zoom.us/j/86366674028>

Medicare: When Can I Join, Switch or Drop a Plan?

RiverWest Salon

Jennifer Allain

Wednesday, October 13, 12:30-1:30 pm

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

For those already on Medicare, the annual open enrollment period is approaching. Find out when and how you can join, switch or drop your health or drug plan. Learn the difference between supplemental and advantage plans. There will also be time for questions. This salon will be hosted by Jennifer Allain, a US Army Veteran who has spent the last 8 years helping individuals, seniors, families and small business owners get health insurance that they can afford, understand and use.

Afghanistan Today

Great Decisions Discussion Group

Saturday, October 16, 10:00 am – Noon

Hosted by Village Without Walls

What did the US accomplish or not accomplish in Afghanistan? How will US anti-terrorism efforts change? What now for the Afghan people? To attend click: <https://us02web.zoom.us/j/84138707930>.

Lady Bird, 2017 Golden Globe for Best Picture

Third Thursday Movie Discussion

Thursday, October 21, 10:00 am

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

Lady Bird is a warm, affecting comedy about a high schooler who must navigate a loving but turbulent relationship with her loving, strong-willed and deeply opinionate mother, who is a nurse working to keep her family afloat after her husband loses his job. A meditation on money, the future never being quit what we wanted it to be.

Watch the movie on Kanopy at your convenience any time during the month. Then join us for discussion. Bring your comments and insights.

Haunted Walk of Downtown Vancouver

Saturday, October 23, 4:50 pm

Clark County History Museum, 1511 Main St, Vancouver

Hosted by Villages Clark County

Join us for a tour and talk about the ghosts and spirits in downtown Vancouver. We will meet out front of the Clark County History Museum at 4:50 p.m. The tour is approximately a mile long and will take approx. 1.5 hrs. There are no restrooms or resting places along the way.

It is recommended to bring a flashlight, dress for appropriate weather, and bring a water bottle. Cost is \$10 per person. If you are interested, contact Ramona at rperkins@villagesclarkcounty.org or call her at 360-901-3745.

Portland's Somali Community

RiverWest Salon

Wednesday, October 27, 12:30-1:30 pm

Hosted by RiverWest Village, contact info@riverwestvillage.org, for meeting link.

Powering Through Our Ever-Changing World

Aging with Grace

October 30, 1:00-4:00 pm

Hosted by Viva Village

What a year it has been! How do we emerge stronger in mind, body, and spirit? Join psychologist Meghan A. Marty, Ph.D. and gerontologist Carolyn Aldwin, Ph.D. who will provide us with research and insights into the resilience of seniors and effective coping strategies we have developed during this challenging period of time. Small facilitated breakout groups will provide a friendly opportunity to further share and explore successful approaches that can lead us into the future with confidence and hope.

Register online: vivavillage.org or call 503-746-5082. The Zoom link will be provided after paid registration. Session Fee: \$10.



Last but not least: Fall can be fun but when it's rainy and dreary outside, check out [our tips for PlayTime on our website](#). We're sure you'll find a distraction that will brighten your day.



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