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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 wishes everyone a Happy New Year and all the best for 2022. Stay safe, have fun and here's to many more gatherings with friends and family.

## Moving on from 2021 to 2022 - Somewhat gingerly but without hesitation

Whatever one can say about 2021; overall, it was better than 2020. People got vaccinated and then boosted. The virus is still around but somewhat less threatening. WLLO Village kept on growing with new members and new volunteers. For a while, we were able to do in-person events again. What a relief that was! We have no reason to doubt that come warmer weather in 2022, we'll be seeing each other face-to-face again more often.

Our special thank goes out to all the volunteers who helped us keep in touch with all of you. Our volunteers tirelessly helped delivering goodies and useful little gifts, at times baking the very cookies that you then found in your appreciations bags. We are very proud of how strong our little Village has become. Another silver lining are our online Ted events. They have become especially popular. Also, the collaboration between all Villages in the greater Portland area has increased, first out of necessity,

then because it was a lot of fun to see what kind of events others are putting on, and joining them at times. People are amazing. Just witnessing how many people who were somewhat overwhelmed by technology started to embrace online video calls and are now not even batting an eye if an event requires online registration and participation.

Like everyone else, I don't know what 2022 will bring. However, I am confident that with the help and support we showed for each other so far, I have no doubts that we'll prevail.

A very happy New Year's and all the best to all of you!

Joan Nelson, WLLO Village Chair



We extend a very warm welcome Susan and Tim J., our newest members.

We are so glad you decided become a part of our Village. Thank you!

## News and Noteworthy

If you have been on the receiving end of our puzzle exchange program, you can attest to how much fun a new puzzle can bring. This might be especially true during the winter months when the weather keeps one indoors more so than otherwise. This might be one of the reasons why we are running somewhat short. **WLLO needs more puzzles.** If you're

cleaning out closets, please think of us and share the ones you don't want to keep.

Speaking about indoor activities. WLLO is pulling together a **WLLO Cookbook**. Come January, we will be collecting recipes so keep an eye out for that email. Feel free to start thinking about what it is you want to share with everyone. Also in January, the '**Food as Medicine**' class will start mid-month. It will be a 2 hour weekly class for the next six weeks.

You will have your choice of Tuesday afternoon classes or Thursday morning classes. Contact suannej@wllovillage.org if you're interested in participating.

Last but not least, WLLO will be procuring **COVID home test kits for our members**. If you are not feeling well and are concerned that it might be COVID, we can drop off test sets (no contact drop off) so you can be sure. WLLO has purchased some **KN95 masks** for our drivers. We have a small stockpile of extras- if you are having trouble getting one, let us know. (Suanne will connect with the drivers to get them theirs.).

We are putting together a list of folks **who would like a check-in call** from us during any emergency kind of situation- power outage, extreme cold, extreme heat, snow, etc. We have started calling a few of you to ask but don't hesitate to give the WLLO office a call or send an email if you would like to be on this list. (Or if you can assist someone who needs help during this time.)

**If you visited family or friends over the holidays and noticed they are not quite the independent person they were last year**, there are several resources you can access.

[ADRCofOregon.org](#) has access to an options counselor to answer your questions and help you with an assessment of needs and then connecting with resources. There are ADRCs in every state with info and assistance. [OregonCarePartners.com](#) has lots of free webinars and classes both on Zoom and online to do at your own pace. These are for family members, friends and professional caregivers as well as anyone else interested in looking at info about aging and assisting those who are aging.

[TeepaSnow.com](#) is also a helpful website if you are a care giver/partner of someone who is aging and may have some cognitive impairment or dementia. There is info for the person living with dementia or signs of aging as well as family, friends and other interested parties.

[VillagesNW.org](#) has a list of 11 Villages like WLLO Village in the Greater Portland area. If loved ones live in any of these areas, you can always refer them to a local Village, too.

Don't hesitate to contact Suanne Jackson at [suannej@wllovillage.org](mailto:suannej@wllovillage.org) if you have any questions along these lines. She is happy to assist in any way she can.



## January Birthdays

Our best birthday wishes to our January birthday ladies, Claudine W., Jane L., Vicci M., Margaret W., Susan C., and Janet S. Let us celebrate another year! May you stay safe, enjoy health and happy moments throughout.



Cold, wet and windy weather stands no chance against the smiles and good spirits of WLLO members and volunteers.



The NO-GUILT Book Club meets again on the second Tuesday of the month. In December we will talk about holiday books you've read. We are starting off the year with books by Louise Penny. Many people find this authors name familiar because she just published a book co-written with Hillary Clinton! But she also has a series of mystery books that take place in a quaint village in Quebec, starring Chief Inspector Armand Gamache. Several in our group report she is their favorite author, citing these books. You don't have to read them in order, although it might help to read the first one first. 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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## Holiday Elves Making Wreaths in Santa's (?) Garage (Just look how festive and clean everything is)





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## Holiday Refuse Reborn - Recycling for WLLO Members

As always, credit and many thanks to our own Terence (Terry) Shumaker who puts this advice column together for the benefit of all of us, and the planet.

The holiday season is traditionally one of celebration, good cheer, gift giving and receiving. And after all of that, volumes of garbage. Between Thanksgiving and New Years Americans generate 25% more trash. That's an additional 7 million pounds of waste, much of which is valuable resources destined for the

landfill.

But you, dear WLLO recycler, can do your part to divert as much of that from the waste stream as you can. As we mentioned last month, much of the materials we use for holiday greetings, wrappings and decorations can be reused again, repurposed, composted or recycled. And to help you along, your WLLO Recycling Team is providing you with some useful resources and services.

### **Monthly WLLO Recycle Pickups**

Our monthly pickups occur on the second Tuesday of the month. But January's pickup will be two weeks later on January 25, in order to coincide with a plastics recycling event at Robinwood Station in West Linn on January 29. We will be collecting the following items. All items must be EMPTY, CLEAN AND DRY, and separated in the following categories:

- Plastic film (if it "crinkles" like cellophane when you crush it, toss it in the garbage.) Check out the video at <https://recycle.trex.com/view/educate>, and click on "Plastic Gets New Life With The Nextrex Recycling Program," to see what is acceptable. Plastic film must be clean, dry and uncontaminated by crinkly plastic or hard-shell containers of any kind. Remember, Plastic film can always be taken to most grocery stores.
- Clear #1 plastic, clamshells and containers. Must be clean and have a #1 or PET/PETE stamped on it.
- Disposable razors and replacement razor heads
- Writing instruments (pens, mechanical pencils, markers, highlighters, glue sticks, water color paints)
- Skin care, hair care and beauty product containers
- Biodegradable plastics (it MUST have a PLA #7 and say compostable or biodegradable)
- It is critically important that these items are pre-sorted, empty, clean and dry. You can view the details of this event at <https://www.facebook.com/events/283924787037414/?ref=newsfeed>.

### **WLLO 2022 Recycle Pickup Schedule**

Your WLLO Recycling Team is working hard to provide regularly scheduled pickups of items that cannot go into the curbside bin. So mark these dates on your calendar.

**January 25:** Styrofoam, all #6 PS plastics and all plastics mentioned above. "Squishy" foam is not acceptable. All polystyrene items must have the #6 PS stamped on it. Styrofoam may not have a number on it, but if it snaps and breaks when bent, it is OK.

**February 8:** Electronics. This includes TVs, monitors, computers, laptops, phones, printers, small appliances (NO microwave ovens please!), and most anything with a power cord. Before donating items, please check out the Free

Geek website for acceptable items at <https://www.freegeek.org/take-action/donate-technology>.

**March 8:** Furniture, household goods, linens, mattresses, kitchen utensils, artwork, rugs, bookcases etc. All items must be clean and free of stains. View the Community Warehouse website at

<https://www.communitywarehouse.org/give-furniture/> for a current list of acceptable items.

**April 12:** Hazardous and toxic materials such as batteries, paint, household chemicals, herbicides, pesticides, fertilizers, cleaners, pool and spa chemicals, automotive fluids etc. Visit the Oregon Metro website at

<https://www.oregonmetro.gov/tools-living/garbage-and-recycling/garbage-recycling-hazardous-waste-disposal-oregon-city> and scroll down to "Hazardous Waste" for a detailed list of acceptable items.

Note: every month we will accept plastic film.

The WLLO Recycling Team will pick up materials at your door and deliver them to the appropriate location. We greatly appreciate your involvement in this program and your efforts to keep your "donations" appropriate and acceptable.

Most importantly, this program for WLLO members helps to keep several volunteers busy and out of trouble for at least a few hours a month.

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## WLLO Events in the Month of January

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 Monday.**

**January 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, January 5 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.

**Every Thursday.**  
**January 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. January 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.**

**Friday, January 7**  
**LO Library Learning Group**  
7 pm - 8 pm  
Online

The group will meet on the **first Friday of each month at 7:00 pm**. To sign up for a session you are interested in, just go to the Library Events Calendar [https://www.ci.oswego.or.us/calendar?og\\_group\\_ref\\_target\\_id=13](https://www.ci.oswego.or.us/calendar?og_group_ref_target_id=13) and look for the first Friday of the month to find the Learning Group and click on the link to be emailed the invitation:  
<https://www.ci.oswego.or.us/library/learning-group>

**Tuesday, January 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. In January, we are reading books by Louise Penny. She is the author behind a series of mystery books that take place in a quaint village in Quebec, starring Chief Inspector Armand Gamache.

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, January 12**  
**Brisk Walk**  
9:00 am

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.

## George Rogers Park

**Tuesday,**

**January 25**

**Recycling**

Registering required

This month we will once again focus on styrofoam. Just remember to call the office to make sure you are going to be on the list of stops.

## Making Peace with the End of Life

LO Parks and Recreation is offering this 2-session class in March but reservation is open now. In a group setting, they will explore these topics and more:

- Death and grief practices from a variety of cultural and religious perspectives
- How death is addressed in our modern medical system
- What is hospice, and how does it differ from palliative care
- Family dynamics in end-of-life and bereavement
- Creative rituals and ceremonies for death, dying and grieving

Use the reservation number 23685 to save your seat. It costs \$15 for Lake Oswego residents and \$20 for non-residents. The sessions will be held on Wednesday, March 23 and Friday, March 25 from 3pm to 5pm at the Christ Church Parish (1060 Chandler Road, Lake Oswego).

More details can be found on page 28 of the LO Parks and Recreation Activities Guide that you should have received recently.

To register for classes, call (503) 635 3758 or go to [www.loparks.org](http://www.loparks.org).



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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.



Last but not least: As we warm up during the cold winter days you may find some 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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