



The Village News



Sept. 2024

NEIGHBORS HELPING NEIGHBORS STAY NEIGHBORS

IN THIS ISSUE

Clark County September Events

Below is a list of some September 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.

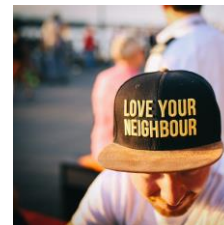
Tacos in the Park-Sept. 6-8th. Esther Short Park. Pull up a folding chair, eat some of the best tacos in our area, and listen to live music all weekend while sipping on dozens of different local craft brews, cider, and agave tequila! For more information, go to: [Tacos in the Park - The best new taco festival in Vancouver, WA!](#)

Ridgefield Multicultural Festival: Sept. 7th 9-4 p.m.. The 2024 Multicultural Festival theme is Food & Fashion! The festival will include performances, crafts and activities, First Saturday and Farmers Market vendors, and more! For more info and the schedule, go to: [Ridgefield Multicultural Festival | Ridgefield, WA \(ridgefieldwa.us\)](#)

Haunted Walking Tours Every Fri and Sat starting 9/13-Oct. in downtown Vancouver. A mix of stories, memories, research, and personal experiences, these tours are a fascinating glimpse through the darker side of history. Tours begin at 7:00 PM unless otherwise noted, and guides will lead up to 25 people for approximately a mile, while making frequent stops along the way. For more info, go to: [Haunted History Walking Tours - Clark County Historical Museum \(cchmuseum.org\)](#)



Are your tomatoes looking more green than red this year? Read some tips on what to do on [page 2](#).



Knowing who your neighbors are can help you in an emergency. See how on [page 4](#).



Are you ready to vote? Has your signature changed? Find out what to do on [page 5](#).



Clippings from the Garden



September 2024

As I drive around Clark County, I always look for eye-catching plantings, blooming trees and shrubs, and unique landscapes. This time of year, the large planting of sunflowers are just the best. On 29th just south of 259th in Ridgefield, there is a field that is lined with small, multi-stem sunflower plants. It is just gorgeous, blowing in the wind, and catching the sun.

So, the big conversation among the gardeners is about tomatoes not ripening up. The smaller varieties are doing just fine. My Sun Golds are quite prolific, and I almost always have fresh tomatoes because of them. The two larger plants have fruit on them, but as of August 20, there is not one sign of red on them. Remember that if your tomatoes have any red whatsoever, you can pick them, and they will ripen up just fine. Put them in a cupboard, either on the shelf or in a paper bag, not plastic, and they will do great. Remember to check on them. I had an unfortunate experience with tomatoes in a cupboard when I lived on a farm. There were a lot of them, and I totally forgot them because it was an unused cupboard for ordinary items. Needless to say, there was a big mess to clean up.



If you are looking for perennials now is a great time to shop for those that the nurseries and garden centers are just trying to get rid of. I would not buy any annuals now unless you have a short-lived project in mind. The perennials might not look very good, but with some new soil and some tender care, they will probably be just fine next spring. Remember not to fertilize plants now. They are beginning to quiet down before fall and winter. New growth will just make them too tender to stand whatever cold weather lies ahead.

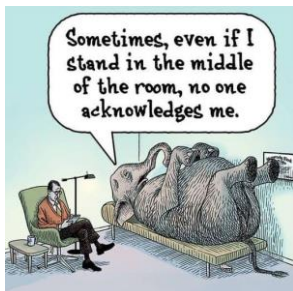


If anyone is looking for a Christmas cactus or an airplane plant, I was given one each by a friend who just moved. They are good sized - in six-inch pots. Let me know and I'll get them to you. Email jhouck@villagesclarkcounty.org.



Garden on!
Janet

Humor Corner



It's illegal to laugh out loud in Hawaii. You have to keep it to a low ha.

Me at 3am reading all 398 comments of two strangers arguing



September 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".

Sept 7th @ 10a.m.-2 p.m. Tabling event at the Senior Resource Fair, Firstenurg Library (see below)

Sept 9th, 23rd, AND 30th @ 10a.m.-12 p.m. InStitches handstitching group – **THREE THIS MONTH!** 9/9 at Janet's, 9/23 AND 9/30 at Phyllis' house. Call 360-553-1520 for addresses. Come visit...and even do some hand work.

Sept 12th @ 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

Sept 14th @ 9a.m.-4 p.m. Tabling event at the Vancouver Peace and Justice Fair, Esther Short Park. (see below)

Sept 18th @ 10 a.m.-Book Club. See details below.

Sept 21st @ 10:30-11:30. V101. Public event. See details below.

Sept 28th @10-Chair Yoga at Patricia Rimmer's house, where there will be 30 min. of YouTube instructor-led session and then we will share a healthy breakfast snack, coffee, or tea. Call the VCC office to RSVP and to get the address.

Sept. 25th @ 1-3 p.m.-All Volunteer Roundtable. All Volunteer Roundtable (Hybrid) at First Presbyterian Church Rm 121@ on Zoom. Volunteers only.

VCC Book Club



Wednesday, September 18th at 10:00 A.M. in the First Presbyterian Church Library. We will be picking books for the next few months. Bring 2-3 book suggestions with a brief summary.

V-101

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

When: Sept. 21st 10:30-11:30

Where: Ridgefield Community Library, Allene Wodaeye Community Room. (210 N Main Ave. Ridgefield, WA. 98642)

SAVE THE DATE!

Villages Clark County Annual Meeting, October 26th, 1-3 p.m. First Presbyterian Church Fireside Room.

We will elect our next Governing Council members. New prospective members: Kate Griffith
Julie Huntley
Greer Davidson

Peace & Justice PLUS Sr. Resource Fairs

Details: <https://vancouverpeaceandjusticefair.org/>
<https://2024-senior-resource-fair.eventbrite.com>

Volunteers and members can come to the booth for an hour or two and help share our story. It is a busy and fun day. The events will be full of resource providers in our county.

For Peace and Justice, you can also shop at the Vancouver Farmers' Market.

WHAT IF (Emergency Preparedness)?

This is the fourth in a series of articles on emergency preparedness. The information is based upon the recommendations of the Clark County Commission on Aging.

Question:

What if I need help? Who can or will help me?

Answer:

(I am going to preface this answer with a story).

“May I Have A Cup Of Sugar?”

Do you remember when?

Asking for a cup of (fill in the blank) or the use of a tool, used to be a common practice?

Not only is it a good way to ‘chat’ with your neighbor and perhaps get to know them, but it is a good way to develop a comfortable relationship of sharing and caring with and for your neighbor.

The only” rule” of this transaction is that of ‘returning the item’ in a timely manner. Offering something of value to the neighbor may be substituted. This communicates a vulnerability, as well as being a resource to others. We all have something to offer.

Now the real answer:

Get to know your neighbors.

- Find out who among them has skills or knowledge that will be helpful in an emergency situation.
- If you are uncomfortable with an outright ask, then...
- Ask your neighbor for something. Something that you could use, but may not ‘urgently’ need, but which you are confident you are able to return. Something of minor cost/value. Start a relationship, open a conversation.
- Build your community (of those physically close to you). In an emergency that is where you turn for help.
 - If you know one person or two ‘chat them up’, build your community of resources one chat at a time.
 - Talk to people. Your neighbors, those who are where you are or where you go.
 - Share with others what you would need in an emergency or what you might offer others. What are you able to do to help yourself and help your neighbor?
- We are all safe in a community where everyone shares and cares.



Drive by and say, “Hi” delivery of emergency preparedness bags. LaDonna and Doug Slack

Senior Scam Alert

This month we are looking at elderly romance scams. In this type of elder fraud, scammers create fake personas on dating apps or social media to lure their targets. Con artists will research you online and use details that you've shared publicly to entangle you.



Once they establish a rapport, scammers begin to request money, often in the form of gift cards, travel expenses, or healthcare costs.

Many victims of romance scams are pressured into fraudulent investments, especially involving cryptocurrencies. Even worse, those aged 50–69 made up the majority of victims, losing a total of \$179.65 million in the first three quarters of 2022 alone. Always keep yourself safe and be aware of the dangers of online dating.

Warning signs of elderly romance scams:

- The “relationship” moves at a frantic pace, with the other person claiming to be irrevocably invested.
- They promise to meet up in person or on video chat but always come up with an excuse at the last minute. They ask for money or financial help for family or healthcare issues.

Why Voting Matters:

The right to vote is one of the most basic promises of our democracy. In a democratic government, every person is considered equal and is empowered to both participate in their government and speak on the issues that impact their daily lives. Through our votes, we're able to express our values around concerns like health care, climate change, criminal justice, taxes, and so much more. (www.lwv.org/voting-rights)

Did you know?

Your signature is used to validate your ballot. **Signatures change as we age**, or if we have certain conditions that make signing our name more difficult. **Now** is a good time to update your signature. In Washington State this can be done three (3) different ways. The easiest method for many of our members will be completing a new voter registration form. **This will UPDATE your signature.** Villages Clark County has the forms available for you to use. We can get them to you quickly.

Call Villages Clark County at 360-553-1520.

If you have any further questions, **CALL THE CLARK COUNTY ELECTIONS OFFICE 564-397-2345**

Next Month - How VCC can assist non-driving members to get their ballot to a drop box, post office or a ballot box.



You're invited to the Sixth in North Star Village's
2024 Aging Well Speaker Series

Leading a Purpose Driven Life

Mary Ann Henry, MA

Friday, September 20, 2:00-3:30 p.m.

at Our Series Cohost, Daybreak Cohousing

2525 N Killingsworth St, Portland, OR 97217



Mary Ann Henry will be presenting "Life on Purpose; Why a Personal and Communal Sense of Purpose Matters." According to Mary Ann, "During our time together, we will look into the work of social scientist Dr. Victor Strecher to understand how a sense of purpose benefits our emotional, mental, physical, and spiritual health. We'll look at positive types of purpose and those that may be less healthy.

"We will then take time to examine what matters most to us individually." Following that, Mary Ann will guide us in the writing of a personal purpose statement. This will be a fun and interactive way to look at what gives our lives and our communities focus and meaning.

Mary Ann Henry is a retired Providence Palliative Care Chaplain (BCC) who spent many years exploring purpose and meaning with people living with life limiting illness, and those approaching end of life. She has witnessed the importance of a sense of purpose through life's changes.

Pre-registration is required.

Email lizkennedy@northstarvillagepdx.org

On the Subject line, write "Purpose Driven" and in the body of the email, include your name, your email address, your phone number, and your village. Thank you