



FOUNDATION FOCUS

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Protecting Your Finances During Uncertain Times



Despite all of the financial uncertainty due to COVID-19, there are ways to protect your finances during the pandemic and market volatility. The market has the ability to rebound. We've seen some of that already. It is important to remain calm and flexible to maintain financial stability during this time. Focus on the things you can control.

Remain Financially Flexible

According to experts, most sectors of the economy will likely recover quickly once the pandemic gets under control, but in the meantime, deciding what you can eliminate from your spending allows your finances to quickly adapt to our ever-changing economy. Portfolio values fluctuate in a volatile market, avoid recognizing losses by reducing or eliminating draws from your portfolio. If you are drawing from your savings monthly, this is a good time for self-reflection to create financial goals you can stick with through a crisis. We have benefited from a thriving economy for many years, but it is time to practice caution.

Restructure your spending

It is a good time to try to cut back on your spending. Reducing your spending can help you preserve your savings. Review your monthly expenses to see which ones are truly necessary. Eliminate services and purchases you no longer need. This will provide you with more financial security throughout the upcoming months.

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LETTER FROM DIANE

Congratulations to all of you at Willamette View. You have done an amazing job of staying safe and healthy.

Our mission at the Willamette View Foundation is to help residents pay their Willamette View bill if they exhaust their funds – or help them manage their finances if they can no longer do it by themselves. But what makes our Foundation different is we are focused exclusively on the people living at Willamette View. Over the years, donors have contributed to the Foundation to ensure everybody in this community has financial security.

So, for you, this means you can count on Willamette View Foundation to be here when and if you need help.

I was recently asked, by a resident, about working with the Willamette View administration to coordinate financial assistance for residents. We would like residents to feel assured by our funded safety net and wholeheartedly believe in working with the administration while staying true to our 53-year-old mission to provide financial assistance to residents in need. We will never turn down the opportunity, if the administration agrees, to provide one seamless resource for residents who need assistance.

If you hear of a resident in need, let them know about Willamette View Foundation and our mission to help them.

Take care,

Diane



Mood Boosters

It's been hard the last several months to stay happy, try these ideas to keep smiling while you are staying safe.

Daily actions: If you are feeling overwhelmed, slowly take a moment to focus on your breathing. Deep breathing can be a simple and quick way to calm yourself. Meditation or listening to relaxing music can soothe a busy mind. Visiting with a friend or family member is a beneficial mood booster and can still be done while social distancing.

Monitor diet and exercise: Eating fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats is a great way to remain healthy. Don't forget to exercise, it releases endorphins that can improve your mood. Try incorporating a walk and some gentle stretching into your daily routine which can benefit your overall health.

Minimize stress in your life: Find healthy and positive outlets to relieve stress. Practicing mindfulness is a simple step. Mindful steps include giving up control, being open minded and flexible to change, and maintaining a positive attitude.

Try a new activity: Work on a new project such as organizing photos or writing letters to your friends and relatives.

source: renew.com/aarp



Prioritize your health

There is so many unknowns about the coronavirus so remember to embrace the kinds of practices that will keep you and your loved ones safe. Keep in mind that your health is your most important asset.

Abide by the CDC guidelines, wear a mask, and follow these self-care practices that are helpful in every day living: eat well, stay active, and get adequate rest.



Willamette View Foundation is always here to help ease your financial worries. Please contact us with your financial concerns so we can work together to protect your financial future.

source: sdcc.com

Beware of these Scams

We want to remind you of these common scams and a new COVID related scam.



Scammers pose as COVID Contact Tracers

Legitimate tracers will contact you by phone or letter, NOT by text message, and they will ask for your birthdate, but NOT your social security number or other personal information.

Scammers contact you “Out of the Blue”

This could be a phone call or even a piece of mail.

Scammers claim that there is an “Emergency”

Be extremely cautious if you receive a call that you need to respond to immediately in order to collect a prize or it will be lost.

Scammers ask for your personal information

Never give out your personal information to people you don't know.

Scammers want you to wire them money

Be careful because once the money leaves your bank it's nearly impossible for you to get it back!

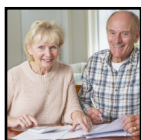
Willamette View Foundation

11226 SE 21st Ave

Portland, OR 97222

ADDRESS SERVICE REQUESTED

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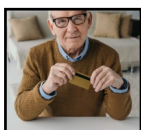
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WILLAMETTE VIEW FOUNDATION

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

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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.

Healthy Summer

***Summer is a great time to focus on your health.
Here are some healthy summertime activities***

- ◆ *Catch up with old and new friends*
- ◆ *Find a new favorite way to exercise*
- ◆ *Start a new book club*
- ◆ *Spend time outdoors*

