



FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

VOLUME 16, November 2019

Have you heard?

Willamette View Foundation is...

A non-profit corporation, separate from Willamette View, Inc., that is dedicated to the residents of the Willamette View retirement community. We are here to help you if your funds run out. We know that uncontrollable things can happen such as unexpectedly high care costs, market drops in investments value, or the good fortune of a long life. Our financial assistance program is available, and even has special provisions for couples, when one becomes ill to enable peace of mind from financial worries.

Your safety net...

We help residents who's funds have been depleted, by paying the portion of their Willamette View living costs that their monthly income does not cover. As long as funds are available and the eligibility standards are met, we will be your safety net.

Financial assistance...

The Foundation provides financial help at no cost to WVI residents. We want you, and your family, to know that when you need help we will be here for you with assistance and compassion. Our program strengthens the community without burden.

A benefit available...

Our program is a benefit to you as a resident of the Willamette View retirement community.

Funded by donations...

Our program has been funded by residents, their families and friends through contributions, bequests, gift annuities, and in the past by resident activities and resident run stores on the campus. Our funds have been supplemented by investment earnings.



Contact Willamette View Foundation if you are interested in more details about our assistance program.

LETTER FROM DIANE

Appreciation is the traditional theme of Fall; I think I know why. My husband and I took a drive yesterday and I couldn't help but appreciate the beauty we are surrounded by here in the Pacific Northwest. The trees seem particularly vibrant with their many shades of autumn and Mt. Hood looks majestic already covered with snow.

It reminded me to take the time to look around and appreciate where we are; I imagine you do that every day. You've selected a wonderful home within a welcoming community.

Welcome to all the new Willamette View residents. I wanted to make sure you all know about a valuable resource that is available to you as a Willamette View resident, so our cover story gives you a glimpse of Willamette View Foundation.

To all the residents who support our mission of helping your neighbors, *Thank You*. Know that you are a part of something good.

We wish all of you peace and joy.

With gratitude,

Diane



The Season of Giving

The following was written by Audrey Hepburn, who was asked to share "beauty tips."

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, and redeemed.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will realize why you have two hands; one for helping yourself, and the other for helping others.

Source: <https://senior.lifetips.com>

Warm Up for your Walk!

It's important to warm up before exercising...even walking. Walk at a slow pace to a bench or low wall on which you can balance yourself. Slowly stretch your calves, hamstrings, hips and thighs; just a few minutes of stretching does the trick. This also helps maintain your flexibility.





Getting to know your neighbor

Start with a friendly smile as you walk by, then work your way up to a face-to-face introduction. When going out to get the mail from your mailbox, greet, wave or say hello to your neighbors. Remember, timing is everything. You don't want to disturb your neighbors in the middle of dinner or while they are turning in for the night. Try to catch them when they are already outside of their apartment, when everyone is much more likely to be open to a friendly chat.

Source: <https://lifestyle.alltalk.com>

Are your finances ready for the holidays?

Here are a few tips for keeping your finances under control during the holiday season

Set a holiday budget: Before the holiday madness starts, take a look at your budget and figure out how much you can reasonably spend on gifts and holiday merriment. Knowing your total budget in advance is the best first step to making sure things stay under control this holiday season.

Reduce unnecessary expenses: Take a look at your bank account or credit card bill. Is there anything you normally “splurge” on that you could cut out this month? Maybe re-think some of your spending habits.

Make a list and prioritize it: Determine your top financial priorities for this holiday season and make sure you allocate budget to those first. For the non-essential purchases, think about where you could save a little by making a homemade gift or “giving” your time instead.

Track your holiday spending: Document every gift, hostess gift, new holiday outfit, so you can easily track how much you are spending vs. how much you have left in your holiday budget.



Source: <https://lendingclub.com>

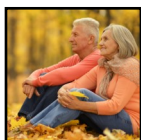
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FOUNDATION BOARD OF DIRECTORS

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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.*

Considering a Gift Annuity?

Most gift annuity donors see the security of fixed payments that will not vary, and would like to support the mission of a charity. A charitable gift annuity can accomplish these goals and might also provide tax savings. If you are thinking of establishing a gift annuity, and would like to see how you can give and get, please contact us at 971-233-8958 for more information.

