



**Your May 31, 2023 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.*

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## **The Times They Are A Changing Three Month Membership Extension**

We had a busy month and we're getting together in person and online. We met for walks and talks, birthdays, happy hours, coffees, bookclub and recycling. However, we've noticed that you are busier, and your schedules are less predictable. Our goals as stated at the annual meeting are to serve our members by providing the most valued items identified by the membership in our survey and to honor your interests. (If you haven't mailed in your interest sheet, and or your emergency contact update, please do.) We may be focused

on smaller events based upon your interests.

While we work on finding the best ways to meet our goals in our new social environment with less covid fears, our Council decided we could provide a one time membership extension from 12 to 15 months in 2023. This was announced at the Annual Meeting. We will be adding one service to Associate Memberships, and continue regular services for Full Service Members.

We want you to know that we are always open to hearing from you with suggestions and ideas. Call or email us at any time.

**Thank You for being a part of the WLLO community!**



It's a joy to welcome Pamela H. as our newest member and Anne S. (who is also a member) and Joyce M. as our newest volunteers. You make our Village better!

We're also happy to welcome back Noreen L., one of our original volunteers!

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# Thank You

- A Big thank you to a few members who have been giving “ friend” rides to help us out over the last few weeks!
- Thanks to all of our volunteers - you all step up when needed! We really appreciate you!
- Thank you to Suanne J., our Volunteer Team Lead, who gives 110% to the care of our members and their requests, and to each and every volunteer to make sure they know they are valued members of our village.
- Thank you to Villages NW and the support it provides to our Villages and to Becky C., our member, volunteer, Treasurer, and liaison with Villages NW. Always behind the scenes, but always there!



In May, Eleanora L. turned 99 and celebrated with her WLLO friends!



## June Birthdays

Our best wishes to our June birthday villagers : Julie R., Suanne J., Ellen S., Rita V., Terri K., Sally L., Gail T, Wayne H., Carolyn C., and May T.

We wish you all the best, health and happiness for this year and the ones to come. Live it up!



### ***Terry's Recycling Tips: Pills and Plastic***

By

Terence M. Shumaker

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

We members of WLLO have at least one thing in common. We may or may not possess the wisdom of our years, but we all possess a hearty collection of years. You might say we all have experience with calendars. Many of them. And now most of us also possess a collection of pill bottles, either prescription medications or vitamin supplements. Our medicine cabinets runneth over. With pill bottles.

What to do with them? Large bottles with screw-on caps can be tossed into your curbside recycling bin. But what about the smaller ones? Especially the orange ones with a #5 PP stamped on the bottom? Most often these plastic bottles are a light orange color and some may even have caps designed to





prevent you from opening the bottle. One of my favorites is the container designed specifically for those who like the challenge of opening pill bottles. The drug is called *Triopenin*. Just try.

Anyway, those #5 plastic pill bottles are accepted at all cannabis stores. So, the next time you visit your local emporium for gummies and chocolate, take your #5 bottles with you and toss them in the collection bin. scores of these stores can be found in Oregon City and Portland. Cannabis Nation in Oregon City is handy for us, so I drop my used #5 plastic pill bottles there.

The company that collects these #5 plastics from all of the cannabis stores in Oregon is P3 Recycling in Milwaukie. Check out their website at <https://www.p3distributing.com/recycling> for locations of drop boxes.

In addition to providing the #5 plastic recycling service, P3 also markets OLCC compliant plastic containers and packaging for use by the cannabis industry. And many of the packages P3 markets are made of recycled plastic. A recent social media post intimated that P3 reuses only 50% of what they collect and the rest is sent to the landfill. This is not correct. P3 Recycling separates, cleans and de-labels the bottles, but approximately 20% of the containers they receive are either a different grade of plastic or are contaminated, hence garbage. P3 then grinds all of the #5 plastics they receive and sells the product to the Northwest Polymer company in Molalla and they further render the product into reusable plastic. So save those #5 plastic bottles and take a field trip to your local pot shop for some “pick up and drop off” activity.

And speaking of plastic pots, which we weren’t, it’s that time of year again where we spend far too much money to put plants in the ground and hang them in the air. Then they do their damndest to defy our imagined powers of plant procreation.



The detritus of this feverish planting activity is countless plastic pots of every size and shape imaginable, sitting on our patios and decks, and looking at us forlornly as if to say “But you might need me for something!” So, there they sit, baking in the sun while we ponder their fate.

Toss ‘em. All of them. Well almost. Every plastic planter pot you get from the nursery or BOGO rack at Walgreens, can go in your curbside recycling bin. Everything from 4” diameter up to five-gallon plastic buckets. And you can leave the metal handle on the bucket! Color doesn’t matter. But watch out for those nasty, crinkly, irritating thin brittle plastic planter trays.

If they crackle and break when you abuse them, toss them in the garbage. They just don't make the recycling cut.

And the friendly folks in the recycling industry appreciate it very much if you hose out most of the dirt and organic chunks from the plastic pots before putting them in the bin.

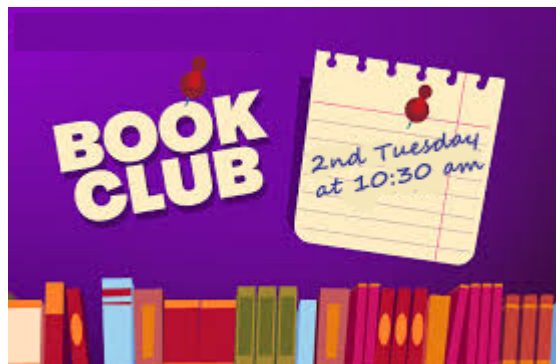
Thanks again to all of the WLLO Recycling Warriors who, against all odds, provide your WLLO Recycling Team with ample work to keep us off the streets and out of trouble.

See below for the next pickup.

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## WLLO RECYCLING COLLECTION SCHEDULE

- **Every month** we pick up #6 PS Styrofoam, plastic film, and all clean clear #1 PET and PETE plastics.
- **June 13:** 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>
- **July 11:** : Furniture, linens, dishes (no chips or cracks), kitchen utensils, mattresses/box springs, small appliances (in working condition), decorative items and artwork, rugs etc. Items are donated to the Community Warehouse. <https://www.communitywarehouse.org/give-furniture/>
- **August 8:** 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>
- **September 12:** Building materials, tools, fixtures, fasteners etc. The Rebuilding Center breathes new life into these items. <https://www.rebuildingcenter.org/donations>



## The NO-GUILT Book Club meets again on the second Tuesday of the month.

We enjoyed meeting in person and discussing *A Tale for the Time Being* as a group during our May meeting. Thank you to Janice L. for hosting us at the common area of the Mercato Grove Residence lobby. Our next book club meeting will once again be in person, on **Tuesday, June 13, at 10:30am. Sue D. will be hosting this months book club.**

**These are the upcoming books we agreed to read:**

- ***June: Lessons in Chemistry by Bonnie Garmus***
- ***July: Demon Copperhead by Barbara Kingsolver***
- ***August: Deep River by Karl Marlantes***

It might be advisable to put these books on hold at the library now; they are popular and in demand!



### **Who doesn't want to age exuberantly?**

Margaret Magnusson, 86, has given us a book with some of the best advice we've likely heard before, but with the provocative title: "The Secret Art of Aging Exuberantly: Life Wisdom from Someone Who Will (Probably) Die Before You".

It is full of tips we can all benefit from keeping in mind. For me, it was the first chapter, "Have a cocktail with a friend", that convinced me it was worth exploring.

Further, she tells us to volunteer, keep an open mind, eat chocolate! Also, surround yourself with younger people and above all, DON'T FALL.

Ms Magnusson recalls saying "yes" to when she was on the verge of saying no, and how those experiences made her life richer. Saying "yes" whenever possible takes some effort but is "in effect saying 'yes' to life

and being part of community. She recommends we "Give it a try,  
whatever it is".

Isn't being part of community what WLLO is all about?

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## WLLO Events in the Month of June

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

- Registration, calendar questions, or need for log-in details. contact the 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.)
- Keep alert for emails announcing small get togethers.

**Every Monday. June  
5, 12, 19, 26**

**TED Talk &  
Discussion**

1:00 pm  
Online

Each week we will choose a brief TED Talk to watch together then have a short discussion.  
**Members & Volunteers receive login information by email.**

**Thursdays. June 1,  
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. **Members & Volunteers receive login information by email.**

**Thursdays. June 8**  
**In-Person Happy Hour**

4:00 pm  
In Person

Bugatti's Ristorante  
18740 Willamette Drive, West Linn, OR  
Please stop by even if you can't arrive that early!

**Friday. June 2, 9, 23**  
**Online Friday Coffee**

9:00 am  
Online

WLLO hosts a virtual gathering on the Friday dates listed at 9 am. **Members and volunteers receive login information by email.**

**Friday. June 16, 30**

Our in per coffees are at 10:00 am and the



## **In-Person Friday Coffee**

10:00 am

In Person

## **Tuesday, June 13**

### **Recycling**

Registration required

## **Tuesday, June 13**

### **The No-Guilt Book Club**

10:30 am

In-person

## **Walks:**

### **Brisk Walks**

**Every Wednesday.**

**June 7, 14, 21, 28**

9:00 am

**Every Wednesday.**

**June 7, 14, 21, 28**

### **Chat & Stroll**

10:00 am

specific location and directions are mailed to WLLO members and volunteers.

On the list for June are Electronics and everything with a power cord. PLEASE: NO LIGHT BULBS OR SMOKE DETECTORS!

Join us for our no-guilt bookclub meeting. In June we're discussing ***Lessons in Chemistry by Bonnie Garmus.*** If haven't read the book, join us and learn about the book. Call the office for all the details and read more in the article that is posted earlier in the newsletter Tel. 503-308-8223.

No host walks but if you'd like the regulars to look for you please call the office or email [info@WLL OVillage.org](mailto:info@WLL OVillage.org)

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### **George Rogers Park**

**New location!** Veterans Memorial at Foothills Park. Members and volunteers are welcome to join.

# OREGON CITY GARDEN & ART TOUR



**JUNE 10 2023**

**10 AM - 4 PM**

**8 GARDENS**

Tickets \$10  
available from  
members or on  
line

**VILLAGE AT THE FALLS**

[www.VillageAtTheFalls.org](http://www.VillageAtTheFalls.org)

Last year several of our members went to this event and said the gardens were beautiful and they had a terrific time. (More details below under Shared Village Events.)



Last but not least: We put together a list of enjoyable activities on our website. Check out [our tips on our website](#). We're sure you'll find a distraction that will brighten your day.

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## Shared Village Events in the Month of June

### **Visit the Gardens at Historic Old Fort Vancouver**

Wednesday, June 14, Time TBD per weather conditions

Hosted by Villages Clark County

For more information, contact [info@villagesclarkcounty.org](mailto:info@villagesclarkcounty.org)

### **Walk With Us + Lunch**

#### **Vancouver's Downtown Murals**

Friday, June 23, Time TBD per weather conditions

Hosted by Villages Clark County

We'll tour the murals between Evergreen and 13<sup>th</sup> and Washington and C Streets, followed by lunch.

### **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](mailto:info@wllovillage.org). If you are on WLLO's mailing list, you will receive notices of additional events.

### **Women's Coffee In-Person**

Wednesdays, 10:00 am

Jim & Patty's Coffee

4130 SW 117<sup>th</sup>, Beaverton

Hosted by Viva Village

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

### **Age Café**

First Friday June 2 11:00 am – Noon.

Beaverton City Library, Meeting Rooms A&B

12375 SW 5<sup>th</sup> St, Beaverton

Hosted by Viva Village

Small group conversations exploring topics of interest to older adults. A new topic every month. Sponsored by Viva Village, Beaverton City Library, Beaverton Committee on Aging, and Washington County DAVS.

### **Raised Garden Bed Building Workshop**

#### **Community Cultures Through Food**

Thursday, June 8, 9:00 am – 1:00 pm

Rose City Park United Methodist Church

5830 NE Alameda St, Portland

Hosted by Foodways Initiative

To register, [https://nevillagedpx.org/content.aspx?page\\_id=4002&club\\_id=293188&item\\_id=1979828](https://nevillagedpx.org/content.aspx?page_id=4002&club_id=293188&item_id=1979828)

Do you enjoy gardening but find it increasingly difficult to manage physically? Consider constructing tall raised garden beds! NE Village PDX is creating three demonstration beds, one of which is wheelchair accessible and the other two are designed for standing (or sitting on the edge of the bed) while you work. Join us for this fun hands-on workshop to learn how to build this style of bed in

your own backyard; no experience required! Printed instructions will be provided for you to take home.

The workshop will be held on June 8 from 9:00 – 1:00ish (exact time depends on how quickly we all work) on the north side (NE 58<sup>th</sup> St) of the Rose City Park United Methodist Church (5830 NE Alameda). Participants are asked to bring work gloves and shovels (we'll also be putting soil into the beds and maybe even starting to plant them). Refreshments will be provided.

This workshop is being offered by the Foodways initiative, a collaborative effort with NE Village PDX, Villages NW and *Che Figata!* in cooperation with the Rose City Park United Methodist Church and is open to all Village members and volunteers. For more info please contact [Ian Harding](#).

### **Oregon City Garden and Art Tour**

Saturday, June 10, 10:00 am -4:00 pm

Hosted by Village at the Falls

Tickets: \$10 per person,

<https://villageatthefalls.helpfulvillage.com/events/724-garden-and-art-tour>

Village at the Falls invites you to eight extraordinary gardens in Oregon City. Several of the gardens will also feature local artists. Each Garden will have a raffle for some beautiful baskets of items donated by local businesses.

This is truly a once in a lifetime opportunity to see eight beautiful and unique private gardens, while supporting VATF. Your \$10 per person ticket helps subsidize membership cost for our older neighbors.

We encourage you to carpool. Shuttles are available and recommended for the two houses on S Center St. Shuttle location is the parking lot on the corner of Center and S 2nd Avenue, the *old* location of the Oregon City Public Works Offices.

Tickets will be available on the day of the tour at any of the gardens. Need more information? Call the Village at the Falls office at 503-479-8256 and leave a message or email [info@villageatthefalls.org](mailto:info@villageatthefalls.org).

### **RiverWest Potluck**

Tuesday, June 13, 11:30-1:00

Patricia Whiting Hall, Metzger Park

8400 SW Hemlock St, Portland 97223

Hosted by RiverWest Village

Bring a dish to share and your own plate, utensils and beverage to the indoor



Patricia Whiting Hall at Metzger Park. We'll have a good time eating, appreciating the variety of food and learning what's happening in our lives.

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

Second June 13, 2:00 pm

Hosted by Villages NW

Join fellow villagers – including some from other states – for this 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.

### **HomePlate Youth Services**

#### **Viva Village Forum**

Monday, June 19, 2:00 pm

United Methodist Church, Wesley Room

12555 SW 4<sup>th</sup> Street, Beaverton

Hosted by Viva Village

RSVP Recommended. Register on the Viva Village website, [vivavillage.org](http://vivavillage.org)

Learn about Washington County's only nonprofit provider of drop-in centers and street outreach for young people ages 12-24 experiencing houselessness, Refreshments served. No charge.

### **Village Without Walls In-Person Coffee Hour**

Tuesday, June 20, 10:30 am

Tous les Jours – Orenco Station

6221 NE Cornell Rd, Hillsboro

Hosted by Village Without Walls

This is a great way to get acquainted and learn more about the Village community. Everyone welcome! Korean/French bakery with coffee, tea and other treats available for purchase. Look for our table in the seating area.

### **3 Movies This Month!**

#### **Third Thursday Movie Discussion**

Thursday, June 15, 10:00 am

Hosted by RiverWest Village

Watch ahead of time on Kanopy or other streaming services. Then join us for discussion and companionship.

***The Phone Call*** 2013 Academy Award Best Short Film, Live Action

This Oscar-award winning short film follows Heather, a shy lady who works at a help-line call center. When she receives a phone call from a mystery man, she has no idea that the encounter will change her life.

***The Silent Child*** 2018 Academy Award Best Short Film, Live Action

Inspired by real-life events, Libby, a profoundly deaf child nearing her first day at school. Her emotionally distant, overwhelmed mother and workaholic father seek out a quick fix to make their 'broken' child more equipped to handle the real world. A fresh-faced social worker Joanne helps Libby transform. As the story emerges, it becomes clear that Libby is not the one who needs to be fixed.

***Weekends*** 2017 Oscar-nominated animated

This short film tells the story of a young boy shuffling between the homes of his recently divorced parents. Surreal, dream-like moments mix with the domestic realities of a broken family in this hand-animated film set in 1980's Toronto.

Join the discussion:

<https://us02web.zoom.us/j/89016059225?pwd=bmhESjN0N3NhRUE3MXuesJWSWpVQ0Nrdz09>

Meeting ID: 890 1605 9225

Passcode: 486547

Attend by Phone: 253-215-8782

**Villages Leadership: Listen, Lunch, Learn  
Leader Retention and Recruitment**

Thursday, June 15, 10:30 am – 2:30 pm

Hosted by Villages NW

RSVP by June 10, <http://evite.me/ebkQ5fGt5J>

Do you love being a WLLO villager? Keep our Village strong and thriving by finding your own path to action and help others to do the same by getting a little more involved.

A recent survey of our 10 Villages NW Villages identified leader recruitment and retention as well as how to improve engagement for specific tasks and projects as the highest priorities of Village Governing Councils coming out of the pandemic. As a result on June 15, Villages NW will be hosting the first in a series called, "Villages Leadership: Listen, Lunch, Learn," to address these two topics. Any villager interested in learning from other Villages by sharing ideas and building new skills is welcome to attend this workshop.

The forum will consist of a panel drawn from Villages who are actively implementing methods of leadership retention and engagement. You will have the opportunity to work in small groups as well as ask questions and gather ideas from other villagers. Box lunches will be provided.

We are asking for RSVPs by June 10 because the space is limited and lunches will need to be ordered.

When you RSVP, <http://evite.me/ebkQ5fGt5J>, please note in the comment section if you are vegetarian or have specific dietary limitations.

If you have questions, contact [wgleadershipdevelopment@villagesnw.org](mailto:wgleadershipdevelopment@villagesnw.org) or call 503-515-1948.

### **A World of Curiosities**

#### **Online Viva Village Book Club**

Tuesday June 20, 1:00-2:30 pm

Hosted by Viva Village

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

***The Book Club will meet on the 3<sup>rd</sup> Tuesday in June – this month only.***

The book is A World of Curiosities by Louise Penny.

### **Two Days of Teepa**

#### **Oregon Dementia Care Conference**

June 21-22

Oregon Convention Center

777 NE Martin Luther King Jr Blvd, Portland

Sponsored by Oregon Care Partners

Registration Opens May 31, 10:00 am

[OregonCarePartners.com/Teepa-Snow](http://OregonCarePartners.com/Teepa-Snow)

A free educational and skills building event for Oregon family and professional caregivers. Learn firsthand with nationally recognized dementia care and training expert Teepa Snow, MS, OTR/L, FAOTA, Founder of Positive Approach to Care® and the Snow Approach Foundation®.

Day 1, Wednesday, June 21 – Reducing Stigma: The Impact of Implicit Bias on People Living with Dementia and Caregiving

Day 2, Thursday, June 22 – Helping People Living with Dementia Shine Like GEMS® and Modifications for Activities of Daily Living

Although tickets are free, they are expected to sell out in about an hour. If you want to attend, go to [OregonCarePartners.com/Teepa-Snow](http://OregonCarePartners.com/Teepa-Snow) before May 31 and create an account. Then log in at 10:00 am on May 31 to order your ticket.

### **Rogerson Clematis Garden in West Linn and Hughes Water Garden**

Wednesday, June 21, 1:30-4:00 pm

Luscher Farm, 125 Rosemont Rd, West Linn

Hosted by RiverWest Village

The clematis garden has the largest collection of clematis in the U.S. You will be delighted by the vast arrays of different clematis flowers. The water garden has wonderful collection of lotus and water lilies and a shaded pond to wander thru. Both are free. We'll leave from Multnomah Senior Center at 1:30 to carpool. Let Janet know if you are coming to ensure car space: [janetliu1@juno.com](mailto:janetliu1@juno.com).

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

Monday, June 26, 10:00-11:30 am

Ki Coffee

4655 SW Griffith Dr #160, Beaverton

Hosted by Viva Village

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

### **Tickets Now On Sale**

#### **Village Night at the Hillsboro Hops**

Tuesday, July 18, 7:00 pm

Hillsboro Hops MLB Farm Team vs Arch-Rival Eugene Emeralds

Ron Tonkin Field

4460 NE Century Blvd, Hillsboro

Hosted by Villages NW

Tickets Now Available, [https://www.riverwestvillage.org/content.aspx?page\\_id=4002&club\\_id=365906&item\\_id=1989649](https://www.riverwestvillage.org/content.aspx?page_id=4002&club_id=365906&item_id=1989649)

Bring your family, friends and fellow villagers to the ballpark for a night of exciting baseball action and family-friendly entertainment. Enjoy a summer evening with villagers from our Villages NW Villages. The evening will include a video board welcome and a visit from the Hops mascot Barley.

Plan to carpool with others from your Village. We have purchased a block of tickets, which are now on sale at

[https://www.riverwestvillage.org/content.aspx?page\\_id=4002&club\\_id=365906&item\\_id=1989649](https://www.riverwestvillage.org/content.aspx?page_id=4002&club_id=365906&item_id=1989649). Tickets are \$18.00 each.

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