



# FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

VOLUME 27, August 2022

## Willamette View Foundation was created for You



**Willamette View Foundation** is a free assistance service that is here to help pay the way for residents who are no longer able to meet their living costs at Willamette View and to assist residents with managing their daily bills. If you are running out of money or struggling to keep up with your finances, please know **Willamette View Foundation** is here to help you.

Our programs are funded by resources that have been accumulated and safeguarded for over 50 years. They have come from donors, investment returns, and in the past, even resident activities on campus supported our Resident Assistance Fund.

**Willamette View Foundation's** assistance program offers Willamette View residents a source of comfort and relief from the burden of following up on income and benefits, paying bills, balancing a checkbook, straightening out billings and balances, matching up medical bills and insurance paperwork, and monitoring credit card statements. The Foundation prepares quarterly reports for residents to review and keep abreast of their finances. We also consolidate and summarize all the information needed by the tax preparer to complete both Federal and Oregon individual tax returns.

These functions are available to residents receiving a direct subsidy as well as those participating in our management services program. Both groups of residents receive assistance that is designed to provide peace of mind and financial security. For some, the Foundation is the one place they know they can turn when they are not able to manage on their own, for others, it's time to let go of those financial concerns.

## LETTER FROM DIANE

I was recently visiting with a newer resident who asked, “*What does Willamette View Foundation do?*”. I imagine she isn’t the only one of you with that question.

Hopefully you’ve had a chance to read our latest Annual Report which illuminates our purpose and provides financial details. This newsletter should complement that information. It is focused on telling you what Willamette View Foundation does for residents.

Our mission is focused on individual residents; however, we have also made grants to WVI for campus needs from our general fund. Be sure to check out the list of things we have funded on page 3. And, we are interested in helping to fund future campus projects that directly impact residents.

The Willamette View Foundation Board is currently made up of three members from the community and three WV residents who volunteer their time and are committed to our purpose. You’ve probably seen our resident board members in the dining room, walking the campus, or participating in the many activities. They are your neighbors. If you have questions, ask them, or ask me.

We never want any resident to wonder what we do.

Let’s talk,

*Diane*



## The Benefits of Friendship

The impact of friendship extends to the health of our body and mind—particularly as we age. Friends help us maintain healthy habits. Whether it’s losing weight, cooking healthier, or kicking bad habits, friends can offer a powerful dose of support, encouragement and accountability.

They can also boost your self-esteem. People who have a close group of friends—or even one friend—tend to live longer than people that don’t. This is because they have healthier minds, are less prone to mental health problems, are more likely to survive serious illnesses like cancer and heart problems, and get fewer colds.

For building friendships, talking is key. It’s important that you take the time to strike up a conversation with someone. Ask them questions about themselves and their lives. Talk to them about topics that interest them and ask them what would make them happy. Using what they’ve told you about their interests, find activities that you can enjoy together. For example, do they like to walk? If so, join them for a walk.

[www.homewellcares.com/news/friendship](http://www.homewellcares.com/news/friendship)



***“When the sun is shining, I can do anything;  
no mountain is too high, no trouble is too  
difficult to overcome.”***

***-Wilma Rudolph***

## ***We are here for you***



The Foundation staff is available to help you with bill payment, tracking your spending, and explaining changes with your medical insurance. In addition, we are always happy to help residents with miscellaneous problems or issues that cause anxiety; we're here to lend a hand, a sympathetic ear, and words of encouragement.

### **Important facts about our financial assistance program:**

Our assistance supplements your resources to ***cover your cost of living expenses*** at Willamette View.

Our assistance program is funded by donations and ***provided at no cost*** to Willamette View residents and ***all residents can apply for assistance***.

Our assistance program is well funded and poised to ***meet the needs of current Willamette View residents***.

## ***We have a history of helping***

We have paid Willamette View charges for 159 Willamette View residents. Some residents received financial assistance for months, others for many years. We had one resident who received financial assistance for 8 years.

We have helped 180 residents with their finances, some for as many as 16 years.

You'll find our legacy all around you on the Willamette View campus. We have made grants to WVI for these projects:

### **Artworks and the Wellness Center start-up funds**

***Personal Help Button campus wide system***

**Dining room chairs replaced**    **Elevator upgrades**

*Manor & Terrace auditorium sound system upgrades*

***Terrace and Court library remodels***

**25 Passenger Shuttle Bus**    ***14 Passenger Shuttle Bus***

***\$1,000,000 for the Riverview Dining Room***





## 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

Greg Dufault

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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### **Beat the Heat This Summer**

**Drink Water:** Water will keep you hydrated. You are more likely to get dehydrated during summer as your body loses the ability to conserve water.

**Wear lighter cloths:** Natural fabrics such as cotton breath much better than other materials.

**Protect your eyes:** Wear sunglasses to protect eyes from rays that could irritate and harm eyes.

**Wear Hats & Use Sunscreen:** Apply sunscreen when going out as it protects the skin.

