

Eastside Village Voice



GREETINGS FROM THE CHAIR

My how time flies when you're having fun! What with end of year financial reports, getting ready for taxes, and recovering from the holiday fun, January just whizzed by!

So. February. What's new?

Plum blossoms already! And winter camellias, and Sarcococca in full scent... Some folks think this is the gloomiest part of the year and make travel plans to sunshine states. I feel like there is a new anticipation in the air, that Spring is just around the corner!

And Spring means another Member meeting. Stay tuned for dates and details. If there is a topic you would like us to address with the membership at large, please pass along your suggestions.

Our membership now stands at 66 people. After our big renewal bump on Dec. 31st, we had a retention rate of 96% of our original members. This is an amazing accomplishment for a new organization like ours! Because we were the first village in Portland to launch, we had more than our share of bumps along the way as we figured out how it all should work. We are so very grateful for our loyal members who stuck with us and helped us grow and mature.

Our fiscal agent, Villages NW, has also grown and matured. It recently received a \$3,500 grant from the Joseph E. Weston Public Foundation, plus a private \$1,000 donation, all to be shared among all of the villages. We are grateful for the continued support and advocacy of the entire VNW Board and its tireless volunteers!

As I wrote previously, this year we are focusing on membership: outreach, involvement, and retention. We are making personal phone calls to members who are nearing their renewal date to learn what's working and where we need improvement.

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*Happy Valentine's Day from
Eastside Village*

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We're encouraging members and volunteers to initiate their own activities, with support from the office staff. Last month, two of our volunteers had a Sing-Along in their home for members and volunteers that was a great success! If you have a favorite activity you'd like to promote, just call the office and we'll help make it happen.

In recent research of villages in the U.S. (yes, we are big enough now to warrant research!), the number one recruitment tool for attracting new members is a small group activity in a member's home. If you would like to host a neighborhood get-together, we can provide speakers or talking points to help you introduce Eastside Village to your friends and neighbors. Please contact the office for more information.

Happy February! See you at the Valentine's Day big band concert!

Mary Bedard
President, Governing Council

Milwaukie Village Info Meeting

Do you have friends who want to join a Village, but who live south of our Eastside boundaries? Tell them about an informational meeting for a Milwaukie Village to be held on Wednesday, March 7, 10:30 AM, at the Oak Lodge Water District Community Room (14496 SE River Road, Milwaukie/Oak Grove, OR 97267).

For more information contact Kay Weaver, kay.seafrontcottage@gmail.com, or Lyn Trainer, info@villagesnw.org.

You Can Be Part of WEAR Oregon

WEAR Oregon—which stands for “Women Engaged in Advancing Health Research”—is a new OHSU research project in need of women volunteers. The project's mission is to develop new early detection and prevention strategies in heart disease, blood cancer, and other diseases that cause thousands of deaths per year.

The researchers have focused their recruitment efforts on women because the test to identify those who are more likely to carry certain acquired genetic mutations in their blood cells—and thus who would be at the highest risk for these often-fatal diseases—requires the presence of two X chromosomes. Their goal is to formulate a strategy to intervene before the diseases have fully manifested and potentially improve survival outcomes.

Study participants must be women who are 65 years of age or older, have no previous history of cancer, and live in Oregon or the Vancouver, Washington metropolitan area. Their goal is to have as many as 15,000 women across Oregon and SW Washington will take part.

There is no cost to participants, nor does it involve any treatment. Participants will fill out an initial health survey, then provide annual health updates and a blood sample (about 2 teaspoons) every 1 to 2 years at study-directed opportunities.

If you'd like to take part, please complete the initial survey found at tinyurl.com/y9vetr8y. More information about the study itself can be found at www.ohsu.edu/xd/research/centers-institutes/wear/frequent-questions-faq.cfm.



Join Us for a Special
Valentine's Day Big Band Concert



LIVE MUSIC by the
Providence Big Band

Friday, Feb. 16, 2018

5:30 – 7:30 PM

Hollywood Senior Center

1820 NE 40th Ave

Beer, Wine, Light Appetizers Available

*All ages welcome. A \$5 donation OR
1-2 cans of food is encouraged!*

*Please RSVP to the
Hollywood Senior Center
(503-288-8303)*

Notes from the Office:

Eastside Village continues to happily provide all sorts of services to our members. We hope that you're calling to ask for help when you need it. Transportation—our most requested service—has been in short supply recently when three of our drivers were out for vacation. Craig Johnson, one of our most frequent drivers, was out for six weeks after tearing an Achilles tendon in December. Thankfully, he's back driving now (bless him!), so you might just see him pulling up in his red car again.

Have you thought about any work parties that could help you get ready for spring? Village volunteers can help out with spreading compost/bark dust, cleaning up beds, or other yard work. We could even spring clean a room in your house! Beginning again in February, work parties will be scheduled for the third Sunday of each month, so let us know if you'd like a gang of EV volunteers to help you out with a household project.

Villages NW (our "hub") has sponsored the 2018 edition of [Retirement Connection](#), a handy guide to all things helpful to Seniors. Drop by the office to pick up a free copy, or let us know and we'll get one to you.

~ Jin Darney

What's Happening?



In a joint project with Northeast and North Star Villages, Eastside Village is hosting a presentation by an attorney from Nay and Friedenberglc, an elder law firm, on *"Powers of Attorney: What are they, why do we need them and how do I get one?"*

February 8 from 10:30 AM to noon at Impact NW's Multicultural Center (4610 SE Belmont St, in the downstairs conference room). Parking is on-street. The #15 Bus stops right in front of the Center. Registration required for this event through Eastside Village's website or by calling the office. Space is limited, so register early!

Join Claire and Dennis for a potluck dinner and movie at their house. Bring a dish to share, and then after dinner, we'll go downstairs to watch *Babette's Feast*, a tale of a French housekeeper with a mysterious past who brings quiet revolution in the form of one exquisite meal to a circle of starkly pious villagers in late nineteenth-century Denmark.

February 10 at 5 PM. RSVP is required, as only 8 guests can be accommodated.



Come celebrate the Year of the Dog with us at Portland's Lán Sū Chinese Garden (239 NW Everett). Enclosing a full city block, the walled Chinese garden features nearly 400 species of trees, orchids, water plants, perennials, bamboos, and unusual shrubs, some nearly 100 years old.

February 24 at 10 AM-1 PM. Rides can be arranged by calling JoAnn at 503-449-5039. General admission is \$10.00, or \$9.00 for those 62 and older.

The *Eastside Village Voice* is published monthly by **Eastside Village PDX**.

Eastside Village PDX is a program of **Villages NW**, a 501c3 nonprofit, which serves as the Hub for a network of community-based Spoke Villages in development across the Portland Metro-area.

www.EastsideVillage.org | 503-866-0571 | info@EastsideVillage.org
Mary Bedard, Governing Council Chair | Peg Farrell, Newsletter Editor

EV Speakers Bureau

We now have a cadre of people willing to share their enthusiasm for Eastside Village and the Village model with groups and churches, or even your neighborhood soup night event. From 5-minute introductory highlights, to 30-minute presentations with video and Q&A, we are happy to fit our talks into whatever time frame is available.

If you or your friends have a group who would be interested in hearing about our Village and how we are changing the way Portland lives as we age, please call the office at 503-866-0571 or email info@eastsidevillage.org.

We look forward to talking with you!



Online Member Forums

Did you know that you can create a forum for discussions with your fellow Eastside Village members? A forum for, say, hiking enthusiasts, or birders, or history buffs. We can set you up if you call the office at 503-866-0571. Just provide the name of a moderator, a topic, and specifics on how you'd like your conversations to happen. The forums are restricted to members only.

Let the chatting begin!

Village Representatives Circle

Once each quarter the Villages NW Board hosts a meeting of all of the Portland-area village leaders, from active and in-information villages. The next meeting is February 7 in Garden Home. If members have questions or issues that should be discussed with the Board of Directors, please contact the EV office (503-866-0571) or EV Chair Mary Bedard (admin@eastsidevillage.org). If you would like to attend the meeting, please check with the office to ensure space is available.



Eastside Village Governing Council

Your EV Governing Council meets the first Tuesday of each month, with the next one on February 6. We review our finances, hear reports of the All-Villages Affinity Groups, get updates on our goals and strategies, and plan future activities. If there are member or volunteer issues to be resolved, we have thoughtful discussions, and make decisions in the best interest of the Village.

If you have an interest in learning about Village governance, we would love to include you at a Council meeting, or meet with you for an informal conversation. Please contact the office (503-866-0571) or Chair Mary Bedard (admin@eastsidevillage.org) for more information.

February Library Events in the Eastside Village PDX Neighborhood

To register, call 503.988.5123 (except where noted). All offerings are free of charge. In addition to the events listed below, many libraries have recurring events such as crafts groups, reading groups, résumé help, and tech help. For details on these, and on Multnomah County Library events outside the Village's service area, please check the library's website. Event schedules do occasionally change; visit Library Events for current information.

Belmont Library

1038 SE Cesar E. Chavez Blvd.

Nature Drawing

Drawing or sketching the natural world from observation fills the artist with awe and wonderment. Engage in fun and surprising sketching exercises to loosen the hand to draw with confidence and to learn to observe. Study how light and shadow affect objects and how to tone (shade) and apply texture to make your natural objects look realistic. You will walk away with a collection of ideas and drawing skills to practice for the rest of the year. All skill levels welcome. Please bring a seashell, favorite rock or another natural object.
Sunday, Feb 18, 2-4 PM
Registration opens Jan 28.

Nature's Medicine Cabinet for Your Home: Essential Oils

Meet Yiwen, an experienced yoga teacher and wellness instructor, who will introduce you to the world of essential oils. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment and health-care practices. Learn how, why and when to use them.
Sat, Feb 24, 2-3 PM
Registration opens Feb 3.

Holgate Library

7905 SE Holgate Blvd.

Leatherwork: Minimalist Wallet

In this hands-on workshop, presented

by Purpose, you will learn to make a minimalist wallet design. With your precut leather pieces, you will learn to edge dye, wax, burnish edges, chisel stitch and saddle stitch to complete your wallet.

Sat, Feb 10, 2018, 11:00 AM-1:30 PM
Registration required.

Midland Library

805 SE 122nd Ave

E-books & Audiobooks: Hands-on Help

Got an e-reader? Like to read on your tablet? Want to read or listen to a book on your phone or iPod? Drop in for one-on-one help. Please bring your device and any other equipment you need to download and/or transfer. For in-depth information on resources you can use to find e-books and audiobooks, try E-books & audiobooks at the Library or use the self-help guides on the [MCL website](#).

Fri, Feb 2, 9, 16, and 23, 2018
3-4:30 PM

World at Our Door: Music from Portland's Immigrant Communities

Embrace the beautiful sounds that are finding their way to Multnomah County through a vibrant immigrant community. We'll introduce you to new and emerging musicians: Iraqi Ronny Hermiz, Somali Dino Mumun and Bhutanese Santi Rai. Come prepared to boogie!

Sun, Feb 18, 2018, 2-4 PM

Pete Seeger: The Man and the Music

Gather around for songs and stories of a folk hero! Together with the Pacific

Northwest musical duo Hank and Claire, you will learn how Pete Seeger's social activism on labor, civil rights, war, and the environment inspired his music. We'll share the stories of Seeger's life, historic photos and sing-along songs. Join us and share the joy of singing in the community!
Sun, Feb 25, 2018, 2-3:15 PM

Sellwood-Moreland Library

7860 SE 13th Ave.

If You Can Boil Water, You Can Brew Kombucha!

Kombucha is an ancient form of fermented tea and cane sugar that has probiotic benefits for your digestive system. You can buy it from the store or, even better, you can make your own! Brew one gallon for less than one bottle of the store-bought kombucha! Maxwell Bliss of Treehouse Kombucha will show you simple steps to brewing and flavoring your own kombucha. Starter cultures, tea bags, and other supplies are provided.

Saturday, February 10, 3-4 PM

And Still We Rise: Harriet and Sojourner

Two African American women—one from upstate New York, the other from rural Maryland—helped to reshape America. As we deal with ongoing bigotry, prejudice, and racial divides in our nation, the personal stories of Harriet Tubman and Sojourner Truth inspire us to tap into our "better selves." Though the two women only met later in life, their often parallel lives became an inspiration.

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Is a Book Group Your Cup of Tea?

Eleven EV members intelligently and enthusiastically discussed our January book, *The Ghost Map*, hosted by Claire and Dennis.

After listening to a short YouTube Ted Talk by the author, we continued our rich discussion dissecting the scientific, cultural, and living conditions of the Victorian Age in London, and especially the cholera epidemic of 1854. As there was yet no means in place to provide sanitation for this extremely crowded city, we can only imagine the stench that permeated the streets.

One of the book's protagonists was a doctor who worked for years to disprove the prevailing belief that cholera was caused by "miasma," or the air we breathe. The fact is that the respiratory system is unaffected with cholera, as it does its deadly damage from the gut.

We then delved into current medical investigative research and how cities cope with disease in the modern age.

This was such a rewarding and far-reaching discussion.

Our group meets every second Tuesday of the month from 10-12. February's book is *Great Small Things* by Jodi Picoult, hosted by Ellen Howard. All members are welcome to participate. Please RSVP to Ellen and stay tuned for updates on future meetings.

~ Claire Cofsky



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Tubman, known as the "Black Moses" of the Underground Railroad, dedicated her life to creating safe passage for people escaping slavery. Truth worked to abolish slavery and promote equal rights for women. This presentation delves into the lives and impact of Tubman and Truth, and the need to embrace their stories in our troubled times. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Tuesday, February 13, 6:30-7:45 PM
Registration required.

Nature's Medicine Cabinet for Your Home: Essential Oils

Yiwen, an experienced yoga teacher and wellness instructor, who will introduce you to the world of essential oils. Essential oils give plants their distinctive smells, protect plants and play a role in plant pollination. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment and health-care practices. They can be used for a wide range of emotional and

physical wellness applications. Learn how, why and when to use them.

Note: In the event there are not enough people registered, the program will be cancelled.

Sun, Feb 18, 2018, 3-4 PM
Registration required.



February Village Events

Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration.

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

9:30 AM
Coffee Gathering
Tabor Space
(5441 SE Belmont St)

10 AM–12 PM
"Powers of Attorney" Talk
(See page 4 for details.)

5 PM
Potluck Dinner & a Movie *#
(See page 4 for details.)

10 AM – Noon
Book Group *#
"Great Small Things" by Jodi Picoult, (hosted by Ellen Howard)

9–11 AM
Breakfast at Toast
(5222 SE 52nd Ave)

9:30 AM
Coffee Gathering
Tabor Space
(5441 SE Belmont St)
1–3 PM

10:30 AM–NOON
Village 101
Woodstock Wine & Deli
(4030 SE Woodstock Blvd.)

9–10 AM
Coffee with Northeast Village
(Café Fleur de Lis, 3930 NE Hancock)

10 AM–12 PM
Tour of Lán Sū Chinese Garden #
(See page 4 for details.)

2–4:00 PM
Knot Just Knitting *#
Please RSVP with the office.