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September 2024 – UpRiver Village Monthly News

We're Recruiting for Key Volunteers.

UpRiver Village's timeline for launching (that is, providing services to members) depends entirely on our ability to recruit for the following key volunteer positions:

- Steering Council Secretary
- Communications Assistant
- Outreach Assistant
- Volunteer Assistant
- Events Assistant
- Tech Support

[Read detailed position description here!](#)

Meet our first Trailblazer members!

Neil Vonhof, Charles O'Bannon and DeAnne Warner, and Don and Linda Neal are UpRiver Village's first Trailblazer members! Woo hoo!

Thanks so much for your support!

UpRiver Village is continuing to offer pre-paid Trailblazer memberships before we launch (i.e., are able to provide volunteer services to seniors). If you pre-pay for a one-year Social or Regular membership, you will receive 15 months of membership starting on our launch date. If you pre-pay for a one-year Premium membership, you will receive 18 months of membership starting on our launch date plus an UpRiver Village t-shirt.

All Trailblazer members will be listed on the Supporters page of the [UpRiver Village website](#).

Introducing Two New Team Members

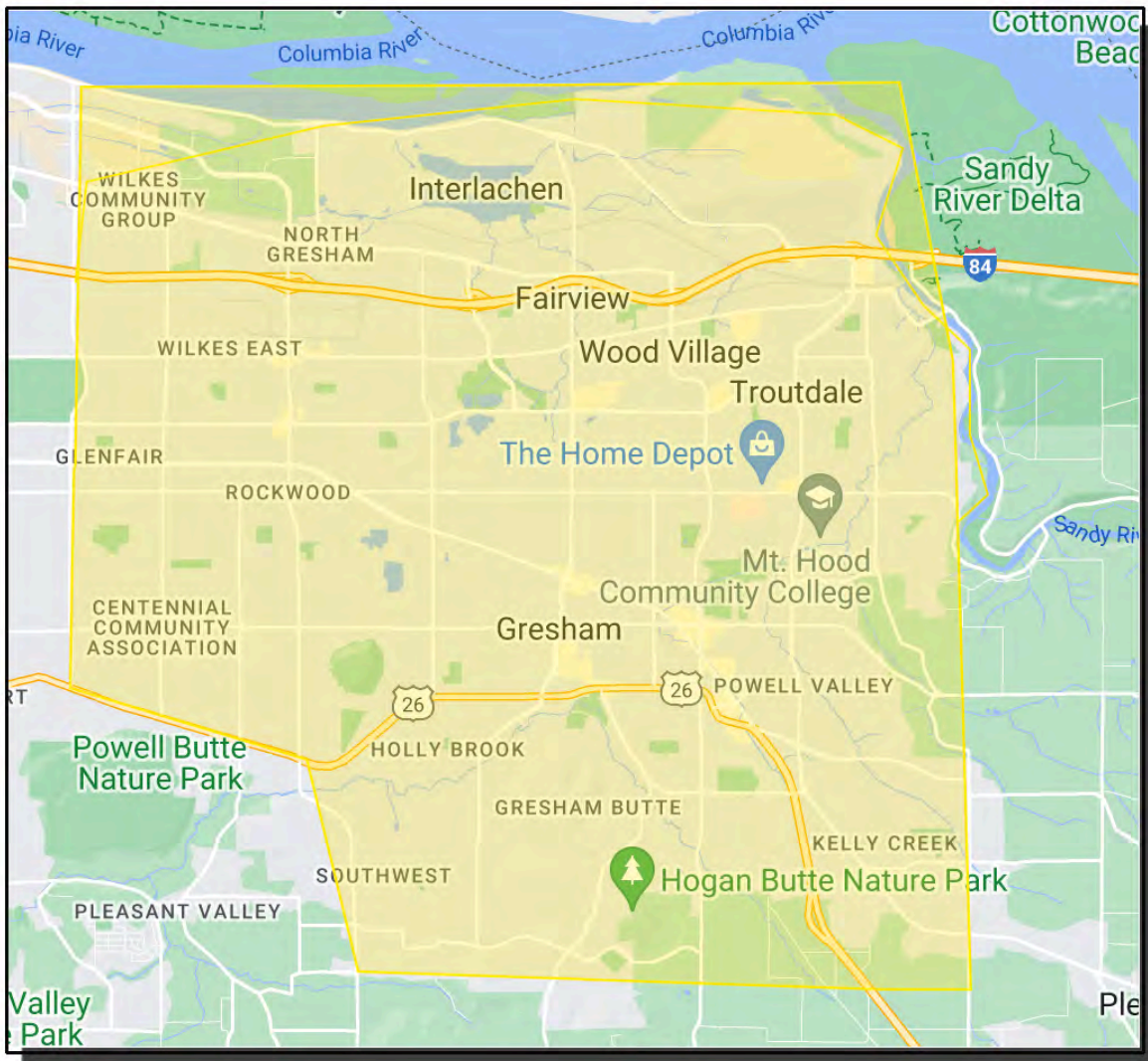
Peri Leo, Social Media Guru

Anastasia Sebolai, Marketing & Branding Guru

Boundaries

We have decided that the boundaries of our service area will be the city limits of **Gresham, Troutdale, Fairview and Wood Village**.

People who live outside of the boundaries of these four cities but who have Gresham, Troutdale, Fairview or Wood Village addresses or **who vote in these cities' elections will also be eligible for membership**. [Questions?](#)



Sunnyside East Village is developing to the south of us. Our southern boundary will meet their northern boundary so there will be no service gap to the south.

UPCOMING EVENTS

UpRiver Village invites you to join us for the following activities in September and October.

You are welcome to invite your friends or family members to join you at these events:

- Mon, Sep 16 at 12 pm. UpRiver Village Monthly Pizza Get Together.
- Tue, Sep 24 at 1:30 pm. Presentation on Immune Support 101.

- Wed, Sep 25 at 11 am. Vote Forward letter writing to encourage voters in swing states to vote.
- Fri, Sep 27 at 11 am. Presentation by Mt. Hood Hospice.
- Tue, Oct 8 at 1 pm. Cybersecurity class via Zoom. RSVP required.
- Wed, Oct 9 at 11 am. Vote Forward letter writing.
- Mon, Oct 14 at 1 pm. The Art of Dying Well book discussion. RSVP required.
- Wed, Oct 16 at 1 pm. Watercolor Painting class. RSVP required.
- Mon, Oct 21 at 12 pm. UpRiver Village Monthly Pizza Get Together.

Please find location and more details on the [Events](#) page of our website at www.uprivervillage.org.

We Need Your Help

- Connecting us with businesses, organizations or groups where we can present or submit newsletter articles.
 - Referring friends or family members who are interested in filling one of our key volunteer positions.
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Grief Discussion Group

UpRiver Village supporters Charles O'Bannon and DeAnne Warner have offered to facilitate a grief discussion group if there's interest. Charles is a retired psychologist and DeAnne is a social worker. This group will NOT be a presentation, therapy or a support group. Please let us know if you're interested in this activity and what topics you'd be interested in discussing. For example:

- Anticipatory grief, the anticipated loss of a loved one
- Anticipatory grief, the anticipated end of your own life
- Grief over new physical limitations
- Grief about not being able to complete items on your bucket list

- Grief about the last years of your life being other than how you envisioned
- How to deal with acute grief over the loss of a loved one
- Building skills and developing strategies before a crisis

Please email your thoughts and ideas to contact@uprivervillage.org.

On the Benefits of Volunteering

Do you ever feel like there just aren't enough hours in the day to get everything done?

We haven't figured out how to add more hours in a day yet, but studies show we may be able to **lengthen our number of days**.

Sara Konrath, PhD, an associate professor of philanthropic studies at the Lilly Family School of Philanthropy at Indiana University, found that older adult volunteers had increased longevity compared to non-volunteers.

Studies show that **giving time to others can cause the feeling of having a lot of free time available**. Amazingly, people feel like their schedules are less rushed after giving away time, even though they objectively have less time

OPB feature

PBS News Hour recently ran a segment that includes information about the Village Movement. It's part of their "Rethinking Aging" series and also covers retirement communities and intergenerational relationships.

The Village content starts at around the 4:40 mark and features interviews of a Washington, DC Village member and the Executive Director of the Village to Village Network. It also includes some eye-opening cost comparisons showing how cost-effective Village membership is as compared with hiring helpers or moving into assisted living.

We invite you to watch the segment and share it with your friends and neighbors.

Click [HERE](#) to watch.

Vote Forward!

We've all heard how close this coming election will be. We need your help to ask every possible voter to vote!

“A vote is a chess move for the kind of world you want to live in.”

Please join our [Vote Forward sessions](#) on the 2nd and 4th Wednesdays of the month at the Gresham Natural Grocers at 11 am until election day. We will add a personal message to pre-printed letters encouraging voters in swing states to vote. We will not be asking recipients to vote for a specific candidate or party. This is also a great opportunity to socialize with fellow seniors and learn about [UpRiver Village](#).

Bridgetown Music Therapy

Check out Bridgetown Music Therapy at <https://www.bridgetownmt.com>, virtual live music for individuals or groups as seen on AARP.



An Open Letter to our Future UpRiver Village Volunteers & Members

We acknowledge and appreciate your interest in allowing us this direct communication with you, and that you enjoy the bits and pieces we share with you each month.

The foundation of UpRiver Village is really pretty simple. We are paying it forward!

Our Village is an organized way to connect with and help each other in our neighborhoods through the collective efforts of our volunteers as we serve others and they serve us.

Characteristics of our Volunteers are many. They believe in:

1. being of service to others
2. being proactive about their present and future
3. not being in denial about aging
4. their plan to age in place in their own neighborhood as long as possible

5. being willing to donate their spare time toward building a support network that benefits others and themselves
6. the collective strength the Village community has to offer its members

The bottom Line is that we can't do it without you! Turn your interest into joining with us!

WE ARE – SENIOR STRONG!

Do You Suffer from Chronic or Acute Episodes of Musculoskeletal Pain?
The Egoscue physical therapy Method relieves chronic or acute episodes of back, neck and other musculoskeletal pain. These informative videos show you helpful exercises and positions: <https://www.youtube.com/c/TheEgoscueMethod/videos>.

Want to host a monthly UpRiver Village coffee?

Would any of you like to host a monthly UpRiver Village coffee get together? You can pick the day and time. You can also choose whether you want to have the coffee at one coffee shop or move around to various locations within our four-city service area. There isn't much work to this. Just show up and be informed enough about UpRiver Village to answer questions. **Have any questions now?**

We'd also love to find volunteers willing to organize cribbage or other games, yoga classes, movie group or your ideas!

The possibilities are nearly endless!

Make your Voice Heard: National Plan on Aging

The Interagency Coordinating Committee on Healthy Aging and Age-Friendly Communities (ICC) has drafted a report to Congress calling for a strategic framework for a national plan on aging. The committee is asking both organizations and individuals to provide input by mid-September via a simple survey. The Village to Village Network urges each Village and our Villagers to participate in the appropriate survey to make our voices heard. [You can find the report at https://acl.gov/ICC-Aging/Strategic-Framework.](https://acl.gov/ICC-Aging/Strategic-Framework)

How You Can Help: The draft report does not mention Villages – not the national Village Movement, nor any of the 270+ individual Villages.

Villages can reduce unnecessary isolation of their members, preventing adverse health outcomes resulting from isolation and loneliness. Villages also use the skills of Village members and volunteers to run a wide array of services, programs, and activities. They engage their members and bring together resources to put on seminars to educate members about the challenges and joys of aging and provide volunteers to help Villagers in need. Villages partner with local and state agencies to connect their members to other needed services and programs and will continue to do so.

Participate in the survey as an individual and make your opinion known!

[https://www.surveymonkey.com/r/SYBTPG8.](https://www.surveymonkey.com/r/SYBTPG8)

Villages NW newsletter

Sign up for the Villages NW newsletter at www.villagesnw.org if you are interested in joining social, recreational, educational and/or culture **events hosted by other Villages**. Villages NW publishes a monthly newsletter listing events offered by all 10 existing and developing Villages in the Portland area.

CONTACT US!!



www.UpRiverVillage.org

A member of [Villages NW](#) and the [Village to Village Network](#)

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