



# FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

VOLUME 23, August 2021



## We're Planning for Your Future, Are You? **5 Essential Documents**

There are important estate planning documents you should have for your benefit and the benefit of those you leave behind. We hope this list will help you get organized. You may want to review them with your family as well as your attorney and financial advisor.

### ***Advance Directive***

Often referred to as a living will, this document lists your wishes related to medical care and procedures when you are unable to communicate.

### ***Durable Power of Attorney for Health Care***

Included in your Advance Directive, you can appoint someone you trust to make medical decisions for you if you become incapacitated and can't make them for yourself.

### ***Durable Power of Attorney for Finances***

This POA appoints an agent to help manage your financial affairs. It could be structured to become effective immediately, to take effect at a future date, or triggered upon an event such as incapacity.

### ***Trust***

A revocable living trust directs how your assets are to be used both during your lifetime and after your death. You will want to contact a trusted attorney to explore whether a trust would best facilitate your intentions.

### ***Last Will and Testament (Will)***

Your Will appoints beneficiaries and directs assets distribution after death.

## LETTER FROM DIANE

I hope you enjoyed reading our recent Annual Report and I hope you learned something about Willamette View Foundation and three of your neighbors. There is more good information in this newsletter. We are all about you, the residents of Willamette View.

You are our mission; you are our reason. The reason we carefully steward our assets so that, into perpetuity, we can help you and everyone who follows you in calling Willamette View home. We want you to know that the spirit of community that past and current residents support created a Resident Assistance Fund that has grown over the years into a safety net that will support residents when their personal resources fall short.

We are not distracted by any other focus. Our purpose is simple, it is to support you.

Warmly,

*Diane*



*“Life’s most persistent and urgent questions is...What are you doing for others?”*

-Dr. Martin Luther King, Jr.



## Tips for Successful Aging and Well-Being

### 1. Be Social

A social life—being with friend or family is good for the mind and body. Connecting with others helps ward off feelings of loneliness, sharpen memory and cognitive skills, increase your sense of happiness and well-being, and may even help you live longer.

### 2. Avoid negative thoughts

Getting older comes with plenty of rewards: more wisdom, a higher sense of well-worth, clearer priorities, fewer headaches, etc. Allow yourself to focus on those positive aspects rather than negative ones. Positive attitude can improve life satisfaction.

### 3. Cope and adapt purposefully

Illness, loss and other challenges can and do happen to everyone. Accept and meet the challenge productively. There are a number of ways to cope in a healthy way, such as asking for help, joining a support group or keeping a journal.

### 4. Find meaning

Learn a new hobby, start a daily mindfulness routine, such as meditation or walking. A 2019 study in Psychology Today notes that a sense of purpose is linked to better physical and mental health.

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



## WILLAMETTE VIEW FOUNDATION

**Programs:** Our goal is to offer programs and services that will enhance the financial security of Willamette View residents.

Through the generous support of our donors, the Willamette View Foundation offers two programs. Our services can help enhance the feelings of security and contentment inherent in living at Willamette View. Willamette View Foundation support places no burden on the Willamette View community or its operations.

### Resident Assistance Program

Direct assistance with the cost of residency at Willamette View is the primary purpose of the Willamette View Foundation. The Resident Assistance Program will pay part or all the basic costs of residency at Willamette View for eligible residents whose assets have been completely depleted. Funded by contributions from committed residents, their families, friends, and earning on investments, the Willamette View Foundation helps ease residents' anxiety over paying their housing costs at Willamette View.

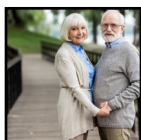
### Resident Financial Management Program

There are times when it becomes difficult or impossible for residents to manage day-to-day financial affairs due to ill health, impaired sight or hearing, or unfamiliar financial transactions.

The Willamette View Foundation helps Willamette View residents with daily, monthly, and yearly tasks related to their finances which can help them maintain their financial security. Residents and their family can enjoy peace of mind knowing that financial affairs are being handled honestly and carefully during and after a resident's life.



## IN THIS ISSUE



### **5 Essential Documents**

Page 1



### **Tips for Successful Aging and Well-Being**

Page 2



### **Resident Programs**

Page 3



### **Spend time reading**

Page 4

## WILLAMETTE VIEW FOUNDATION 971-233-8956

**Diane Wernli**, Executive Director  
[diane@willametteviewfoundation.org](mailto:diane@willametteviewfoundation.org)

**Christy Noble**, Executive Assistant  
[christy@willametteviewfoundation.org](mailto:christy@willametteviewfoundation.org)

## FOUNDATION BOARD OF DIRECTORS

Christie Geiger- President

Mike Gallagher- Vice President

Ron Gustafson- Secretary/Treasurer

Carol Cameron

Elise Meyers

Greg Dufault

---

**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.

---

## **Spend time reading**

There are many ways to have fun, boost mood, and stay engaged in the world during the summer months. Reading is one of these ways and a fantastic activity. It's a fun way to spend time and keep the brain engaged. It can also improve memory, reduce stress, improve sleep, and delay cognitive decline. Participating in a book club among friends is another way to enjoy reading and socializing.

