



# FOUNDATION FOCUS

A PUBLICATION OF WILLAMETTE VIEW FOUNDATION

VOLUME 35 August 2024

## **Less Mess, Less Stress** **Easy ways to declutter your life and give your** **finances a Summer Makeover**

*Receipts, old coupons and papers-it's easy for stuff to pile up. While some clutter is unavoidable, an overabundance of things can negatively impact our mental well-being. Here are some helpful purging tips:*

- ◆ Find a time of day that works best for you and make it happen every day. Allocating five minutes per day for organizing paperwork will make a huge difference.
- ◆ Get your friends and family involved. A team will keep you on task and make your sorting project more enjoyable.
- ◆ Place paperwork in piles: *keep, trash, recycle*. Piles will simplify the purging process and prevent the temptation to make mounds of *maybe* items.
- ◆ If you don't need it, toss it out. Keep in mind, much of your old paperwork belongs in the shredder if it has valuable information on it like account numbers.
- ◆ While you are organizing think about reviewing your credit report. Get your free annual credit report to check for errors, fix mistakes, and delete any fraudulent activity.

*www.aarp*



## LETTER FROM DIANE

This newsletter is focused on you. We're sharing ways to improve and increase your happiness, reduce your stress, and provide some peace of mind regarding your estate plan.

Much of our lives we spend thinking about and doing things for others. It's natural to focus on caring for a spouse, family, friends, and neighbors. It's also important to take care of you. Find ways to make each day even better than the day before.

For me, family is what life is all about. I'm getting ready to welcome my fourth grandchild. Life circumstances are changing constantly for all of us. Be sure to check your estate plan when there are changes within your family. You'll be content knowing that your assets will be distributed according to your wishes.

Our donors started planning for the future over 56 years ago. Willamette View residents are the beneficiaries of their plan for *Securing the Future*.

Warmly,  
*Diane*



## Celebrate You

Life should be filled with joyful moments. In addition to that, we all deserve to be appreciated and celebrated. It is healthy to celebrate who we are, and to honor ourselves for our efforts and triumphs.

### ***Be Kind to Yourself***

Do to yourself as you might do to others. Make an effort to be as attentive and giving to yourself as you would be to a friend, spouse, family member, etc.

### ***Gather Together with Friends***

Get a group of friends together to celebrate each other and your friendship. Toast to the importance of close, wonderful relationships.

### ***Write a Gratitude Letter***

Write a list or letter highlighting all of the things for which you are grateful. If you have a day when you are feeling down, refer to that list to put some positivity back into your mind.

### ***Buy Something Beautiful***

Buy yourself some flowers and put them in a special place in your home where you can enjoy them. Maybe this can even become a weekly or monthly ritual.

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

***“A little bit of summer is what the whole year is all about.”***

***-John Mayer***



# Understanding Beneficiary Designations

## *A few things to keep in mind*

Most of us think of our estate plan as our Will or Living Trust. However, in many cases, those documents have no effect on some of our most important assets. Instead, your beneficiary designations control who will receive those assets. Always keep these important considerations in mind regarding your beneficiary designations.



**Be sure to name beneficiaries.** Assets that pass by beneficiary designation are not subject to probate.

**Name both primary and contingent beneficiaries.** It's important to name a "back up" beneficiary in case the primary beneficiary predeceases you. Again, being specific can help avoid unintended or unwelcome results.

**Update for life events.** Review your designations regularly and update them as needed, based on birth, death, marriage or divorce. Failure to update your beneficiaries can result in a transfer of assets to unintended beneficiaries.

**Coordinate your Will and Trust.** If you change your Will or Trust, talk to your attorney about your beneficiary designations. Be certain that you understand how all the different parts of your estate plan work as a whole.

**Avoid naming your estate as beneficiary.** This causes non-probate assets to become subject to probate. And for IRA's and qualified retirement plans, there may be unfavorable income tax consequences. Consult your attorney or tax advisor.

Willamette View Foundation  
11226 SE 21st Ave  
Portland, OR 97222  
ADDRESS SERVICE REQUESTED

## IN THIS ISSUE



***Less Mess, Less Stress***  
Page 1



***Celebrate You***  
Page 2



***Understanding Beneficiary Designations***  
Page 3



***Beat the Heat This Summer***  
Page 4

WILLAMETTE VIEW  
FOUNDATION  
971-233-8956

**Diane Wernli**, Executive Director  
diane@willametteviewfoundation.org

**Christy Noble**, Business Operations Mgr.  
christy@willametteviewfoundation.org

### FOUNDATION BOARD OF DIRECTORS

Mike Gallagher - President

Greg Dufault-Vice President

Ron Gustafson- Secretary/Treasurer

Dennis Braun

Carol Cameron

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.

---

## 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.

**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.

