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Your November 30, 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.

*Want to know more about us. Join us on Zoom, "**Getting to Know WLLO Village**", to learn about our West Linn/Lake Oswego village. Tuesday, December 14 at 6:00pm. Call us for the link at 503-308-8223 and visit our website to learn all about our gatherings, activities and opportunities to meet your neighbors and your needs.*

Happy Holidays Around the World

A recent article in Women's Day Magazine listed 185 December holidays around the world. Whatever your holiday, WLLO wishes you joy in celebration and observance.



And the very Best of the Season!!!

We're Stoppin' by and Sayin' Hi

Before you get too busy with the season's activities, we'll be visiting members and volunteers this Saturday, December 4th. We'll have a little treat bag, but mostly we want to stay in touch! If you won't be home, call the office or send an email and let us know when it's convenient for you to have us stop by! 503-308-8223 or info@wllovillage.org.

Thanks to our volunteers for sharing and caring and making these deliveries!





We extend a very warm welcome Joni C. our newest volunteer. We are so glad you decided become a part of our Village and our volunteer team.
Thank you!



Vector Infographics
<http://vectorinfographics.com/>

Make Sure the Pieces Come Together for Seniors

We all breathed a little sigh of relief when the new year arrived last January, hoping for a new start after a year that kept us guessing.

2020 reminded us of a big jigsaw puzzle with missing pieces. We were unsure what the picture would look like going forward, but hoped vaccinations would let us return to a more normal life.

2021 has been full of change as we lurched from crisis to crisis – ice storm, heat domes, wildfires and pandemic, again – and through it all our WLLO Village

community adapted. We worked to fit the different pieces together to meet the day-to-day needs of our villagers. For many, WLLO Village friends have been a crucial connection in a time when familiar routines have been uprooted and friends and family may not always be accessible. Now in its third year, WLLO Village has been supporting seniors in West Linn, Lake Oswego and the Stafford Hamlet, to allow them to stay in their homes longer by providing services such as rides to the doctor and shopping, and help in and around the home. Especially our social activities, both in person and online, have helped many stay connected during the pandemic.

As we head into the holiday season, consider investing in our Village to support programs and services for current and future villagers. With your help, we can welcome more neighbors and friends to WLLO Village in the coming year.

Donate online at www.WLLOVillage.org or mail a check to WLLO Village, 333 South State St, Suite VI, Lake Oswego, OR 97034. Checks should be made out to "Villages NW fbo WLLO Village. As part of our annual appeal, donations up to \$1500 will be matched by a generous group of WLLO Village supporters.

If you need to take a required minimum distribution from your IRA before the end of the year, you can reduce the taxable portion of your distribution by having your financial advisor send your contribution directly to Villages NW for WLLO Village. For information on how to make this type of gift, contact info@villagesnw.org or call 503-515-1948, or contact Ellen Steel at WLLO Village.



December Birthdays

Our best birthday wishes to our December birthday ladies, Cathryn O., Lori G., Louise D., Aase B., and Marjorie S. All of us wish you all the best, health and happiness.

This month's Recycling Tip: "All That Glitters is Not Gold"



Thinking of buying greeting cards and holiday wrapping paper made with glitter?

Would you ever think of smearing peanut butter on a credit card and eating it? Well, you're doing just that. Some of the food you eat contains microplastics: tiny particles of plastic measuring from one micrometer to one millimeter. Every week the average human ingests the equivalent of one credit card of microplastics.

Microplastics are found everywhere. Embedded in the fish you eat and floating in the air you breathe. If you believe the expression "you are what you eat," then we may be slowly devolving into plastic people. Microplastics have been found in the bellies of whales and scientists have estimated that up to 16 tons of microplastics are embedded in the sea floor.

One noxious form of microplastic is glitter, and it has been found in core samples of arctic ice. And after the holidays, most likely in your hair, carpets, garden soil and any place it can hide in your house.

Although glitter accounts for only about 1% of the microplastics that pollute our environment, it is a scourge that keeps on giving, and contaminates materials that could have been recycled.

Greeting cards and wrapping paper adorned with glitter is instantly garbage. Why? Because glitter is a combination of plastic and aluminum, and even glitters marketed as "biodegradable" are not. The term "biodegradable" is unregulated, and hence meaningless.

And the ultimate environmental insult is plants, such as poinsettias, that are coated with glitter. The entire plant must be tossed in the garbage to avoid pollution!

And even glitters marketed as biodegradable are just as damaging to the environment, even though they claim to be “plant-based.”

So what can we do? Do not purchase ANY product that has glitter. Period. Especially products such as greeting cards and wrapping paper, which cannot be recycled if contaminated with glitter.

Additionally, wrapping paper containing foil is also not recyclable. Aluminum foil is recyclable, but when laminated with paper it is not. If you're concerned about using only recyclable materials during the holidays, then avoid glitter and any papers that contain foil or plastic. The “scrunch” test can help, and it can be seen at <https://www.recyclenow.com/what-to-do-with/wrapping-paper-1> , as well as tips for determining which papers are recyclable.

Earth-based and earth-friendly products such as brown kraft paper, jute twine and “bows” of conifer boughs, small cones, holly branches etc can replace shiny objects. Gifts wrapped with natural objects are not only warm, comfortable and soothing, but also show an extra measure of thought and concern on the part of the giver. Additionally, all of the wrapping components can be recycled, tossed into the compost pile or used as mulch.

What better way to celebrate the holidays than to create garden soil from gift wrappings? So have a great, glitter-free holiday season and be happy in the thought that by doing so you have helped remove a tiny portion of pollution from the environment.



WLOO visits a plot at Luscher Farms this past summer.

WLLO Gives Back

You may think it's early to think about spring gardening but it's not. We're signing up for the Adopt-a-Plot Program at Luscher Farm. We will be adopting 3 - 4x20 plots to grow produce organically for camps, cooking classes, and to donate to community members through the Meals on Wheels and Hunger Fighter programs. There will be plenty of opportunities to tend, weed or just enjoy the bounty. It will be another place to gather and plan an outdoor lunch at the nearby picnic tables. How fun to watch the progress of your gardens.

All the materials and instruction will be provided for the plots. Participation in work parties is required each season. We know we have plenty of volunteers who don't mind getting their hands dirty for a great cause.

So, if you have dreams of glorious vegetables popping up come spring watch for more information about where our plots will be located and let us know if you're interested in participating.

Check out this YouTube video for information about one on Luscher Farm Community Garden and Lake Oswego's treasures. <https://youtu.be/IHrfVHXb8zM>



The NO-GUILT Book Club meets again on the second Tuesday of the month. In December we will talk about holiday books you've read. Maybe you like to read a classic holiday book this time of year (Dickens? Capote?) or even a cookbook. Or just listen to what others read. We are also going to revisit our talk about books by

Nelson DeMille as some of the fans weren't able to participate last month. As usual everyone is welcome even non-readers.



Options for Care and Understanding Are Available

Many of you will be seeing family and friends over the holidays. Sometimes, they are acting a bit differently than they did last year. The (Aging & Disability Resource Connection) ADRCs of Oregon have a person called an Options Counselor who can come to the home and/or chat with you about what is happening with your loved one. They can connect you with resources right there in your community. Or you can check out their "user friendly" website www.ADRCofofOregon.org.

If your loved one isn't in Oregon, there are ADRCs all over the country. Use the contact section of the Oregon ADRC website. In the upper right hand corner is a link for ADRCs in other states. That will get you to a number for an ADRC anywhere in the US, including Hawaii and Alaska. Contact suannej@wlovillage.org for more info or assistance.

Also helpful to those supporting a person who is aging, is the website OregonCarePartners.com. This website has lots of free webinars and on-line classes and info about supporting folks who are aging normally and those who may be having issues with cognitive impairment and/or dementia. Everything is free to folks who live or work all over the state of Oregon.

A webinar coming up that might be of particular interest is on Dec 14 from 7-8:30 called **Understanding Long Term Care Options in Oregon**. You can go to OregonCarePartners.com to get more info & register for this webinar. Contact suannej@wlovillage.org for more info or assistance.

WLO Events in the Month of December

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.

Wednesday,
December 1, 15, 29
Chat and Stroll
10:00 am

Join us the first and third Wednesday for a Chat and Stroll. Members and volunteers are welcome. We meet at Luscher Farm's Parking lot of Rosemont. **If you send an email to info@wllovillage.org and let us know you're coming - we'll keep an eye out for you!**

Every Thursday.
December 2, 9, 16,
23, 30
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.
December 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.

Friday, December 5
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?og_group_ref_target_id=13

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 Monday.
December 6, 13, 20,
27
TED Talk &

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.

Discussion

1:00 pm

Online

Wednesday, December 8, 22 Brisk Walk

9:00 am

Join us the second and fourth Wednesday for a Brisk Walk to get your heart pumping. Members and volunteers are welcome. We meet at the lower parking lot of George Rogers Park. **If you send an email to info@wllovillage.org and let us know you're coming - we'll keep an eye out for you!**

Tuesday, December 14

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. December we'll talk about holiday books and revisit books by Nelson DeMille.

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, December 14 Recycling

Registering required

This month we will once again focus on plastics. Just remember to call the office to make sure you are going to be on the list of stops.

Tuesday, December 14 Getting To Know WLLO

6 pm - 7 pm

Want to know more about WLLO. Join us on Zoom, "**Getting to Know WLLO Village**", to learn about our West Linn/Lake Oswego village. Call or email for the link: 503-308-8223 and infor@wllovillage.org.

Saturday, December 25 Holiday Get Together

We're getting together for some nostalgia, laughs and good times. A link will be sent to members and volunteers if you'd care to join us.



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



Last but not least: As we warm up during the cold winter days you may find some enjoyable activities on our website. 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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