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WLLO Village Newsletter

Your November 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.

**WISHING YOU THE BEST OF THE
HOLIDAY SEASON!**



Up and Coming in WLLO Village This Month

The Holiday season is here...

Saturday, December 3rd, we're getting together in person to enjoy each other's company and make **gingerbread houses** from kits. The houses will be donated to our local Assisted Living facilities.

On December 9th we'll be providing greenery and wreath frames and making wreaths for our homes.

As last year, WLLO invites all Villages for **a virtual holiday get-together on , December 25, at 2pm**. We'll have a few fun videos and a chance to share and enjoy each other's company. We welcome all! If you're interested in joining us email or call and leave a message
- info@wllovillage.org, 503-308-8223 and we'll send you the link!

MAKE YOURSELF SCAM-PROOF ONLINE

**MARK LEAVITT
WLLO VILLAGE TECH SUPPORT LEADER**

It's the holiday season, a happy time of reconnecting with loved ones and friends. But sometimes our tech gadgets – computers, tablets, smartphones – may expose us to strangers with more sinister intentions. As a tech support volunteer, part of my work is teaching my fellow villagers how to avoid falling prey to these con artists, who cheat US seniors out of more than \$100 Billion a year.

Scammers troll for targets in many ways. You may receive a letter in the mail, a phone call, a text message, or an email from them, often disguised so it appears to come from someone you know, a delivery firm, a large company, or a government agency. You might see a pop-up warning on your computer while browsing the Internet, or an invitation to click on an advertisement. It's important to recognize that most online identities can be "spoofed" – the caller ID on your phone, the return address of an email, even a website – to fool you into trusting the message. Before clicking on links, sharing information, or sending funds, you need to verify the source of that request. Insist on calling back, using a widely published phone number. Be aware that government agencies like the US Postal Service and the IRS do NOT send text messages demanding payment. If you are concerned, ask a trusted friend (or your friendly tech support volunteer!) for advice.

I've prepared a slide show with more details on how to make yourself scam-proof, which can be viewed on the WLLO website [here](#). Or, if you'd prefer to watch a video on the topic, you'll find it [here](#).

Here's wishing everyone a happy and scam-free holiday!

We'll Be Stoppin' By to say HI!

Before you get too busy with the season's activities, we'll be visiting members and volunteers the weekend of December 10th. We'll have a treat bag, but mostly we want to stay in touch or get to know you better. We love to chat. If you won't be home, call the office or send and email and let us know when it's convenient for you to stop by!

Many thanks to our volunteers for sharing and caring and being the core of our village.



We extend a very warm welcome to our newest members Rita V. and Carolyn C. We are very pleased you've chosen to become a part of our Village!

Thank you!

Also, if you know of someone who might be interested in WLLO Village, please let us know. If you want to share something with your friends and neighbors, ask us for one of our brochures.



Holiday Recycling

By

Terence M. Shumaker

Here it is again. That time of year when we dance on the edge of confusion and bewilderment when surrounded by the leavings of the season. Cardboard boxes, plastic bags of every shape and size, wrapping paper, ribbons, bows, blocks of crumbling Styrofoam, plastics of every color and type, and all things covered and cursed with glitter. What's a conscientious recycler and steward of the environment to do?

We spoke of this last year, but as with all things in life, they often bear repeating and reviewing. If you are not aware of what your WLLO Recycling Team (RT) can pick up at your door, please see the list at the end. We pick up items that cannot be put into your curbside-recycling bin. So between the RT and the curbside bin, most of your recycling is taken care of.

But what about those products that fall into the gray area of "wishful recycling." I hope it can be recycled so I'll toss it in the bin or give to the RT crew to deal with. Dusty Springfield had great success with Wishin' and Hopin' in 1964, but she was dealing with young love and not recycling. And two of the products that fall into that category, and pose the most contamination problem for recyclers, are glitter and foil.

Let's look at foil first. Or better yet, wrapping paper with foil. Here's a quick

test. Scrape your fingernail across the “foil”. If it peels up easily it’s ink. So toss it in the recycling bin with other paper. If you fingernail doesn’t pull up anything, and if you crush the paper and it “crinkles slightly” but pops back, it’s garbage. It will contaminate the paper in the recycling process.

On the other hand, if the foil crinkles and remains that way, it’s mostly foil, so put it in the recycling bin, but you may want to wrap it up with other pieces of foil so it’s in a ball. If it’s flat it may get caught with paper and become a contaminant.

The best thing that can be said about glitter is that it glitters. Beyond that it’s a microplastic scourge that permeates every cranny of this planet. It has been found in core samples of arctic ice. And after the holidays, most likely in your hair, on your face, in the carpets, garden soil and any place it can hide in your house. Your pets may become the glitterati of your home. It’s the gift that keeps on giving and glittering. It’s a combination of plastic and aluminum, and even glitters marketed as “biodegradable” are not.

So what can we do? Simple. 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.

So now you can cruise into the holiday season knowing a bit more about dealing with the detritus of the season. And remember, if you are in doubt, don’t throw it out. Check it out, at the Oregon Metro website:

<https://www.oregonmetro.gov/tools-living/garbage-and-recycling/find-a-recycler>.

Happy holiday recycling!

WLLO RECYCLING COLLECTION SCHEDULE

Important note: Every month we pick up #6 PS Styrofoam, plastic film, and all clean clear #1 PET and PETE plastics.

December 13: Cleaners, pesticides, chemicals, light bulbs, smoke alarms, paint, batteries and other hazardous materials. Metro South Hazardous Waste site reclaims and recycles.

<https://www.oregonmetro.gov/tools-living/garbage-and-recycling/garbage-recycling-hazardous-waste-disposal-oregon-city>

January 10: Building materials, tools, fixtures, fasteners etc. The Rebuilding Center is breathes new life into these items. <https://www.rebuildingcenter.org/donations>

February 14: Electronics and everything with a power cord. PLEASE: NO LIGHT BULBS OR SMOKE DETECTORS! Free Geek rehabilitates and recycles this stuff.

<https://www.freegeek.org/take-action/donate-technology>

March 14: Furniture, linens, kitchen utensils, decorative items and artwork, rugs etc. Items are donated to the Community Warehouse.

<https://www.communitywarehouse.org/give-furniture/>



December Birthdays

December is a busy month for birthdays! Our best birthday wishes to our December birthday folks: Janice L., Donald S., Ty B., Cathryn O. Jana L., Joni C., Louise D., Aase B., Marjorie S., and Bill S. 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 on the second Tuesday of the month but is on holiday in December.

Our November 22 meeting did not occur due to technical difficulties, we're trying to schedule an in-person coffee or tea to discuss November's theme: 'books that were made into movies'. We'll keep you posted.

Get ready for winter because we will discuss books involving snow or cold weather! Dr. Zhivago, anyone? Or read whatever you want! Anything goes in this book club! Come participate and tell us about a cold-weather book you read. Or just listen in and get some good ideas! This meeting is usually virtual via 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!

See you all in January, if not sooner!



Care and Understanding is Available

As you visit friends and family this year you may notice they are acting a bit differently than they did last year. There are resources for senior challenges. The (Aging & Disability Resource Connection) ADRCs of Oregon have a person called an Options Counselor who can come to the home and chat with you about what is happening with your loved one. They are skilled in connecting you with resources in your community. You can also check out their "user friendly" website www.ADRCofOregon.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@wllovillage.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.

Free Webinar December 13 – Dementia and the Holidays: Tips and Strategies for Family and Friends
The holidays are a time when many look forward to celebrating and connecting with family and friends. When dementia is in the picture, there are new factors to consider. Gatherings and events may now evoke very different emotions and reactions. Oregon Care Partners is offering a free webinar to help families reduce stress and create more opportunities for joy and celebration with a loved one living with dementia.

Join Dementia and the Holidays: Tips and Strategies for Family and Friends on December 13, from 7:00 pm to 8:30 pm. Register to join at www.bit.ly/13dec22-fcw. Oregon Care Partners is free learning resource helping family and professional caregivers feel confident and prepared to provide quality support and care for older adults and people living with Alzheimer's in Oregon. Learn how free classes can help at OregonCarePartners.com.

Your Community Corner

We decided to add a Community Corner where we share events that are being organized by organizations with which we are not affiliated but might be of interest to our readers.

Lake Oswego Millennium Concert Band

The Lake Oswego Millennium Concert Band (LOMCB) is a proud recipient of the Sudler Silver Scroll Award. This international award administered by the John Philip Sousa Foundation recognizes community concert bands of outstanding musical excellence. It is North America's most prestigious award for community concert bands.

This organization is comprised of adult volunteers who love to play band music and are dedicated to providing high quality musical performances to the citizens of Lake Oswego and the surrounding area.

No admission fee.

When:

Sunday, December 4, 7:30 pm

Where:

Lakeridge Highschool Auditorium

1235 Overlook Dr, Lake Oswego, OR

West Linn Community Chorus Tide & Cheer

West Linn Community Chorus will have their annual December concert.

The West Linn Chorus has 53 members from all suburbs including Portland. It's mission is to share the joy of music and enrich the community through quality choral performance.

Masks recommended. Admission is \$10.00.

When:

Saturday, December 17, 7 pm

Where:

Mountain Park Church

40 McNary Pkwy, Lake Oswego, OR 97035

WLLO Events in the Month of December

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.

Saturday, December

3rd

**WLLO Get-
Together Making
Gingerbread
Houses**

2:00 pm

Another chance to be together. The gingerbread houses are in kits and will be donated to local Assisted Living facilities. Check your email for details or call or email the office for to RSVP!

Friday, December 9th

Wreath Making

12:45 pm

We'll provide greens and wreath frames, hot chocolate and tea. Check you email fo details. Call or email the office to RSVP.

Wednesday,

December 7, 21

Chat & Stroll

10:00 am

Note location change:

For now this will no longer be at Luscher Park, but at Foothills Park by the Veteran's Memorial.

Weather permitting, we will be meeting at Foothills Park near the Veteran's Memorial, 5010 Foothills Dr, Lake Oswego,. Watch your email for an announcement. Members and volunteers are welcome to join.

Every Thursday.

**December 1, 8, 15,
22, 29**

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 2, 9, 16,

WLLO is hosting a virtual gathering every Friday at 9 am. Contact the office (503-308-8223) or

23, 30	email info@wllovillage.org to get log-in details and the password.
Friday Coffee	RSVP required to get the dial-in information.
9:00 am	
Online	
 The No-Guilt Book Club	
No Scheduled Meet in December	See you in January. 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.
Online	RSVP required to get the dial-in information.
 Tuesday, December 13	
Recycling	On the list for December are cleaners, pesticides, chemicals, light bulbs, smoke alarms, paint, batteries and other hazardous material. Metro South Hazardous Waste site reclaims and recycles.
Registering required	
 Wednesday, December 14, 28	
Brisk Get Your Heart Pumping Walk	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.
9:00 am	
George Rogers Park	
 Sunday, December 25	
Holiday Get-Together	We invite anybody who wants to join to our holiday gathering. We'll have a few fun videos and a chance to share and enjoy each other's company. We welcome all! If you're interested in joining us email or call and leave a message, info@wllovillage.org, 503-308 8223, and we'll send you the link!
2:00 pm	
Online	

Shared Village Events in the Month of December

Enjoy Weekly Walks in Columbia Park

Every Wednesday, 12:30 pm

4503 N Lombard St, Portland OR 97203

Hosted by North Star Village

Celebrate fall and make new friends with Wednesday walks along the paths of beautiful Columbia Park with North Star Village's Wednesday Walkers. We meet at the corner of N. Woolsey and N. Lombard to begin our walk around North Portland's Columbia Park.

TED Talk and Discussion

Every Monday, 1:00 pm

Hosted by WLLO Village

Each week we will choose a brief video to watch together and then have a short discussion. Call or email WLLO Village for the meeting link, 503-308-8223, info@wllovillage.org. If you are on WLLO's mailing list, you will receive notices of additional events.

Speed-Friending

Online Age Café

First Friday, December 2, 11:00 am – Noon.

Hosted by Viva Village

Contact Viva Village for registration information, 503-746-5082 or vivavillageevents@gmail.com.

Meeting by Zoom this month. Small group conversations exploring topics of interest to older adults. A new topic every month.

This month, Age Café, features a speed-friending format, a good opportunity to connect with new people.

Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS.

Women's Coffee In-Person

Every Wednesday, December 7, 14, 21 and 28

Jim & Patty's Coffee, 4130 SW 117th, Beaverton

Hosted by Viva Village

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

Your Worst Vacation Trip

Coffee and Conversation

Friday, December 9, 11:00 am

Zoom, <https://us02web.zoom.us/j/86366674028>

Hosted by Village Without Walls

What is the worst vacation experience you ever had? Was it the people, the weather, the location or something else? Get a cup of coffee or your favorite

beverage and come share your story during this virtual conversation.

Villages NW Equity, Diversity and Inclusion Group

Second Tuesday, December 13, 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.

WLLO Village Invites All Villages for a Zoom Christmas Get-Together

Christmas Day! Sunday, December 25, 2:00 pm

Hosted by WLLO Village

RSVP by email or phone, info@wllovillage.org or 503-308-8223, and we'll send you the link.



Last but not least: We put together a list of enjoyable activities on our website. Check out ["More Resources"](#) under Activities on our website. With entertainment, education, museum tours and more. We're sure you'll find something to brighten your day!

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[!\[\]\(d3b4f22af99c507f55d7924c8d6d7349_img.jpg\) Website](#)

[!\[\]\(528617bae5d4722c747678f5759aceb1_img.jpg\) YouTube](#)

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