



FOUNDATION FOCUS

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Think before you click



Phishing is the fraudulent attempt by scammers to obtain sensitive information such as usernames, passwords, and credit card details by disguising themselves as a trustworthy entity in an electronic communication. The communications have expanded to text messages and social media platforms in addition to emails and letters.

You are familiar with the concept. You hear warnings regularly. Unfortunately, the scammers are working diligently to come up with new ways to trick you into providing your personal information. The Oregon Consumer Protection division is warning of new tactics. The IRS also publishes warnings to reveal tax scams. We have accumulated a short list of tips and warnings from both agencies.

Some you may already know about; others might not be on your radar. Follow these tips to protect yourself against phishing attacks:

Keep your software up to date

The latest security software, web browser, and operating system is the best defense against viruses, malware, and other online threats.

Do not click

Rather than clicking on a link, even if it looks to be from someone you know, type the website name yourself. Scammers can create a phony website that can infect your computer or steal your information.

Trust your instincts

If it sounds too good to be true or asks for your personal information, do not engage. If something seems suspicious, do not respond and most importantly, delete it.

Make a call

If you think it might be a legitimate contact, call the company yourself. Find the number independently. Do not use the phone number from the email or text.



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LETTER FROM DIANE

Happy New Year! Focus on the *Happy*.

Recently I stumbled upon a KGW program, "The Good Stuff". As the host describes, the show is "all about the good people, good deeds and good moments that inspire us to smile through difficult times." I agree. It was refreshing to hear news, good news, about things happening in our communities. If you are discouraged from watching the nightly news, try this show.

I am excited to share with you in this newsletter our newest Board member. Elise Meyers has spent her life "doing good" and it is a perfect fit for her to join our efforts to help residents of Willamette View with financial concerns. We offer the option to receive assistance without placing any burden on the operations or the residents of the community.

If you need help, let us help you; that is our purpose.

We are making residents happy every day.

All the best,

Diane



Willamette View Foundation is helping residents



Over the past 5 years we have paid Willamette View, Inc. over \$1.4 million on behalf of residents unable to cover their monthly housing costs. We've been doing this since 1969 when the first assistance dollars were provided.

If you find your resources running low due to increasing care costs, contact us for more information on our Resident Financial Assistance Program. Residents and their families have contributed and investment earnings have grown our resources so that we can be your safety net without burden to the Willamette View community. Call us at 971.233.8956 to learn more about how we help.

Take Care of Your Mind

Work your brain by taking advantage of activities that can help support your mental health and memory. And don't forget about your emotional health, it is an important aspect of your well-being.

- ◆ Get inspired to try a new activity like creating a memory wall or starting a daily gratitude journal.
- ◆ Listen to energizing music, or soothing sounds for a meditation session.
- ◆ Give color therapy a try with printable coloring pages, they're a wonderful way to calm your mind and reduce stress.
- ◆ Call a friend! Picking up the phone for a quick chat with a friend or acquaintance will brighten your spirit.
- ◆ Keep learning! Read or do crossword puzzles to increase the joy in your life.
- ◆ Give your emotional health a boost by reading articles on how to build healthier relationships and overcome adversity.

www.prevention.com/health

Don't act quickly

Be wary of anything that prompts you to act immediately. Scammers attempt to instill fear and urgency. Refrain from engaging potential scammers online or on the phone.

Fake Charities

Fraudulent charity schemes usually start with unsolicited contact by phone, text, email, or social media. Bogus websites often use names similar to legitimate charities to trick people into sending money or providing personal financial information. Request the tax identification number which can be used to verify their legitimacy. You can then use the search tool on [irs.gov](https://www.irs.gov) website.



IRS Contact

The IRS will never initiate contact with taxpayers via email about a tax bill, refund, or Economic Impact Payment. Don't click on links claiming to be from the IRS. The IRS will also never threaten you with a demand for immediate payment, ask for financial information over the phone, or call unexpectedly.

Thankfully, we are all becoming more aware of Phishing emails and are using discretion while choosing to respond. Use that same caution with texts and social media. These tips are a good reminder to always stay alert and vigilant in order to keep your personal and financial information safe.



Meet the Board

Elise Meyers, a Willamette View resident since 2013, is our newest Board member. She is a native Oregonian educated at Lewis & Clark College and the University of Oregon. After graduation, she explored Europe, worked in New York City in the pension division of Equitable Life Assurance Co., then returned to the West Coast where she worked in the pension division of Johnson and Higgins Insurance Brokers in San Francisco. You could say she's had her eye on retirement since the beginning of her career.

She married an artist and moved to Marin County across the Golden Gate. Subsequently her husband opened Meyers and Muldoon Advertising in San Francisco. Alongside her husband, Elise was involved in early video productions.

Elise is a lifelong volunteer. While raising her children, she served as President of the American Association of University Women, Chair of the Cultural Affairs Commission of the City of San Rafael, and as Media Chair on the Board of the League of Women Voters. When her husband passed in 1989, Elise returned to the work force and retired as Executive Director of the Alzheimer's Association branch covering Marin, Napa, and Sonoma counties.

With children educated and married, she returned to Northwest Portland where she lived for 10 years before moving to Willamette View. Elise's volunteer work has continued. She served as manager of the Carousel Store for three years and worked with Willamette View Foundation during the time of transition. In addition, she has instructed Tai Chi, chaired the Public Affairs Committee, and is currently on the Resident Council as Education Councilor.

Willamette View Foundation

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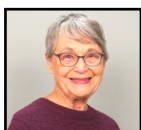
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WILLAMETTE VIEW FOUNDATION

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FOUNDATION BOARD OF DIRECTORS

Christie Geiger- President

Mike Gallagher- Vice President

Ron Gustafson- Secretary/Treasurer

Carol Cameron

Jonathan Enz

Elise Meyers

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.

Winter Hobby

Winter is the perfect time to explore a new hobby . Maybe locate some old photos and give your loved ones the task of arranging them in a photo album or scrapbook. Your family and friends will enjoy reminiscing over the pictures. Creating a family album of memories that can be appreciated by all is the perfect winter activity.

