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## Your June 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.*

## WLLO Members and Volunteers are Offering Their Homes and Yards for Small Get-Togethers

We put an initial list of get-togethers and there will be more! The host is determining the event, how many folks will be allowed for safety purposes, who is invited, potluck or not, etc.

Members are invited to attend on a "first come, first serve", or in other words the first 12, or 6 or 5 persons to contact the office for that event will be invited. This round there are 34 opportunities to meet new friends or share time with old friends. If you would like to attend, please call or

email the WLLO virtual office, and let us know your first and second choice.

We're protecting the privacy of members and volunteers, so here are just the dates. Please check your email for a more detailed announcement.

July 6, 10:30am Brunch

July 15, 11am, morning coffee/tea

July 22, 5pm, wine and hors d'oeuvres

If you would like to host an event, just call the office and let us know.  
We'll help with notifications and calls.







When I shop at Amazon, I do it on [www.smile.amazon.com](http://www.smile.amazon.com) instead. Everything is the same and I can have a non-profit of my choice benefit from the money I spend. My non-profit - **Villages NW - Metro** - received \$47.56 in this last quarter just from people like me who take advantage of this offer from Amazon. Thank you so much to everyone who will pick a charity of their choice.

## Do You Know SHIBA?

SHIBA stands for Senior Health Insurance Benefit Assistance. The SHIBA program uses trained counselors to educate and advocate for Oregonians with Medicare. These counselors are objective, unbiased and can answer questions. They do not recommend any particular plan. There are classes, event info and lots of other good info on their [webpage](#).

The counselors are trained to help you look at all options, assess your needs and match them to what is available (will help you compare plans- they have all the info about all the coverages available). To find your local SHIBA counselor call 800-722-4134. They know Medicare ins & outs and will meet with you individually (might be through zoom). Everything is confidential. You need to sort it all out before you turn 65, even if you are going to continue to work or aren't going to sign up for Social Security yet.

## Do You Have Questions About WLLO Village?

While many of you know what we're all about, please share with friends and families that we are holding introductory sessions again. Take an hour of your time to listen to some members who tell you what we do and how it has changed their lives. Our next event is planned for **Tuesday, July 6 at 5pm**. See our events calendar for more details. Please help us spread the word by telling friends, family, and neighbors. If you are interested, call the office or email us for log-in details.





All of us at WLO extend a very warm welcome to our newest volunteers Miriam F., Nancy O., Sally L., Monica S. and Nora S. We are very happy to have you join our family.

By the way, if anyone knows of anyone who might be interested in WLO Village, please spread the word.





## Why You Might Want to Consider Tai Chi

WLO is lucky to have an expert in Tai Chi in our extended family. Don Rohrbacher, husband of Susan R., has been teaching Tai Chi for the past 8 years. For him, it has been a great way to maintain his exercise, balance and meditative health. Tai Chi is an ancient Chinese art form combining slow graceful movements, relaxation and natural breathing. Although it might look easy, it requires concentration, is a stimulation of the brain and helps in improving body awareness. It is for these reasons, that many community centers offer classes. If you're interested, contact the [Juanita Pohl Center](#) in Tualatin or the [Tigard Senior Center](#). As you might expect, the Pandemic has forced many to hold off teaching their classes or offer them online.

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The NO-GUILT Book Club meets once a month on Zoom. In our July meeting, we will be reading "beach reads." Actually, many of us bookhounds find the typical "beach read" to be shallow, so the real challenge is to find a "beach read" that has engaging characters, a good plot and that you enjoyed! But tell us about it next month even if you didn't like your book! There is no guilt in our book club!

As always, you can read whatever you want about the theme of the month, or nothing at all. If you enjoy books and like talking and hearing about them, feel free to participate even if you haven't read anything recently.

We are taking August off. See you all in September!

## Facebook Tips of the Month

If you're active on Facebook, you know of course about our [WLLO Facebook group](#). But there are other resources. One such page that we like to go to for tips and tricks is called **Age-Friendly Oregon**. You can find it [here](#). Why not check it out, the next time you're browsing online.

As importantly, there were a lot of stories written recently about how Facebook is tracking people through their phones and how to stop that. If you missed them, [here](#) is one that's pretty easy to understand.



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.





## July Birthdays

In the month of July, we are celebrating the birthdays of Ellen B., Laura M., and Helen McG. A very happy birthday to all of you. Stay healthy and have lots of fun in your next ride around the sun.



## A Big Thank You to Trader Joe's!!

Our WLLO Village treats delivered to our members in April included a special item to celebrate spring and the beginning of an emergence from a difficult year of isolation. We want to thank Trader Joe's for their generous donation of 48 herb plants that were included in our special treat bags for our members and volunteers.

We want to send a special thank-you to Captain Jackie Fegette and Mate Jennifer Ratzing at the Beaverton Trader Joe's and to Captain Jeff Konoske (pictured above with Susan R.) and Crew Member Joanne Swanson at the Lake Oswego store. We are so appreciative of their generosity in support of WLLO Village and its members.

We hope the herbs were put to good use creating a delicious array of dishes and that they continue to flourish.

Very appreciatively,  
WLLO members, volunteers, and Governance Team

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## WLLO Events in the Month of July

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.

**Every Friday. July 2,  
9, 16, 23, 30**  
**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.**

**Every Monday. July 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. Call or email the office for sign-in or call-in information!  
**RSVP required to get the dial-in information.**



**Tuesday, July 6**  
**An Opportunity to**  
**Learn About WLLO**  
**Village**

5:00 pm - 6:00 pm

Online

If you have been following WLLO Village for a while from a distance, you might appreciate the opportunity to learn more about our organization. To that end, we are going to hold 2 events in June where we present what we do and why. If evening hours are not ideal for you, we'll have another mid-morning event on June 16. 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.**

**Wednesday, July 7,**  
**21**  
**Chat & Stroll Walk**

10 am - 11 am

Foothills Park

Join us for a leisurely walk in and around Foothills Park. It's called chat & stroll for a reason! Please call ahead to let us know you're coming. However, if the urge only strikes you that morning, meet us at the starting place and time. Be prepared, maybe bring your own beverage and snack and let's enjoy each other's company. Contact the office or email us to let us know you're coming (preferred).

**Thursday, July 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](mailto:info@wllovillage.org) to get log-in details and the password.

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

**Thursday,**  
**July 8, 22**  
**DEI Affinity Group**

2:00 pm

Online

The DEI Affinity Group meets via ZOOM on the second and fourth Tuesdays, 2:00-4:00 pm. All village volunteers and members are invited to join the Zoom video call and listen to speakers, get DEI resources, hear what is happening in the Village Movement California and more. Join the group and share your personal experiences with ageism, sexism, ableism, racism and more. Learn more about diversity, equity and inclusion and how these social issues affect villages. To get the ZOOM link or for more information contact Jurie Lewis, DEI Affinity Group facilitator, at [realestatebyjury@msn.com](mailto:realestatebyjury@msn.com). Or call the office and we will facilitate the connection.

**Tuesday, July 13**  
**Recycling**  
 All Day by Appointment

This month, we will be picking up construction material such as lumber, trim, siding, fencing, doors, windows, toilets, sinks and the kitchen sink.

**Tuesday, July 13**  
**The No-Guilt Book Club**

10:00 am  
Online

Call or email the office to make sure you're on the list of our volunteers' route.

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

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme. Beach reads 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.**

**Wednesday, July 14, 28**

**Brisk Walk**

10 am - 11 am  
George Rogers Park  
Parking Lot

Join us for a brisk walk that gets your heart pumping. Please call ahead to let us know you're coming. However, if the urge only strikes you that morning, meet us at the starting place and time. Be prepared, maybe bring your own beverage and snack and let's enjoy each other's company. Contact the office or email us to let us know you're coming (preferred).

**Wednesday, July 21**  
**An Opportunity to Learn About WLLO Village**

10:00 am - 11:00 am  
Online

If you have been following WLLO Village for a while from a distance, you might appreciate the opportunity to learn more about our organization. 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.**

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## Events Organized by Other Villages in the Month of July

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.

**Happy Hour with Artistic Flair**  
**July 8, 4:00 - 5:00 pm**



**Hosted by Eastside Village**

Join the conversation, <https://us02web.zoom.us/j/88928922417>. Give a "cheers" and "À votre santé" to Eastside Villagers who share their art work and ambitions with others. This month Eastside Village member, Jackie Lemieux, will share her art with us.

**History & Current Events Discussion Group**

**Friday, Jul 9, 11:00 am – 12:30 pm**

**Hosted by Village Without Walls**

Discuss what you have read in books, online, newspapers and magazine articles. This month's topic: Who do You Think Had an Impact on History? Each participant does a brief participation on a person that they feel had an impact (good or bad) on history. Join at: <https://us02web.zoom.us/j/86366674028>

**Online Age Café**

**Every Other Friday, July 9 and 23, 11:00 am**

**Hosted by Viva Village**

Small group conversations exploring topics of interest to older adults. New thought-provoking topics each session. Sponsored by Viva Village, Beaverton City Library and Washington County DAVS. Contact Viva Village, [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com) or 503-746-5082 for the meeting link.

**Homelessness in Portland Metro Area****Great Decisions Discussion Group**

**Saturday, July 10, 10:00 am – Noon**

**Hosted by Village Without Walls**

Homelessness in the Portland region has been driven by two critical problems: the skyrocketing cost of housing, and devastating personal circumstances such as a job loss, major healthcare costs, untreated substance abuse, mental health issues, or domestic abuse. This is a friendly group of people who want to gain and share knowledge about what is happening in our world. You can participate in the discussion or just listen. To attend click: <https://us02web.zoom.us/j/84138707930>

**The Biggest Little Farm: Kanopy Movie Discussion**

**Thursday, July 15, 10:00 am**

**Hosted by RiverWest Village**

The Biggest Little Farm follows the wild 8-year journey of two dreamers and their dog to create an ambitious farm. Their misbehaving dog leads them to take on these 200 acres of desolation. A testament to the immense complexity of nature.

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

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

pwd=bmhESjN0N3NhRUE3MXJWSWpVQ0Nrdz09

Meeting ID: 890 1605 9225

Attend by phone: 1-669-900-6833

To sign up for Kanopy: This streaming service is free with your Multnomah or Washington County library card.

### **Come and Walk With Us in Beautiful Columbia Park**

**Wednesday, July 21, 12:30 pm**

**Hosted by North Star Village**

All Villages NW villagers and volunteers are invited to join our North Star Village walking group on a walk through Columbia Park. At just over 35 acres, this beautiful North Portland park is known for its mature (and very tall!) Douglas-firs and lindens that provide plenty of shade along its walking paths. We'll meet at 12:30 p.m. at the corner of N. Woolsey and N. Lombard to begin our walk. Stay as long as you want to; walk at your own pace as far as you want to. There is no need to RSVP. Just come and enjoy walking and socializing with other villagers.

### **Foundational Fitness Webinar**

**Saturday, July 31, 10:00 am**

**Hosted by Villages Clark County**

Are you worried about falling, and wondering what you can do to help reduce your risk?

Join us Saturday, July 31st @ 10:00 am for a webinar discussing the fitness side of preventing falls, and what you can do TODAY to help ease your fears. Exercises for your body and brain to help with building a stronger foundation of balance and stability as you age. Contact Ramona Perkins [rperkins@villagesclarkcounty.org](mailto:rperkins@villagesclarkcounty.org) or call 360-90-3745 for zoom link to join and register RSVP BY: 7/28/21.





Last but not least: For these hot days when it's uncomfortable to be 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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