



## May 2024 – Quarterly News

**UpRiver Village** is currently in the development stage. We are an all-volunteer organization that is currently being developed to serve people 55 and older in Gresham, Troutdale, Fairview and Wood Village.



**UpRiver Village** met the public for the first time at The Gresham Lilac Run in April and we connected with so many who want to become part of this movement!

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May 23rd, we met for our first **Coffee Social** at **Neo Cafe**, located in the **Rockwood Market Hall**. We grabbed a big table in the open market area and

among other things, we discussed long term care insurance, pros and cons. We also discussed where and how villages will help families and communities by alleviating some of the stress from the usual caregivers.

To join us at our next community meeting—**Add Your Name** to our email list.



## On the Calendar

- May 24th - **Meeting of the UpRiver Village Steering Council** - At this meeting we discussed costs to run the organization and pricing for future memberships. If you'd like to be part of the decision making process for how this village will run, let us know!
- May 31 - **Life After Loss Conference**, Sonya Norton will present on Grief Management, Self Care, Connections and Community. Register Here.
- June 11 - at 1pm **Natural Grocers presents Nutrition for Brain Health**
- June 14-15 - **Sunnyside East Village Garage Sale**; See their newsletter for more details!
- June 24 - 2-5pm **Happy Hour at Troutdale Station**
- June 28th - **Meeting of the UpRiver Village Steering Council** - Please let us know if there are topics you'd like for us to discuss or if you'd like to give input. What would you suggest?

- June 29 - **Garden and Art Tour**, Village at the Falls
- August 6 - at 1pm Sue Porter will present information on **End of Life Choices Oregon**, the organization that helps terminally ill persons take advantage of Oregon's Death with Dignity Law. Sue is a client volunteer with and one of the founders of End of Life Choices Oregon (EOLCOR). Location to be announced later on our website: [www.uprivervillage.org](http://www.uprivervillage.org).
- **This schedule may change, so check on our site for updates!!**

**UpRiver Village is looking for volunteers to develop newsletters, brochures, post on social media, schedule presentations and event tabling opportunities.**

- **Supporting Positive Aging at Home by**
- **Providing Socialization and Extensive Volunteer Services to Seniors**
- **In Gresham, Troutdale, Fairview and Wood Village**

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Contact Us!





**[www.UpRiverVillage.org](http://www.UpRiverVillage.org)**

A member of Villages NW and the Village to Village Network

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