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## Your August 31, 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 WLO.*

## Being Cautious is of Utmost Importance

WLO Village is following State regulations that are in place to combat the increasing numbers of COVID infections in our counties. Some of our activities are back to being online, others are kept in place but while complying with the new stricter mask mandates.

We are all very sorry that we had to postpone our in person get-together in late August. We are still hopeful that we'll be able to resume our other activities as the situation eases. If you are interested in certain activities, please make sure you pay attention to whether or not they are in person

or online. Things can change quickly. If you have ever any questions, don't hesitate to call the office or email us. We are in this together and we will get through it together.



HUGE SHOUT OUT to all the Volunteers who baked cookies, knitted scrubbies, wrote up plastics info, put bags together and to those who delivered this latest goodie bag! WLLO members and volunteers are still talking about their visits and their "treats". We really appreciate all the work that goes into the "Drop by, Say Hi" Days - They are SO MUCH FUN for everyone - Delivery drivers and recipients alike! Nora S, Sally L, Tammi B, Lonnie S, Vicci M, Terry S, Joan N, Ginny H, Sandy J, Judy B, Susan R, Barbara B. Thanks to all!

Thanks to the Recycling team for the pick up this month and lots of info that went out in the goodie bags. (And more info to come!). Thanks, Terry S and Ginny H! (Claudine is on leave.). For the Tuesday, September 14 pick-up, we are happy to take any household goods and plastic bag materials. You can let us know if you have any construction materials that need recycling or electronics. Also, please let us know what else you have that needs recycling. We will do our best.

## Do You Have Questions About WLO 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, September 7, 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.

## To Recycle or Not?

Thanks to our Terry Shumaker for putting this brief summary about recycling together for the benefit of all.

One of the stressors of modern life is "but can it go in the recycling bin?" In an era of ever-changing news concerning what can and cannot be recycled, it requires constant research to remain current. To that end, we hope regular articles in this newsletter will help direct your reusable and recyclable materials to the appropriate location.

As an introduction let's first look at what CAN be put into your curbside-recycling bin.

- **Paper:** miscellaneous paper, newspaper, magazines, catalogs, cardboard, shredded paper (place in paper bag), labels from metal cans, milk, juice and soup cartons, cereal, cracker and shoe type boxes. NO boxes containing frozen food.
- **Metal:** metal cans, aluminum (foil, pie plates, trays etc.), empty aerosol cans (do not puncture), other scrap metal, 30 lbs max and no longer than 30 inches.
- **Plastic:** Bottles and tubs 6 oz. and larger (no lids), rigid nursery pots 4 inches across or larger (rinsed, no dirt) and buckets no larger than five gallons (metal handles ok.)

This is a general list and if you are in doubt about an item, do NOT put it in the bin. Instead, check out Oregon Metro recycling tips on their [website](#). You can



also speak to a recycling expert at 503-234-3000.

But just because an item cannot go into the curbside bin does not necessarily mean it cannot be repurposed or recycled. That's where this column comes in. We will try to demystify the confusing morass of recycling and provide you with accurate information on what, when and how you can remove materials from the garbage can and see that they are repaired, reused, repurposed or finally recycled.

Your WLLO recycling team is working to provide you with accurate information and even a recycling pickup service. If you wish to be kept abreast of all things recycling within the WLLO community, please contact Suanne Jackson at [suannej@wllovillage.org](mailto:suannej@wllovillage.org).

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The personal finance magazine BARRON'S may not be on your daily reading list but the other day, they published an article titled "Aging in Place Gaining Popularity Among Seniors" (August 28, 2021). It's well written and worth the read. Among the tips for how to prep your home is smart lighting, installing after-market pull-out shelves in kitchen cabinets, and to replace door knobs with levers. [Here is the link](#) if you want to read more.

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The NO-GUILT Book Club meets again in September on the second Tuesday of the month (September 14). This time, we'll be looking at the classics. Tell us about your favorite. Or, just join for a lively discussion.

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## September Birthdays

In the month of September, we are celebrating the birthdays of Rose T., Sandra J., Marge W., and Linda F. We wish you all a very happy birthday. Hopefully, you'll find a safe way to celebrate with friends and family. Stay healthy and have lots of fun in your next ride around the sun.



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.

We are always interested in learning more about healthcare and how we can best navigate our system. There are many organizations out there, and not everything is for everyone. However, if you are interested in learning more about how patients and family members help each other through education and collaboration, check out the PFA Network. It's one of these groups that list many useful resources on its [website](#). Happy browsing!

## WLLO Events in the Month of September

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.



**Wednesday,  
September 1, 15, 29  
Chat & Stroll Walk**

10 am - 11 am

Meet at the farmhouse  
in Luscher Farms

Join us for a leisurely walk in and around Luscher Farm. 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, September  
2**

**An In-Person Get-Together**

4 pm - 6 pm

Foothills Park

Let's get together for some great conversation, laughs, and fun. Bring your own chair, food, drink, and mask. Note that we will comply with the mandatory mask mandate for outdoor gatherings. Also bring your smiles, jokes, balloons...Contact the office or email us to let us know you're coming (preferred).

**Every Friday.  
September 3, 10, 17,  
24**

**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.  
September 6, 13, 20,  
27**

**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, September  
7**

**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,  
September 8, 22**

Join us for a brisk walk that gets your heart pumping. Please call ahead to let us know you're coming. However,

**Brisk Walk**

9 am - 10 am

George Rogers Park

Parking Lot

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, September 9, 16, 23****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@wloovillage.org](mailto:info@wloovillage.org) to get log-in details and the password.

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

**Thursday, September 9, 23  
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, September 14****Recycling**

All Day by Appointment

This month, we are happy to take any household goods and plastic bag materials. You can let us know if you have any construction materials that need recycling or electronics. Also, please let us know what else you have that needs recycling. We will do our best.

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.**

**Tuesday, September 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. 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,  
September 29  
Food as a Medicine  
Monthly Check in**

10:00 am - 11:00 am

Online

If you were a participant in our 6-week Food as a Medicine class back in Spring, this is your monthly check in with the instructor.

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## **Shared Village Events (Events Organized by Other Villages)**

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.

### **Online Age Café**

Every Other Friday, September 3 and 17, 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.

### **Learn to Lawn Bowl**

Sunday, September 5, 10:30 am-Noon

Portland Lawn Bowling Club, 7535 SE 23rd Ave., Portland 97202

Hosted by Rivers East Village

Lawn Bowling is a unique and interesting sport played around the world. You can play no matter your age or physical ability. Join in this free session and learn to lawn bowl at Westmoreland Park in SE Portland. This is an outdoor event so please dress for the weather. Registration at [www.riverseastvillage.org](http://www.riverseastvillage.org) is required so that if this event is canceled we can notify you.

### **The History of US National Parks**

### History and Current Events Discussion Group

Friday, September 10, 11:00 am – 12:30 pm

Hosted by Village Without Walls

Who was involved and how was the US national park system started? Join at:

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

### **Moonlight:**

Third Thursday Movie Discussion

Thursday, September 16, 10:00 am

Hosted by RiverWest Village, contact [info@riverwestvillage.org](mailto:info@riverwestvillage.org), for meeting link.

Oscar-winner for Best Picture, Moonlight is a moving and transcendental look at the three defining chapters in the life of Chiron, a young man growing up in Miami. His epic journey to adulthood, as a shy outsider dealing with difficult circumstances, is guided by support, empathy and love from the most unexpected places.

"If you think art should challenge us, then you will embrace the writer-director Barry Jenkins' exquisitely crafted drama, "Moonlight". It's a true American masterpiece and one of the best films of the decade. -Tirdad Derakhshani, Philadelphia Enquirer

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

### **How to Make Our Cities More Eco-friendly and Safer**

Great Decisions Discussion Group

Saturday, September 18, 10:00 am – Noon

Hosted by Village Without Walls

Can our local cities make changes that will increase use of sustainable resources, encourage green technology, and promote greener public transportation? What changes can be made so that streets are safe for everyone, not just for cars? To attend click:

<https://us02web.zoom.us/j/84138707930>.

### **Trivia Night**

Saturday September 18, 6:30-7:45 pm

Outdoors at a Private Residence

Hosted by Rivers East Village

Join the fun and get to know Rivers East villagers. This is an outdoor event. If you have not had a COVID vaccine, please plan to wear a mask. Teams will be randomly created from attendees. No cost, no prizes, just a fun social activity. Feel free to bring friends and neighbors. Water, lemonade, and ice will be provided. Feel free to bring your beverage of choice. Plenty of parking available on the street and in your host's two driveways. Register to get the address and reminder email.

To register or learn more, visit [riverseastvillage.org](https://riverseastvillage.org) or contact [info@riverseastvillage.org](mailto:info@riverseastvillage.org), 971-808-2340.

**Salon: Useful Concepts in Psychology Dr. Franklin Weingarten**

Zoom

Wednesday, September 22, 12:30-1:30 pm

Hosted by RiverWest Village, contact [info@riverwestvillage.org](mailto:info@riverwestvillage.org), for meeting link.

RiverWest villager Dr. Franklin Weingarten will discuss some concepts in psychology that can help explain why, at times, we may experience strong emotions that don't seem to make sense. If time permits, he will also address the TA Triangle, a way of looking at certain interactions in helping relationships.

**The Woman Who Smashed Codes by Jason Fagone**

Online Viva Village Book Club

Tuesday, September 28, 1:00-2:30 pm

Hosted by Viva Village

RSVP to Viva Village, [vivavillageevents@gmail.com](mailto:vivavillageevents@gmail.com) or 503-746-5082 for the meeting link.

**Coffee and a Question on Zoom**

Monday, September 27, 10:00 am

You're invited to visit the North Star Village Coffee Hour on Zoom. As usual at our weekly coffees, we'll have an ice breaker question. This time it is, "What was your favorite place to visit as a child?" For the Zoom invitation, contact Liz Kennedy at [lizkennedy@wscribe.com](mailto:lizkennedy@wscribe.com).





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.

[Facebook](#)[Website](#)[YouTube](#)[Email](#)

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