



## WLLO Village Newsletter

**Your September 30, 2022 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.*



This Saturday, October 1, celebrate with WLLO the UN's International Day of Older Persons. We'll have hors d'oeuvres and libations and share video stories of our members. There will be prizes, a raffle drawing, and more.

Contact the office for more details!

**When:** Tomorrow, October 1, 2pm-4pm

**Where:** Oswego Pointe, Oswego Point Clubhouse,  
5065 Foothills Drive, Lake Oswego

If you want to read more about the United Nation's campaign, [click here.](#)

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## Up and Coming in WLLO Village This Month

We have a few announcements for the month of October.

Our **drop by and say hi date** for October is Saturday, October 15.

The October **recycling run** will focus on electronics. Oct. 11 is the date!

**Food as Medicine** - fall classes run 6 weeks starting on Wednesday, Oct 5 from 1-3pm or Thursday, Oct 6 from 10am -12pm. Please contact Suanne to register. These classes have been well received in the past with lots of relevant info. Many folks take it a second time, there is so much to absorb.

Last but not least, **many thanks to all our volunteers** for everything you do every day, but especially to Jana, Vicci and Chris for watering our plot at Luscher farm while Marjorie and Ellen were both gone.

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## Our First WLLO Shredding Event Was a Great Success!





We are very happy to welcome our newest volunteer, Eve F. Thank you for joining our Village. We are looking forward to getting to know you.

# CANDIDATE FORUM

## Lake Oswego City Council

### DATE & TIME

Monday, October 17th

6:30 PM to 8:30 PM

Zoom Registration:

[bit.ly/LOcc-cforum](https://bit.ly/LOcc-cforum)



### CANDIDATES

Ali Afghan

Charles A. Bryan

Trudy Corrigan

Jeff Gudman

Katherine Lupton

John Wendland



Respond to Racism, LO for LOve and the Lake Oswego Sustainability Network are hosting a candidate forum. There are 6 individuals running for 3 seats. We would love it if you would send the attached notice of the forum out to the WLLO community so they can sign up to attend the virtual event.

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## October Birthdays

Our best birthday wishes to our October birthday ladies and gentleman: Barbara B., Stephen McC., Monica S. We wish you all the best for health and happiness for this year and the ones to come.

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## Celebrate Resilience and Contributions of Older Women in October

**What is a Village?** In some cases, one would think of a clustered human settlement, larger than a hamlet, smaller than a town. Or a group of homes and their buildings, often built around a common interest such as agriculture or fishing.

In our case, the common interest is neighbors helping neighbors stay neighbors.

**In the Portland-Metro area,** we have 10 active Villages, with another Village in development on the northern Oregon coast. Currently our Village volunteers serve 708 members, assisting with everything from tasks such as

transportation and yard /gardening help to socialization, educational opportunities, and fun!

So far this year, volunteer drivers have logged 19,000 miles, 68% of which for medical appointments. Activities and social opportunities range from discussion/ educational groups and book clubs to coffee klatch or cocktail hour. There are walking and biking groups, 'garden party' work groups, men in the kitchen with a cooking group, minor home repairs, and so much more. During times of crisis, such as the pandemic or severe weather, telephone trees help isolated seniors stay in touch with their neighbors.

**The choice to remain home is important, so it is incumbent upon our Villages to help find resources and opportunities that support that choice.** It has become clear that a large percent of seniors could stay at home with additional connections in their community that identify and locate those resources and opportunities. It is our goal to be advocates and champions, through our programing and services.

This year, WLLO Village and Villages NW – in conjunction with the UN Department of Economic and Social Affairs, and with the help of several local organizations – will celebrate the International Day of Older Persons on October 1st.

**Globally, in 2019 there were 703 million persons at least 65 years of age. By 2050 that number will have more than doubled to 1.5 billion.** As the age line progresses, women represent a larger and larger proportion of their age group.

Sadly, women may be victims of ageism and sexism. Extrapolating from the projected population increase, one can logically expect a huge number of women to be profoundly affected by the reality of a lifetime of inequity.

### **What can we do?**

Based on the experience of women and their respective roles in our communities, it is crucial that we include their voices and perspectives in policy development and in facing challenges as they arise. Villages are in a perfect position to reach women of older age who can give voice to their stories. They may be the bedrock of leadership through experience. Their strength in surviving adversity and insecurity may be a solution to weaving together a diverse community, offering a foundation of optimism and confidence.

**Age should not be feared as an accumulating burden. It is a triumph over stumbling blocks and adversity!** Perspective is honed through experience. And it is honored through the Villages' cumulative creative services

and activities, thoughtfully offered to support the choice to remain at home as long as possible.

(Excerpts from an article by Nancy Doty, Vice President, Villages NW)

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The NO-GUILT Book Club meets again on the second Tuesday of the month on October 11. The theme is 'books that were made into movies'.

If the weather is not too ungainly, we will have this book club meeting outdoors. Otherwise, we will be on Zoom. We will send an email out closer to the event. As usual it is fun to chat with anyone who shows up even if you didn't read a book on our theme or anything at all. All are welcome!

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## WLLO Events in the Month of October

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](mailto: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.

**October 1**  
**Special Celebration**

2pm-4pm

Oswego Pointe,  
Oswego Point  
Clubhouse,  
5065 Foothills Drive,  
Lake Oswego

WLLO is celebrating the International Day of the Older Adult. This year's theme is contributions to women and their resilience. We'll have hors d'oeuvres and libations and share video stories of our members. Watch this space for more details about prices, a raffle drawing, and more. Contact the office for more details!

**Every Monday.**  
**October 3, 10, 17, 24,**  
**31**

**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.**

**Wednesday, October**  
**4, 19**

**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.

**Wednesday, October**  
**5, 12, 19, 26**

**WLLO Community**  
**Garden**

11:00 am

Luscher Farm

Feel free to drop by every Wednesday and Friday at 11 o'clock, whether you're ready to get your hands dirty or just to provide moral support. We will meet on Wednesday after our Chat and Stroll. The garden harvest will go to 2 deserving charities, Meals on Wheels and LO HungerFighters.

**Every Thursday.**  
**October 6, 13, 20, 27**  
**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](mailto:info@wllovillage.org) to get log-in details and the password.

**RSVP required to get the dial-in information.**

**Every Friday.**  
**October, 7, 14, 21, 28**  
**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](mailto:info@wllovillage.org) to get log-in details and the password.

**RSVP required to get the dial-in information.**

**Tuesday, October 11**  
**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. 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 11**  
**Recycling**  
Registering required

This month, we will be collecting electronics. Check out the Rebuilding Center website at <https://www.rebuildingcenter.org/donations#guidelines>

**Wednesday, October 12, 26**  
**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.

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## Shared Village Events in the Month of October

**International Day of Older Persons Celebration**  
**Saturday, October 1, 10:30 am – Noon**  
**Pizza Party, 12:30 pm**  
**Hosted by Village at the Falls**

Join Village at the Falls on October 1 as we celebrate United Nations International Day of Older Persons with a day of service. Volunteers will help four members with their fall garden cleanup from 10:00am-12:00 noon. Then at 12:30 we will meet at Abby's Pizza for pizza and a Villages 101 information session. All are welcome to come for pizza and learn about Village at the Falls. If you know someone who might be interested in joining or volunteering, please bring them! If you would like to sign up to help with the garden cleanup, watch your email for Village at the Falls Pending Service Requests and sign up there, or call the office at 503-479-8256. You will be assigned a garden and given the address. Questions call the office.

### **International Day of Older Persons Celebration**

**Saturday, October 1, 2:30-5:00 pm**

**Gladstone Senior Center, 1050 Portland Ave, Gladstone**

**Hosted by Rivers East Village**

Gladstone Senior Center and Rivers East Village are partnering to celebrate the International Day of Older Persons! Please join us on Saturday, October 1, from 2:30 to 5:00 at the Gladstone Senior Center, 1050 Portland Avenue, for a celebration of our neighbors and friends who are getting older but are still a vital part of our community. We'll have light refreshments, and everyone will have a chance to make a new friend - we call it Speed Meeting (kind of like Speed Dating). If the weather permits, we'll also be able to enjoy the lovely new patio adjoining the Center.

It is very helpful to know how many people to plan for, so if you can register at [riverseastvillage.org](http://riverseastvillage.org) (go to the calendar of events and click on this one for details/instructions) or call us at 971-808-2340 that would be great. We hope to see many new faces, along with a lot of our regular supporters.

### **RiverWest 5th Anniversary and International Day of Older Persons Celebration**

**Monday, October 3, 1:30 pm**

**Cook Park Outdoor Shelter #4, 17005 SW 92nd Ave, Tigard**

**Hosted by RiverWest Village**

RiverWest Village will mark our 5th anniversary as an open Village this month. Let's celebrate our Village and the significant role older women play in traversing global challenges with resilience and fortitude, the theme of the United Nations' 2022 International Day of Older Persons. Come socialize with your Village friends at Cook Park's Outdoor Shelter #4 in Tigard on Monday, October 3 from 1:30-3:30 pm.

We will have finger food, some recognition, singing and lots of fun! Guests wishing to get acquainted with the Village are welcome too! RSVP at <https://tinyurl.com/2ummwe65> or by calling the RiverWest office, 503-495-4934.

## **How Do We Use/Define Spare, Unstructured Time?**

### **In-Person Age Café**

**Beaverton City Library, 12375 SW 5th St, Beaverton**

**First Friday, October 7, 11:00 am – Noon. Stay and mingle afterward.**

### **Hosted by Viva Village**

Discussions from 11:00 to Noon. Stay and mingle afterward. Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS. Registration optional, 503-746-5082 or [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com)

## **Eastside Village Online Auction**

**Saturday, October 8, 9:00 am – 8:00 pm**

### **Hosted by Eastside Village**

We have so many fabulous auction items and packages! Here's a 2022 Auction Catalog Preview, so you'll have an idea of what you might like to purchase (keep in mind many of the items will make great hostess gifts, or holiday gifts) -- all for a great cause. The funds raised help offset the cost of EV programming, and to support low-income memberships. Please reach out to the EV office ([info@eastsidevillage.org](mailto:info@eastsidevillage.org)) if you would like to be on the email list for this fab event. On October 8th at 9am you'll receive an email with the catalog containing links to ALL the bid sheets.

## **Villages NW Equity, Diversity and Inclusion Group**

**Second Tuesday, October 11, 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](mailto:jlewis@villagesnw.org) to be added to the distribution list.

## **I Am Not Your Negro (2016)**

### **Third Thursday Movie Discussion**

**Thursday, October 20, 10:00 am**

### **Hosted by RiverWest Village**

An Oscar-nominated documentary narrated by Samuel L. Jackson, *I Am Not Your Negro* explores the continued peril America faces from institutionalized racism.

In 1979, James Baldwin wrote a letter to his literary agent describing his next project, *Remember This House*. The book was to be a revolutionary, personal account of the lives and successive assassinations of three of his close friends – Medgar Evers, Malcolm X and Martin Luther King, Jr. At the time of Baldwin's death in 1987, he left behind only thirty completed pages of his manuscript.

Now in his incendiary new documentary, master filmmaker Raoul Peck envisions the book James Baldwin never finished. Watch on Kanopy ahead of time and bring your thoughts and reflections to the discussion. Kanopy is free with your library card.

<https://tinyurl.com/mr694d4d>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

### **The Rose Haven Story**

#### **Viva Village Forum**

**Monday, October 17, 2:00-3:30 pm**

**United Methodist Church, Wesley Room, 12555 SW 4th Street,  
Beaverton**

#### **Hosted by Viva Village**

RSVP recommended, 503-746-5082 or [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com)

Megan Owen, the Development & Marketing Coordinator of Rose Haven, shares the inspiring story of this nonprofit organization, the only day shelter in the Portland area for women, children and those marginalized by their gender. Time for questions. Refreshments served.

### **A Whirlwind Zoom Tour of Fascinating Alaska**

**Saturday, October 22, 7:00 pm**

#### **Hosted by North Star Village**

In August, North Star member Anjala Ehelebe visited Alaska for the first time. Driven around by her cousin and a college buddy, she collected some rarely seen images that she would like to share with you. The Hmong New Year's celebration and gorgeous traditional outfits! Eklutna Spirit Houses! Airplanes, gliders, and boats! She will also share many usually seen images: glaciers, mountains, critters, state fair prize-winning arts, artists, humorous sights and lots of plants and fungi, as well as images of Native cultures and traditions. This one-hour presentation, followed by a 10–15-minute Q&A, will whet your taste for more of Alaska.

Zoom link: <https://bit.ly/3SATheN>

Meeting ID: 875 9641 0111

Passcode: 711713

### **Men's Coffee Break**

**Ki, Coffee, 4655 SW Griffith Drive #160, Beaverton**

**Monday, October 24, 10:00 am**

#### **Hosted by Viva Village**

Conversation and coffee.

RSVP Recommended, 503-746-5082 or [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com)

**Daughter of Fortune by Isabel Allende**

**Viva Village Book Club**

**Tuesday, October 25, 1:00-2:30 pm**

**Hosted by Viva Village**

RSVP for meeting address, 503-746-5082 or [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com)

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Last but not least: We put together a list of 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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