



Village Without Walls



Even though we have to limit our activities and outside contacts during the Covid-19 outbreak, there are still things we can do to keep ourselves entertained, busy, and productive. Check out the information below.

Just in: [Forest Grove](#) Police Department will do prescription pick-up and delivery for residents aged 65 and over from 8:00 AM to 4:00 PM Monday through Friday. Call 503-992-3260.

Don't be Socially Distant!

One of the main missions of any Village is to provide ways to limit social isolation for our members. This is because we know that social isolation can damage anyone, especially seniors, both mentally and physically. Social isolation can cause these conditions:

- deep boredom, general lack of interest, and withdrawal
- losing interest in personal hygiene
- poor eating and nutrition
- significant disrepair, clutter, and hoarding in the home

When we practice social distancing as recommended to help stop the spread of COVID-19, this can lead to social isolation for some people. Instead, we should be practicing *physical* distancing. Yes, we should not shake hands, gather in crowds, hug, or go to work when sick. But socially, we need to remain close.

When people are feeling uncertain or anxious about their changed circumstances, that is the time to make sure that they know they are not alone.



Call your neighbor just to check in. Text your friends and send a link to your favorite cat video or musical performance. Post something beautiful on Facebook. Participate in an online happy hour.

Now is the time to reach out! We are all in this together and it will be much easier for everyone if we don't feel like we are on our own.

Meet David and Patti Rose



David and Patti Rose are Village volunteer drivers who live in Forest Grove. They were introduced to VWW by their friends (Village volunteers) Daryl and Jan Maloch. The Roses firmly believe in giving back to the community and were already drivers for Meals on Wheels through their church, so volunteering to drive for the Village was a good fit. David is also a Driver Tester for VWW; and Patti along with driving has accompanied some members on doctor visits.

Patti is a native Oregonian who has lived her whole life in Forest Grove. She spent her nursing career in Home Health Nursing. David grew up in Antioch, CA and got his Education Degree from UC Berkley. In 1974, David got a job at Hillsboro High School, and moved to Oregon, where he taught high school and middle school for Hillsboro and Forest Grove until 2005 but continued for several more years to teach at PCC.

David and Patti met in 1975 on a rafting trip, got married in 1976, and moved to their present Forest Grove home in 1977. They have two children. Their daughter, a teacher and nurse, lives in Keizer, OR with her two children and two foster children.



Their son lives in the Seattle, WA area with his family which includes a four year old and new baby. David and Patti enjoy visiting and helping with their grandchildren.

Since retiring in 2014, Patti and Dave spend two to three months each year as Oregon State Park Campground Hosts, living in their small RV with their dog Abby.

In addition to their volunteer work, the Roses attended the VWW Falls Prevention class last fall. Their contributions interacting with and volunteering for the Village are very much appreciated.



Be On the Lookout for Coronavirus Scams

The FCC warns that [scammers](#) are using phone, email, and text messages to lure you into scams that use both pandemic-related and personal information. Below are some of the common scams that the FCC has been alerted to:

- warnings of national quarantine or martial law—these could be trying to get you to order something or just part of a coordinated disinformation campaign
- messages purporting to be from WHO (the World Health Organization) or charities asking for money
- offers of free virus test kits — some of these target individuals with diabetes specifically, offering a free blood sugar monitor as well
- offers of HVAC cleaning or upgrades to protect against the virus
- promotions of various bogus products and treatments for the virus
- asking for information to confirm a check from the government

If you receive calls from unknown numbers, especially from your home area code, this is a red flag that indicates a possible scam. Let the phone call go to voice mail. You can always listen later.

Anyone asking for personal or payment information over phone, text, or email is almost certainly a scammer. There is almost never any reason someone would ask you to share this information.

Also, do not click on links in text messages or emails from unknown or suspicious phone numbers or email accounts. That may lead to being hacked or tracked.

Continuing Your Education in Retirement

Perspective by Pete Nelson



So what will you do with your time in retirement? My goals are to stay alive and enjoy my family and friends.

To stay alive, I eat the right foods, exercise, and stretch. And, as one of my major muscles is the brain, I need to keep it challenged with new ideas and problems, so I choose to continue my education.

I have several friends who are suffering from depression, or a lack of happiness, in their lives. If this applies to you, or if someone you know could use a shot of happiness, pass the following along.

The easiest way to learn is to find classes on the internet offered by MOOC (Massive Open Online Courses). Search Wikipedia for MOOC for an extensive article. In 2013, over 5 million students had registered for such a class. I was interested in happiness... so I took a very popular class from Yale called, "The Science of Well Being," given by Professor Laurie Santos. The cost was zero, unless you wanted credit towards a diploma. This is only one of thousands of available courses.

Slightly more difficult, but still free for Oregonians over 65, are classes from Oregon Universities. Last spring I took the class "Geology of the National Parks," taught at Portland State University by Professor Scott Burns (who is also a graduate of Beaverton High School). The class was interesting and enlightening. It included a field trip to the closest national park and to Mount Saint Helens. Do you know the closest national park? (Answer: Mount Rainier)

Postscript: As a result of the Covid-19 crisis, most classes are now being offered online. Check with your universities to see what classes are offered and how to access them.



Urgent Village Volunteer Openings

Village Operations need your help to keep the Village growing. Someone to fill each of the following positions is needed right now!

- ***Good with details and Excel?*** Coordinate our Village transportation reporting and driver training. (4 hours monthly)
- ***Help Our Community Grow!*** Join the Membership team to interview potential new members. (6 hours monthly)
- ***Keep our members informed!*** Send information to new members and check in with them periodically by phone. (2 hours monthly)

To volunteer or for more information, contact Suzanne Smith at wwwvolunteers@gmail.com or 503-207-8729.

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503-207-8729

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Village Without Walls is a member of the Villages NW nonprofit Hub & Spoke Network.

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