

FOR IMMEDIATE RELEASE

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Kaiser Permanente Supports Healthy Aging at Home

Kaiser Permanente has embraced our local Village Movement with a gift of \$10,000 to help our 11 Villages carry on their work to provide a holistic approach to healthy aging that's an affordable alternative to retirement communities and assisted care.

"My Village has kept me connected during the Covid pandemic (through its Zoom meetings) in a meaningful way at a time when it would be all too easy to withdraw and disengage," says Peg. "Seeing their faces has helped me keep loneliness at Bay."

Mary Lee is grateful for JoAnn who helps her read and respond to email. JoAnn herself has been feeling low because of a bout of tendonitis on top of everything else that is going on. "Village members were very supportive: bringing me flowers, calling to see how I was, and even delivering an arm sling for me!"

As villagers we treasure those new friends we make close to home, the opportunity to remain in familiar surroundings, the ability to continue to use our skills and expertise to make meaningful contributions in the community, and to be able to call on volunteers for transportation and assistance with household tasks when it would be helpful.

Our mission complements Kaiser Permanente's nearly 75-year history and mission of improving the health of not only its members, but the community it serves. Kaiser Permanente is proud that so many employees give generously of their time to volunteer. To celebrate that volunteerism, they established the Kaiser Permanente Gives – Volunteer Grant Program, which donates to organizations where employees and clinicians give their time.

"Kaiser Permanente has been a great supporter and partner of Villages NW," says Charlie Meyer, Board President, "They exemplify their commitment to the mental, physical, social and emotional well-being of older adults in Oregon and SW Washington by providing these grant funds and encouraging their employees to volunteer which for us has included former Board President Alison Bahr and current Vice President Althea Ender."

The generosity and belief in our Village Movement has made it possible for Villages NW to grow from one Village with 30 members five years ago to 11 Villages with more than 600 members and a comparable number of volunteers. In 2020 we have transitioned from in-person gatherings to more than 90 virtual gatherings a month, instituted regular phone calls to members and volunteers to stay in touch, and continued to help with grocery delivery, yard

work, technology and rides to medical appointments. For more information, visit www.villagesnw.org or call 503-515-1948.

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