



# FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

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## Protect yourself

### *Ways to reduce your chances of losing money to scammers*

**Scammers never rest; they continue to come up with new ways to trick us. Stay alert, especially whenever you are using technology. Don't click on anything in an unsolicited email or text message asking you to update or verify personal or account information. Be cautious of things you receive in the mail as well. Store your passwords securely.**

**Your Phone...** Don't rely only on caller ID to confirm someone's identity. Look up the company's phone number through a legitimate source like a statement or letter provided by the company, and don't use the number a potential scammer is providing. Text messages are the new way scammers get you to engage. If you get a text from a phone number you don't recognize that gives an urgent message to respond, do not respond.

**Your Wallet...** Clean out your wallet on a regular basis. Remove cards you don't need to carry. Throw away any unnecessary items. Store copies of your cards and important items in a safe place in your home. Keep in mind, the more cards you carry the more calls you will have to make to have them cancelled if your wallet is stolen; and a thief will have more of your personal information.



**Computer...** Do not open attachments or click on links from people or businesses you do not completely trust. Secure your online accounts with a strong password and change it regularly. Use two factor authentication for secure websites that you use often.

**Financial Accounts...** Never send funds to anyone until you can confirm that the payment destination is legitimate. Regularly review the incoming and outgoing transactions on your bank and account statements to make sure you recognize every listed transaction. Report any incorrect transactions immediately.

[www.aarp.org](http://www.aarp.org)

## LETTER FROM DIANE

We have had a busy beginning to our year here in the Foundation office. We are thrilled that the Inflation Offset grant offering has helped so many of you. If you don't qualify now but your situation changes during the year, please reach out. This program runs for the 2023 calendar year.

I hope you'll read our article on scams. It is important to be alert with a healthy dose of skepticism when answering your phone or reading texts and emails. If anything seems suspicious, don't engage. Follow up on your own without using links or contact information provided by unknown senders.

If you are feeling overwhelmed with all the tasks related to your finances and endless mail, we should talk. Willamette View Foundation has been helping residents for many years. We can take care of things that can free up your time and relieve anxiety you might be feeling. We'll stay on top of "business" things for you. The article "Let Us Take Care of It" provides some details and you are always welcome to give me a call if you'd like to hear more about how we can help you specifically.

Warm regards,

*Diane*



## Take Care of Your Mind

*Strengthen your mind by taking advantage of activities that can help support your mental health and memory*

**Get inspired to try a new activity. Join a walking group, create a memory wall, or start a daily gratitude journal. Give color therapy a try; printable coloring pages are a wonderful way to calm your mind and reduce stress.**

**Listen to energizing music, or soothing sounds for a meditation session. Music can lighten your mood, reduce anxiety, and boost memory.**

**Keep learning! Read or do crossword puzzles to keep your mind alert. Give yourself a mental health boost by reading articles that are filled with health and wellness tips and resources.**

**Call a friend! Pick up the phone for a quick chat with a friend or new acquaintance. It will brighten your spirit.**

**Lastly, don't forget about supporting your emotional health, it is an important aspect of your well-being.**

[www.renew.com](http://www.renew.com)



# ***Let Us Take Care of It***

***What we do. How we can help.***

**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.

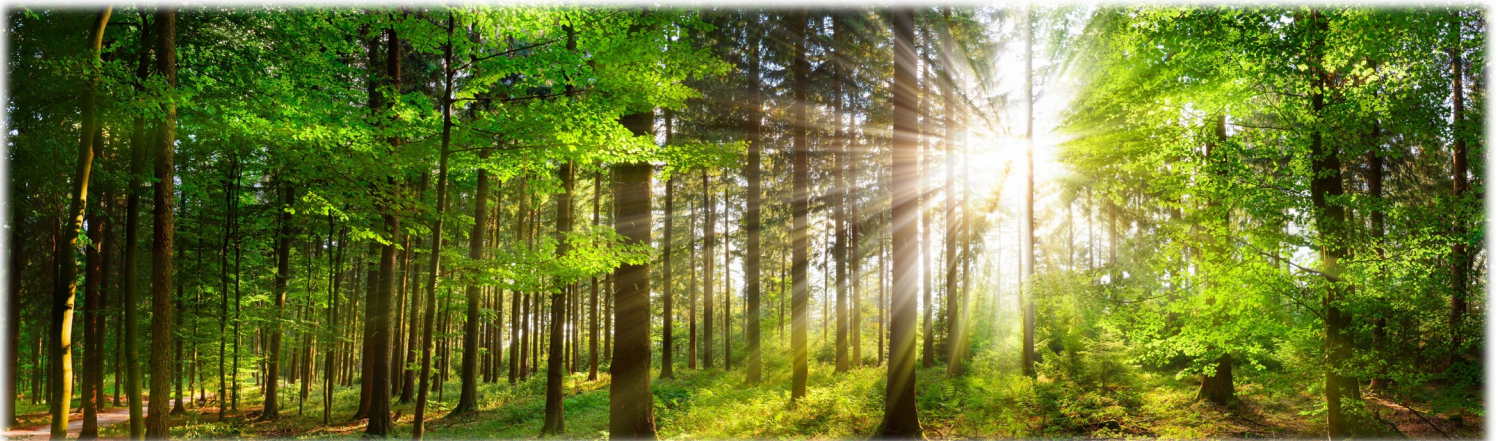
**Financial Assistance Program** pays living costs for residents of Willamette View who have depleted their resources. The application process is easy, and we'll help you through it. The Willamette View Foundation Board reviews applications on an anonymous basis. Once your application is approved and your own resources are exhausted, we'll start paying the balance of your Willamette View monthly bill that you aren't able to cover with your income.

**Management Services 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 management services 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.

***When you feel like there is no light at the end of the tunnel where financial paperwork is involved, or when you no longer have enough resources to pay your living costs, Willamette View Foundation can help.***

**Contact Willamette View Foundation at 971.233.8956 for more information.**



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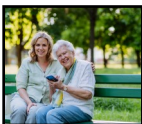
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### FOUNDATION BOARD OF DIRECTORS

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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## ***Thank You to Our Mothers***

Mother's Day is a time to thank our mothers, grandmothers, stepmothers, aunts and other women who have positively impacted our lives. It's a special time to honor mothers for the love they show, the life lessons they've taught, and the important role they play in our lives. To all the mothers out there, thank you!

