



The Village News

VILLAGES CLARK COUNTY

Nov. 2024

NEIGHBORS HELPING NEIGHBORS STAY NEIGHBORS

IN THIS ISSUE

Clark County November Events

Below is a list of some November fun in Clark County for you to explore with your Village friends. Please let us know if you would like us to help arrange a group outing for the in-person.

Clark County Open Studios Tour-11/2 and 11/3 from 10-5 p.m. A free self-guided tour as local artists open their studios to public. You can buy pieces specifically created or made available for this event. For more information and a map, go to: [Open Studios • Artstra](#)

Holiday Quilting Artisan Market 11/7 from 8-7p.m. at Firstenburg Community Center. Handmade items for sale including Thanksgiving and Christmas décor. Sales benefit Northwest Children’s Outreach.

Little Box Friday-11/28 from 10-6p.m. Downtown Camas. In celebration of the joy of shopping locally, participating merchants will have “little boxes” of coupons, specials, gifts and other surprises for you to draw from. You will also receive a golden ticket in each location to be entered to win a holiday basket. For more information, go to [Little Box Friday 2024 - Downtown Camas | Shops, Restaurants, Events in Camas, WA:](#)

Vancouver Holiday Market 11/29-12/1 Hilton Downtown. Shop for unique art, crafts, gifts and treats while supporting local makers and celebrating the holidays. For more information, go to: [Holiday Market | Vancouver Farmers Market](#)



Need a ride from VCC? Read some tips on **page 2** to make sure your ride gets scheduled.



Do you want to know how you can help in an emergency? Find out on **page 4**.



Reverse mortgage scams are a way to get access to your money or house. Find out what the signs are on **page 5**.

Your Voice Your Vote

VCC is prepared to help members with casting their Nov 5th Election ballot. What we can do:

1. Deliver your signed and sealed ballot to EITHER the Post Office or a Red Ballot Box on or before 8PM, November 5th
2. Take you to the Clark County Elections Office 1408 Franklin Street Vancouver, to cast your ballot in person



Read pages 2-4 of your Edition 15 of Clark County Voters Pamphlet to learn more and track your ballot.

YOUR SERVICE REQUESTS: please be aware of the following:

Villages Clark County is experiencing an increase in service requests, especially for transportation. Remember we cannot GUARANTEE that a volunteer will be available to meet your request. So far, we have been able to meet your requests 96% of the time. All Members need to have a backup plan for every transportation request.

WORDS TO THE WISE:

- When you call in with your request - TOMORROW is the earliest that a volunteer will know of it.
- Volunteers NEED 3-4 Business days ADVANCED notice. So that means 4-5 Business days from date of the call.
- Calls for a Monday ride, should be made NO LATER than the prior Tuesday before
- Calls for a Tuesday ride, should be made NO LATER than the prior Wednesday before
- Calls for a Wednesday ride, should be make NO LATER than the prior Thursday before
- Calls for a Thursday ride should be made NO LATER than the prior Friday before
- Calls for Fridays, should be made NO LATER than Monday of that same week.

VCC Drivers get booked early! So, they may NOT be available when you call. Remember THE EARLY BIRD GETS THE WORM!

TIP: Our computer system will STORE your request until 21 days prior. THEN it will be sent daily until there is a volunteer. SO, YOU CAN REQUEST RIDE MONTHS IN ADVANCE. Our computer system will 'release' them when the date is close.

Envisioning My Future: Exploring Legal Safety Nets

Wednesday, November 13, 10:00 am – 2:00 pm

Monarch Hotel & Conference Center

12566 SE 93rd Ave, Clackamas

RSVP by November 5

Hosted by Villages NW

Register now for a discussion on important legal and financial planning tools to assure that our wishes will be made clear and our assets will be protected/used for our own needs.

Elder Law specialists and financial planners will help us navigate the complicated glossary of options, give us an idea of how to proceed with our own legal counsel, and how to keep our voices loud and clear, speaking to our own wishes.

This program is open to all Villages NW villages' members, volunteers and supporters and is funded by a grant from the OCF Joseph E. Weston Foundation. Lunch will be served. When you register, please include your Village and any dietary restrictions in the Comments section.

November VCC Events

Check the website calendar before all events/meetings for any changes or updated information. (<https://villagesclarkcounty.org/blank-page/events/>). Also check your email for evites and more information. All in-person events are subject to current COVID guidelines and may become virtual or rescheduled if needed. VCC events are for Members and Volunteers (Villagers) unless noted as "Public".

Tuesdays at 10 -Every Tuesday. Coffee and breakfast at The KitchenTable in Salmon Creek. 1319 NE 134th St. Vancouver.

Nov. 9th @ 10:30-11:30. V101. See details below.

Nov. 11th @ 10 a.m. InStitches handstitching group. Call the office 360-553-1520 for location of members' homes. Come and stitch, knit, crochet, mend, chat, drink coffee and tea, and gather.

Nov. 14th @ 1-3 p.m. Governing Council. Join us in person at First Presbyterian Church, Library Room or on Zoom. Villagers are encouraged to attend. Contact Janet Houck via email at jhouck@villagesclarkcounty.org

Nov. 20th @ 10 a.m.-Book Club. See details below.

Nov 27th @ 1-3 p.m.-All Volunteer Roundtable. All Volunteer Roundtable (Hybrid) at First Presbyterian Church Rm 121 and on Zoom. Volunteers only.

VCC Book Club

Wednesday, November 20th at 10:00 A.M. in the First Presbyterian Church Library.

We are reading "James" by Percival Everett



V-101

Come learn about how Villages Clark County can help you "age in place."

When: Nov. 9th 10:30-11:30

Where: Battle Ground Community Library, Meyer Memorial Trust Community Room

1207 SE 8th Way, Battle Ground, WA



**HAPPY
THANKSGIVING!**

How can you help in an emergency?

- Villages Clark County is NOT an emergency response agency.
- If you are able to help beyond your immediate family/neighborhood, to ensure you can be part of the solution and don't add to the problem, these programs can prepare you:



Clark County Citizen Corps

The mission of Citizen Corps is to harness the power of every individual through education, training, and volunteer service to make communities safer, stronger, and better prepared to respond to the threats of terrorism, crime, public health issues, and disasters of all kinds through:

- Preparing the public for local risks with targeted outreach
- Engaging voluntary organizations to help augment resources for public safety, preparedness and response capabilities
- Integrating the whole community and integrating nontraditional resources to ensure disaster preparedness

The programs included in the Clark County Citizen Corps are as follows:

- [Medical Reserve Corp \(MRC\)](#)
 - [Vancouver Fire Corps](#)
 - [Vancouver Neighbors on Watch \(NOW\)](#)
 - [Clark County Sheriff's Office Auxiliary](#)
 - [Community Emergency Response Teams \(CERT\) \(National Site\)](#)
- To find out more about CERT in Clark County, please visit our [website](#).

Please [Email CRESA Volunteers](#) if you have questions.

Humor Corner



The Senility Prayer

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

VCC Wishes a Happy November Birthday to:

Laura Smith (11/7)

Dannie Anderson (11/8)

Cecelia Kessel (11/15)

Phyllis Robinson (11/24)

Other notable celebrities with November Birthdays are:

Marie Curie (11/7)

Bonnie Raitt (11/8)

Ed Asner (11/15)

William F. Buckley Jr. (11/24)



Senior Scam Alerts Series by Aura

This month we are focusing on reverse mortgage scams. Many seniors would have built equity in their homes that they want to turn into a reliable and steady income. Reverse mortgages are available to homeowners over the age of 62 as a way to access their home equity.

But scammers target the elderly with billboards, ads, and fliers for [reverse mortgage scams](#). They'll claim to be helping you get access to your equity. But in reality, they either steal the money or even commit [deed fraud](#) and "steal" your home.

Here are a few other variations of a reverse mortgage scam:

- Mortgage relief: Seniors in need of financial aid might want to use a reverse mortgage to avoid foreclosure. Scammers target them with claims of fast approval on loans in exchange for an upfront fee.
- Fraudulent contractors: Sometimes scammers will come to your home and offer free consultations. They'll convince elderly homeowners to take out a reverse mortgage and pay for pricey and unnecessary repairs or home "updates."

Warning signs of reverse mortgage scams:

- High-pressure sales tactics that try to get you to consent to a reverse mortgage without doing your due diligence.
- Someone claims that they need power of attorney in order to finalize a reverse mortgage.
- Contractors or vendors suggest that you take out a reverse mortgage to pay for costly repairs.



What to Do If You Fall

- Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible.
- Take several deep breaths to try to relax.
- Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call your local emergency number. If you are alone, try to get into a comfortable position and wait for help to arrive.
- Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.



Clippings from the Garden

By Janet Houck

November, 2024



Fall is definitely happening now in Clark County. Where I live, the Oregon White Oaks are dropping their beautiful, nutritious leaves all over the place. In my own yard I am chopping some of them with a leaf vacuum tool which works quite well. I am working on beds one by one by mulching first with one to two inches of compost and then putting a layer of one to two inches of chopped up leaves on top. I'll deal with more leaves at the end of leaf fall. Other than that, I am enjoying all the beautiful color. This year there are few acorns falling. This is a stark change from the mast year we had last year. There were thousands of acorns last year. This year there are tens of acorns.

There are different thoughts about removing all the leaves: if you leave them, then the bad bugs can winter over; on the other hand, if you leave them, then the good bugs can also winter over. Removing the leaves impacts both. I compromise by leaving some.

I cut back the Joe Pye Weed plant to about 12'' and leave them through to late spring. The experts say that the tubes of the plants are excellent breeding places for good bugs. I did see the insects around the plants in the spring. I have few to no disease or bad insect problems in this garden.

This is the time of year (and through to early spring) to plant or move trees and shrubs. If that lemon cypress you planted three years ago is too tall, then you can move it to a better place now. If that spirea is just too ugly for you, then you can dig it up, pot it up, and give it away! Someone will like it.

Move container plants to a sheltered place. If you can bring them indoors or are lucky enough to have a potting shed or greenhouse, now is the time to do it. My coleus garden is usually treated as annuals, but if I am diligent, I will take cuttings and pot them up, bring them in the house, and have four-inch plants in the spring to replant. We'll see about that. Stay tuned.

Withhold fertilizer from houseplants from now until mid-March unless they are actively growing. I'm doing an edit on my houseplants, getting rid of a couple of them and will get at least one new one for a new spot in my living room. I'm looking for a tall plant - perhaps a dracena or I'll try a palm.

The Greenstalk vertical planter that I purchased last spring is going great guns. I have impatiens, marigolds, little peppers, strawberries, and basil plants in mine. They are all thriving. Critters are getting to the strawberries before I do for the most part, but we can share.

Bundle up, Buttercup. Winter is on the way!