



# FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

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## Financial Assistance through Willamette View Foundation

Are you interested in receiving Financial Assistance from the Willamette View Foundation? We have resources that have already been accumulated to help you. Using our Resident Assistance Program does not require the redirection of funds that could be used for other needs of the Willamette View community.

### What can the Foundation do for you?

The Foundation can help when ends don't meet. We have resources available to assist with your Willamette View bill when you have out lived your resources.

### How do you ask for help?

Just give us a call and we'll walk you through our very easy application process. Your request for assistance will be reviewed by the Willamette View Foundation's Board of Directors, with anonymity, on a case-by-case basis after an evaluation of your specific circumstances.



### What are some standards to keep in mind and what is expected of the residents?

- ◆ Residents are expected to preserve and manage their assets wisely, including maintaining appropriate insurance.
- ◆ Residents must have used their resources for reasonable recreation and personal expenses, including reasonable charitable contributions and gifts to friends and family.
- ◆ Residents should strive to live within their financial means and refrain from extravagant spending.
- ◆ Residents should obtain necessary medical care through economical means based on individual circumstances.

## LETTER FROM DIANE

Wow, what a difference a year can make. Last year at this time we were facing the reality of a global pandemic and shut downs. Now the Willamette View community is vaccinated, activities are re-starting, and we can see each other in-person again. That brings a whole new meaning to Happy Spring.

Spring is my favorite season, the sun starts to shine, flowers start to bloom, we can get outside again. The atmosphere is happy and peaceful.

We all want to feel at peace and enjoy the place where we are. We hope that you get a sense of security and peace from knowing that Willamette View Foundation is here to help you, often at that time when you need that sense of security the most.

Warmly,

*Diane*



## Sit, Stretch, Strengthen



Chair yoga can be an excellent way to loosen and stretch muscles safely. Chair yoga is a form of yoga that can provide similar health benefits as its traditional method while staying safely seated in a chair—rather than standing up or getting down on a mat. Most traditional poses can be modified for chair yoga. To get started, make sure the chair you are using is stable. Ideally it would have a straight back and no arms.

### Health Benefits—According to the American Osteopathic Association, practicing yoga can improve:

- ◇ **Flexibility, balance, and muscle strength:** When poses are held for several rounds of breath, it can help loosen and strengthen muscle tissues.
- ◇ **Energy:** Active poses can stimulate blood flow and wake up the body.
- ◇ **Metabolism:** Chair yoga exercise gets the body moving, resulting in calorie burn and muscle toning.
- ◇ **Protection from injury:** Stronger bones, muscles, and ligaments can all help protect the body from injury.
- ◇ **Mental health:** Yoga can be great for stress, anxiety and depression. It can also boost your mood and overall sense of well-being.

[www.prevention.com/health](http://www.prevention.com/health)



## ***If You Need Help, We Are Here***

### **The facts on receiving financial assistance**

The Willamette View Foundation's main purpose is to serve as the safety net for the residents of Willamette View who may come to a point in their lives when they have exhausted their funds through no fault of their own. We have been providing financial assistance to Willamette View residents for 52 years.

Asking for help is hard, but we are here to help. You can come directly to us; we'll make the process as straight forward and easy as possible.

#### ***Here is what you need to know:***

- All Willamette View Inc. residents can apply for assistance.
- All applications are reviewed by the Foundation Board of Directors on a case-by-case anonymous basis.
- Residents must meet the Eligibility Standards to be approved for assistance.
- The assistance program supplements your monthly income to cover your costs at Willamette View.
- There is a special policy for couples.
- Approved residents will begin receiving assistance as soon as all other resources have been depleted.
- Financial Assistance is funded solely by generous donations from our supporters and investment earnings.
- No qualified resident has ever been turned down. Over \$10.5 million dollars in assistance has been paid to Willamette View on behalf of residents unable to pay their monthly bill.



## Willamette View Foundation

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ADDRESS SERVICE REQUESTED

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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

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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.*

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### ***Embrace the Spring Season***

Springtime is the season for rejuvenation, renewal and growth. Embrace the season by simply sitting in a room with the windows open. The fresh air is a comfortable way to enjoy nature. Colorful birds also appear when the weather starts to warmup, so Spring is the perfect season for bird watching!