



# Village Without Walls

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## Seniors and Pets

Wondering whether you should have a pet? Wonder no more. It turns out that owning a pet is good for both your mental and physical health. Some of the many things pets can do for you include:

- Provide companionship
- Encourage you to get out, exercise, and socialize via meet-ups and walks
- Provide a level of security
- Help maintain calmness

Learn more about the benefits of pet adoption and how a furry one can bring happiness to your life at <https://www.nextavenue.org/health-benefits-pets-older-adults/>.



The next **All Village Potluck** for members and volunteers is coming soon. To RSVP call **503-207-8729** or email [ywwactivities@gmail.com](mailto:ywwactivities@gmail.com). As well as giving us your name, please tell us what dish (main dish, side dish, or dessert) you will be bringing to share. If you need transportation to the potluck, call the Village office phone at **503-207-8729**.

Come have fun and good food with your Village friends.

**When:** Saturday, November 9th from 2:00 PM to 4:00 PM

**Where:** Unitarian Universalist Church Social Hall

6815 NE Birch Street

Hillsboro 97124

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Home  
Safety Tips



## Home Safety Assessment Training for All Village Volunteers

Safety in our Village Without Walls homes is paramount to quality of life and longevity. Pacific University Occupational Therapy (OT) doctoral students, Marilyn Ngo and Justinne Macarayan, are planning an interesting, practical and participative training session on how to provide *optional* home safety assessments in Member Plus homes.

With their *supportive and non-judgmental* OT lens, they will have recommendations for safe carpeting and flooring, grab-bars, lighting, clothing and footwear, organization of the environment, safe biomechanics and positioning strategies, and adaptive equipment among other home safety tips.

Even if you are not sure if this is a volunteer niche for you, come listen and learn.

**When:** Thurs, Nov 14 from 2 to 4 p.m.

**Where:** Unitarian Universalist Church Social Hall  
6815 NE Birch Street  
Hillsboro 97124

Enter down the stairs from the parking area or enter through the door near the mailbox on Birch St which opens to a handicapped access ramp. **Please RSVP to [wwactivities@gmail.com](mailto:wwactivities@gmail.com) or 503 207-8729**

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## Inspiring and Fun!



Our special “Connecting With Community” event with two great local speakers on Oct 2nd was a big success! Greeters welcomed each individual attendee and set a friendly vibe that continued through the entire meeting. If you were there, please send any comments to [vwwactivities@gmail.com](mailto:vwwactivities@gmail.com).

It started with a warm-up exercise led by Volunteer Colleen which got people talking. Each attendee introduced themselves to someone they didn't know and asked about 1) their favorite community activity or 2) what they liked most about their community. There was a lot of energy in the room and it was obvious everyone was enjoying themselves!



**Jan Farr**, Village Council member and author of *Boomers on the Loose*™ in Portland, spoke about how retirees and others can find activities to stay involved with their community. Jan also provided a handout and her book was available for purchase.



**Cindy Cosenzo**, founder of AgeCelebration, shared her philosophy on the importance of community and ways to encourage our aging population to get out and participate in their neighborhoods and cities. Cindy really inspired attendees to start connecting with others!

Many thanks to the Communication, Marketing & Technology team (Jan, Barbara, Colleen, Darlene, Jeanne, Jon and Kathy) for organizing this fantastic opportunity! Thank you to our speakers, Cindy and Jan, welcoming greeters (Kathryn, Maureen, Barb, Sharon, and Winnie), info table helpers Anne and Marie, and Paul for emceeding.

Good news! Another “Connecting with Community” event will take place sometime early next year. You will want to attend and bring a friend!

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## Meet Paul Hart

Village Without Walls member, volunteer and Village Council Chair, Paul Hart, has spent a lifetime reinventing himself. In his own words, he feels “extra lucky” in this life to have had a devoted wife, the advantage of traveling the world and a stimulating career in the tech industry.



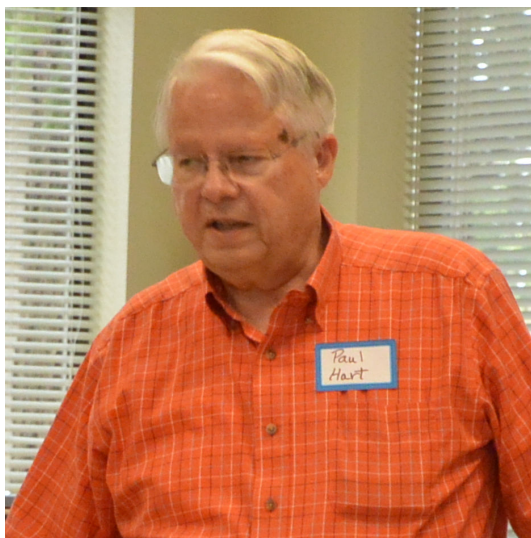
Paul grew up in Kentucky and Indiana before moving to Ann Arbor, Michigan. He joined the Air Force and trained in Denver where he met his wife, Barbara, at a USO club. In 1968 he was stationed in Okinawa.

After leaving the Air Force, Paul earned his bachelor’s degree from Cal Poly University in Pomona, CA and his career literally grew along with the ever-changing information technology age! He worked for Riverside County and then several banks and a consumer finance organization before joining Kaiser Permanente in 2002. At Kaiser, he helped move all the members’ medical records into the largest private electronic medical record system. Paul retired from Kaiser in 2011, but then he was contracted to go back to help “work out some of the kinks.”

Paul and Barbara have been married for 51 years and have lived in the Minter Bridge area of Hillsboro since 2014. While attending Unitarian Universalist Church in Orenco, they learned about villages and then worked with others to make Village Without Walls a reality.

Paul feels that he has been blessed with fortunate circumstances and wants to “pay it forward”. As VWW Village Council Chair, Paul sees a unique challenge for our village community because there is currently “no road map’ for helping all the people who will be turning 65 over the next 20 years, if they want to age

at home, stay active and enjoy their later years. He especially looks forward to a larger crew of volunteers with which to keep our community humming!



Busy though they are, Paul and Barbara enjoy traveling and have visited Australia, New Zealand, the British Isles, Northern Italy, and taken 2 barge cruises in France. Next stop is Spain! You might see Paul Hart at many VWW activities and events; he's our "tech guy" and loves to tell a joke or two!



## What's Happening in the Village This Month

- **Second Friday Village Happy Hour:** November 8 from 3:00 PM to 5:00 PM at Copper River Restaurant, 7370 NE Cornell Road, Hillsboro, OR 97124.
- **All Village Potluck:** Saturday, November 9 from 2:00 PM to 4:00 PM at the Unitarian Universalist Church Social Hall, 6815 NE Birch St, Hillsboro 97124. All Members and Volunteers invited. To RSVP call: 503 207-8729 or email us at [vwwactivities@gmail.com](mailto:vwwactivities@gmail.com).
- **Home Safety Assessment Volunteer Training:** Thursday, November 14 from 2:00 PM to 4:00 PM at the Unitarian Universalist

Church Social Hall, 6815 NE Birch St, Hillsboro 97124. To RSVP call: 503 207-8729 or email us at [vwwactivities@gmail.com](mailto:vwwactivities@gmail.com).

- **Moved for this month only! Wednesday Coffee Social:** Wednesday, November 20 from 2:00 PM to 4:00 PM at Decadent Creations Bakery, 171 NE 3rd Ave, Hillsboro, OR 97124.
- **Fourth Friday Social:** Friday, November 22 from 10:00 AM until 12:00 PM at BJ's Coffee Company (next to Safeway in Ballard Town Shopping Center), 2834 Pacific Avenue, Forest Grove, OR 97116.

To see a complete calendar for November, click the button below.

Calendar

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## Volunteer Opportunity

The Village is looking for someone who loves to write cards (digital or handwritten) and who would like to help us remember villagers' birthdays, remind villagers of events, and help us thank our amazing volunteers. If you would be interested in being that person, please contact us at [vwwvolunteer@gmail.com](mailto:vwwvolunteer@gmail.com) or call us at 503-207-8729 for more information.

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