



FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

VOLUME 15, August 2019

Maintain Eligibility for Resident Assistance

Willamette View residents have a safety net here at Willamette View Foundation. It's a safety net that was created over 50 years ago and has been strengthened over the years by donors and investment earnings. It is designed to provide direct financial support to residents whose financial resources are no longer able to cover their living expenses at Willamette View.

Some residents choose Willamette View because they know about the Foundation and its purpose, while others learn about it after moving into the community and discover a "gift with purchase". My guess is that all residents, however or whenever they become aware of our purpose, and resources that are here to support them, feel some sense of relief.



The Foundation's eligibility standards are basically a set of rules that residents should follow in order to preserve the opportunity to have our Resident Assistance Program pay their living expenses if their own resources are exhausted during their lifetime.

Residents will want to maintain a lifestyle consistent with their level of resources and avoid extravagant spending and gifts to family and friends. Prudent investment strategies and maintaining adequate insurance will help to protect the assets that were accumulated for retirement. It is important that assets are not otherwise encumbered and remain available for the resident's use to pay living expenses.

Home Care at Willamette View, or other private duty caregivers, can be a huge help and enable residents to maintain independence. A transition should be considered, including a thorough evaluation of all specific circumstances, if the cost for permanent in-home care increases to the point where it exceeds the cost for the next level of care available at Willamette View.

If you have any questions, or would like a copy of our eligibility standards, please contact the Foundation office at 971.233.8956. Information is also available online at willametteviewfoundation.org.

LETTER FROM DIANE

Happy Summer to you all. We sure have been lucky this year. It has been a gorgeous summer.

My family and I have done lots of fun outdoor activities; I hope you have taken advantage of the beautiful days. I feel so fortunate that I get to see my granddaughter every Monday. This summer our new mantra is “carpe diem”. Yes, I know it’s not a new concept. It is to my 7-year-old granddaughter. Hopefully she will adopt it for her lifetime.

There is no better time than the present to take advantage of all life has to offer.

In this newsletter, we’ve included some great ideas to help you enjoy every day. Get started this Summer and by the Fall, they will be new happy and healthy habits.

Warmly,

Diane



Move More During the Summer Hours

“Physical activity is extremely important for enhancing quality of life and decreasing the risk of chronic conditions,” says Wojtek J Chodzko-Zajko, Ph.D., an expert on exercise in older adults. Here are six ways to move more:

1. Stand while talking on the telephone.
2. Use timers for walking reminders. Set a timer to get up every 30 minutes
3. Schedule gentle exercising activities that you enjoy such as swimming, walking and Thai chi.
4. Stand while you listen to music or an audiobook.
5. Wear an activity devise to track your progress and to help motivate you to set personal fitness goals.
6. Ask a friend to join you so you can have fun socializing while on the move!



Source: <https://blog.fitbit.com>



Less Mess, Less Stress

Easy ways to declutter your life
and give your finances a
Summer Makeover

Receipts, old coupons and papers—it's easy for stuff to pile up. While some clutter is unavoidable, an overabundance of things can negatively impact our mental well-being. Here are some helpful purging tips:

- ♦ Find a time of day that works best for you and make it happen every day. Allocating five minutes per day for organizing paperwork will make a huge difference.
- ♦ Get your friends and family involved. A team will keep you on task and make your sorting project more enjoyable.
- ♦ Place paperwork in piles: *keep, trash, recycle*. Piles will simplify the sorting process and prevent the temptation to make mounds of *maybe* items.
- ♦ If you don't need it, toss it out. Keep in mind, much of your old paperwork belongs in the shredder if it has valuable information on it like account numbers.
- ♦ While you are organizing think about reviewing your credit report. Get your free annual credit report to check for errors, fix mistakes, and detect any fraudulent activity.



Source: <https://renew.com/aarp>

Willamette View Foundation

11226 SE 21st Ave

Portland, OR 97222

ADDRESS SERVICE REQUESTED

IN THIS ISSUE



Maintain Your Eligibility for Resident Assistance

Page 1



Move More

Page 2



Less Mess, Less Stress

Page 3



We are here for you

Page 4

WILLAMETTE VIEW FOUNDATION

971-233-8956

Diane Wernli, Executive Director
diane@willametteviewfoundation.org

Christy Noble, Executive Assistant
christy@willametteviewfoundation.org

FOUNDATION BOARD OF DIRECTORS

Christie Geiger- President

Mike Gallagher- Vice President

Ron Gustafson- Secretary/Treasurer

Carol Cameron

Jonathan Enz

Pat Fisher

THE FOUNDATION'S MISSION is to help qualified residents of the Willamette View Retirement Community maintain their dignity and independence through assistance in satisfying their need for housing and financial security. Aid is provided through resident assistance and financial management programs, educational seminars, financial information service, publications and grants to Willamette View, Inc. that benefit the community's residents.

Has Your Partner Recently Moved to the Health Center?

The Foundation has a special policy for financial assistance for couples. Contact the Foundation office so that we can provide you with information about the couple policy and capture the necessary information that will make applying for assistance in the future much easier.

