
Tips for a Healthy, Happier, Longer Life

- **Raise your hand:** People who volunteer at least 200 hours a year experience mental health benefits and are less likely to develop hypertension.
- **Update your insurance:** Insured adults have a 37 percent lower mortality risk.
- **Get to the dentist:** Seeing a dentist two or more times a year may lower your risk of mortality from all causes by 30 to 50 percent.
- **Increase your *aging advantage*:** Regular physical activity can slow the aging process and exercisers experience a 9-year aging advantage.
- **Go slow and steady:** a 5-year study of about 61,000 Chinese men ages 40—74 found that Tai Chi practice may fuel longevity.
- **Eat fiber, cheat death:** 10 grams of fiber per 1,000 calories consumed daily, can produce an aging benefit of 5.4 years.
- **Eat nuts and seeds:** Eating just 5 percent of your daily calorie consumption from nuts and seeds reduces cellular aging by 1.5 years.

Read the entire article at [AARP.ORG/BULLETIN](https://www.aarp.org/bulletin)

Meet Village Member Sandy Mandell

Sandy is another fascinating Villager who has such a broad area of experience in career, volunteer work, and hobbies that it is difficult to share everything about her!



Sandy was born in New Jersey and lived in Manhattan during her early life and career where she struggled to break out from traditional roles. She worked in fashion merchandising and as an assistant buyer including for Gimbels department store (famous for being Macy's rival) where she was the only female in management, and where she supervised all 122 fashion departments!

Leaving fashion, Sandy transitioned to publishing, eventually moving from secretary to production manager by learning new areas of study and helping to organize and train people to work more efficiently.

It wasn't all work. She attended many Broadway musicals and participated in exercise and dance.

After Sandy married, her family moved to the San Francisco/Oakland area, where she became active in B'nai Brith and the Jewish Community Council. She also studied various areas of science, gave seminars, and organized arts and culture field trips for students.

At age 40, Sandy went back to work in Civil Service and worked for the Office of Hearings and Appeals, once again excelling and moving up the ladder.

Today, Sandy's health issues keep her home-bound and not as active as she once was, but her Village membership provides friendship, transportation to medical appointments, and help with grocery

shopping. She is still an avid reader, collects books, and can surprise you with impressive memory.



Stuart Little

Theater in the Grove presents this year's children's production, *Stuart Little*.

When: Sunday, March 3
2:30 PM

Where: 2028 Pacific Avenue
Forest Grove

This story is an enduring classic about a mouse named Stuart Little who was born into an ordinary New York family. His many adventures, both big and small, are brought to life in this story-theater presentation. Villagers Susie and Sherry have reserved center row seats F3 and 4.

Call at 503-359-5349 to reserve your tickets. Please join us.

Forest Grove Flex Class

A Village member in Forest Grove highly recommends these Flex classes led by Deanne Michaud. "No class is ever the same—a facet of great importance to me because I like variety and never knowing what is coming next [because] Deanne explains each set with three ranges of movement—basic, more advanced and modifications for specific issues the body may have."

When: Wednesdays and Fridays
10:00 AM

Where: Forest Grove United Methodist Church
1726 Cedar Street Forest Grove

Free to Silver Sneakers and Silver and Fit participants. Call Deanne at 503-799-8283 for information, or just show up!



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Village Sing-Along

Sheryl at the keyboard and our three guitarists keep the tempo lively as we sing old favorites. Join in with our no-fault harmony or just listen.

Participants choose the theme for each successive month. Bring an *optional* potluck snack.

When: Saturday, March 23 from 2:00 PM to 4:00 PM

Where: Member's home in Forest Grove

For the address, RSVP by calling (503) 207-8729 or by emailing us at vwwactivities@gmail.com.

Click the link below to see a calendar of March activities.

March Activities

Check out our Village Facebook page by clicking the icon below.



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