



# Village Without Walls

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## Let's Celebrate

Members & Volunteers  
are invited to  
Village Without Walls  
**Third Anniversary Party**  
and  
Annual Meeting



- Enjoy catered food
- Learn about Village progress
- Share Ideas and Stories
- Elect 2019/2020 Village Council (members only)

Spouses and partners are welcome, and there will be prizes and giveaways.

**When:** Saturday, September 7th, from 2:00 PM to 4:00 PM.  
(Please arrive on time so we can start having fun and include all planned activities.)

**Where:** Forest Grove Senior and Community Center  
2037 Douglas Street, Forest Grove, 97116



## **Join Village Without Walls for Connecting With Community Event, October 2**

Come out and be part of our special “Connecting With Community” Event, sponsored by Village Without Walls with guest speakers Cindy Cosenzo, founder of AgeCelebration, and Jan Farr, author, *Boomers on the Loose®* in Portland.

Cindy’s message will remind us why community connections are integral to healthy, thriving lives, businesses, and communities, while Jan will provide a quick look and free guide to places to connect in Hillsboro and surrounding areas. You’ll also enjoy light refreshments while engaging in our community experience.

Date and Time: Wednesday, October 2, 2019, 3:30 p.m. to 5:30 pm  
Place: Community Room, Brookwood Library, 2850 NE Brookwood Pkwy, Hillsboro. Free parking.

Cindy Cosenzo: Through her organization, AgeCelebration, Cindy brings people together in loving, supportive ways to grow businesses, organizations, individuals, and communities. AgeCelebration partners with local businesses and organizations to offer over 15 different community programs and classes for people to “create community” with one another through fitness, volunteering, travel, learning, and appreciation of each other and our community.

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## Meet Maureen O'Rourke

Maureen O'Rourke is one of our Village Volunteer Schedulers. She covers calls and scheduling two days a week and also enjoys attending VWW activities such as the travelogues and Emergency Preparedness classes.



Maureen (once Trans World Airlines [TWA] Flight Attendant Employee of the Year) impresses with her poise, friendliness, and graciousness. She firmly believes in giving back to the community and shares her talents in many ways. In addition to her VWW work, she is a licensed Ham Radio operator so she can help her neighborhood during emergencies. And, she is currently taking a brush-up class in American Sign Language to refresh her skills in that language—a perfect complement to her degree in Communications from the Montana State University at Bozeman. In her free time Maureen is an avid Jeopardy Game Show watcher and enjoys gardening in her lovely backyard.



Maureen has lived “all over the place” as a military dependent —her father was one of the original Green Berets.

Maureen married Jeff Repp 35 years ago in Yellowstone Park while she worked for the National Park Service. Jeff's work for the Soil Conservation Service eventually brought them to the Pacific

Northwest, where Maureen served as a librarian for the local Presbytery of the Cascades for many years. Maureen first learned about the Village while attending Orenco Presbyterian Church in Hillsboro.

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## **Make Healthy Eyes a Priority**

Feeling good and living life to its fullest also means taking good care of your eyes. If you are 50 or older, you should visit your eye care professional once a year and get a dilated-eye exam because as you get older, you are at higher risk for developing age-related eye diseases and conditions, including age-related macular degeneration, cataracts, diabetic retinopathy, and glaucoma.

These diseases often don't have warning signs or symptoms in their early stages and the only way to detect them early is with a dilated-eye exam. During this exam, drops are placed in the eyes to dilate or widen the pupils. The eye care professional then exams the retina (light sensitive tissue at the back of the eye) and optic nerve (a bundle of fibers that send signals from the retina to the brain) with a special magnifying glass for signs of damage or other eye problems.

In addition to an eye exam, follow these suggestions to protect your vision:

- Stop smoking.
- Eat diet rich in green leafy vegetables and fish.
- Exercise.
- Maintain normal blood pressure.
- Wear sunglasses and a brimmed hat when outside in bright sunlight.

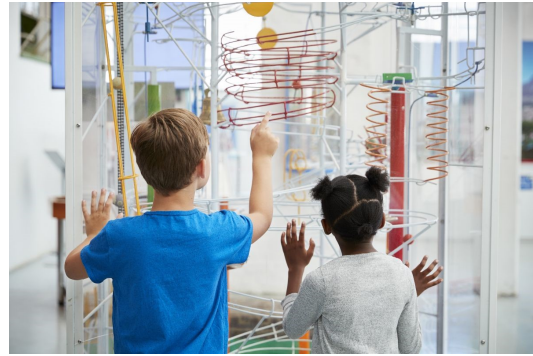
- Wear safety eye wear when working around the house or participating in sports.

Visit <https://www.nia.nih.gov/health/aging-and-your-eyes> for more information on age-related eye conditions.

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## Free day at the Museum

Grab the grandchildren. Take the Max. Head out for an adventure.



Saturday, September 21 is **free** day at the museum. Choose your museum and get a free ticket at this [link](#). You may download one ticket per email address. The ticket provides free general admission on 9/21 for two people.

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## Villagers Last Month

Among other activities, Villagers attended a Hops game, enjoyed the monthly Happy Hour and Coffee Get-Togethers, and attended the all-village potluck.

To see what's happening around the Village next month, click the Calendar link below.

[Calendar](#)



## Many Hands Make Light Work

Our very dedicated group of active volunteers is over-extended, and we need people who can take on some work that doesn't require a lot of time but is still needed to help the Village function well.

Here are some areas where we need help with estimated time requirements:

- Organize activities for our Third Anniversary party in September (*2 hours*)
- Enter member service requests in Club Express. Work from home on your own computer. (*3 hours weekly*)
- Drive members to appointments, shopping and events (additional training required). *You set the schedule based on your availability.*
- Do Village transportation reporting and schedule driver training. (*4 hours monthly*)
- Join the Membership team to recruit new members. (*8 to 10 hours monthly*)
- Send information to new members and check in with them periodically by phone. (*2 hours monthly*)
- Handle monthly mailings. (*2 to 4 hours monthly*)



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

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