

Eastside Village Voice



GREETINGS FROM THE CHAIR

Happy New Year!

I think my favorite winter day is the Solstice, because after that it only gets better (more daylight), right? And since my birthday is at year-end, I am prone to reflect on the past year and think about the new year and all its possibilities. So, pause with me to consider the great accomplishments of Eastside Village in 2016 and 2017, our second full year of operation. (Many thanks to JoAnn Herrigel for compiling the lists!)

I am so very grateful for all of the volunteer time that has gone into keeping Eastside Village strong and viable. *We are* making a difference in our members' and volunteers' lives.

Stay safe and warm, and thanks to all for your continued support.

Mary Bedard
Board Chair

(Extended) First Year Accomplishments

- Sept 2015 obtained office and regular volunteer staffing
- Oct 2015 EV Launch Party
- Article in [Oregonian](#)
- Received Free Geek grant for two computers
- Held fundraisers: two Yard sales; Chinook Book sales
- Hired strategic planning consultant
- Held monthly Village 101 information sessions
- Created monthly newsletters
- Held monthly Governing Council meetings
- Wrote and adopted Bylaws
- Convened Annual meeting in April
- Set up and launched Club Express
- Relunched an updated Facebook page
- Held bimonthly Volunteer trainings
- Participated in Services Resource Meeting with Elders in Action
- Presented information to Realtors, Church groups, AARP, Gay and Gray event, Chamber, Xray FM
- Achieved a member re-enrollment of over 90%
- Filled 66 Service Requests

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Volunteer Stories

Transportation requests represent the majority of services Eastside Village provides to its members. What members see is a volunteer driver who transports them to their desired destinations. We are very, *very* grateful for the dedication of our drivers, but much goes on behind the scenes to get that driver to your doorstep.

Eastside Village partners with Ride Connection to ensure our drivers are trained, passed exams, had road tests, and have vehicles that have passed safety inspections and are properly insured. In exchange for this service, Eastside Village maintains specific data that must be reported back to Ride Connection each month. Here are the folks who make that happen.

Glenna Rhodes (right) prepares the monthly report for Ride Connection, collating all the related rider and volunteer statistics: miles driven, hours spent transporting people to vital appointments, and so on. Glenna says this is a challenging task because she really hates using Excel, but she also recognizes the importance of Ride Connection services.

Here is her story: My first interaction with Eastside Village began with an evening Village 101 meeting at Fran Daggett's house. I was living in Bend at the time, but had decided to retire early and move to Portland. Coming to the 101 meeting was one of the ways I hoped to get familiar with my new community before actually making



the move. This was in early spring of 2015, before the Village had launched. By that October, I had moved, was settled in southeast Portland, and had become a volunteer.

Community is important to me and helping in my new community is a great way to become a part of it. Having worked in libraries for 40+ years and assisting my elderly father, I am keenly aware of the social and

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Eastside Village seeks volunteers in the following areas:

New Member Buddy

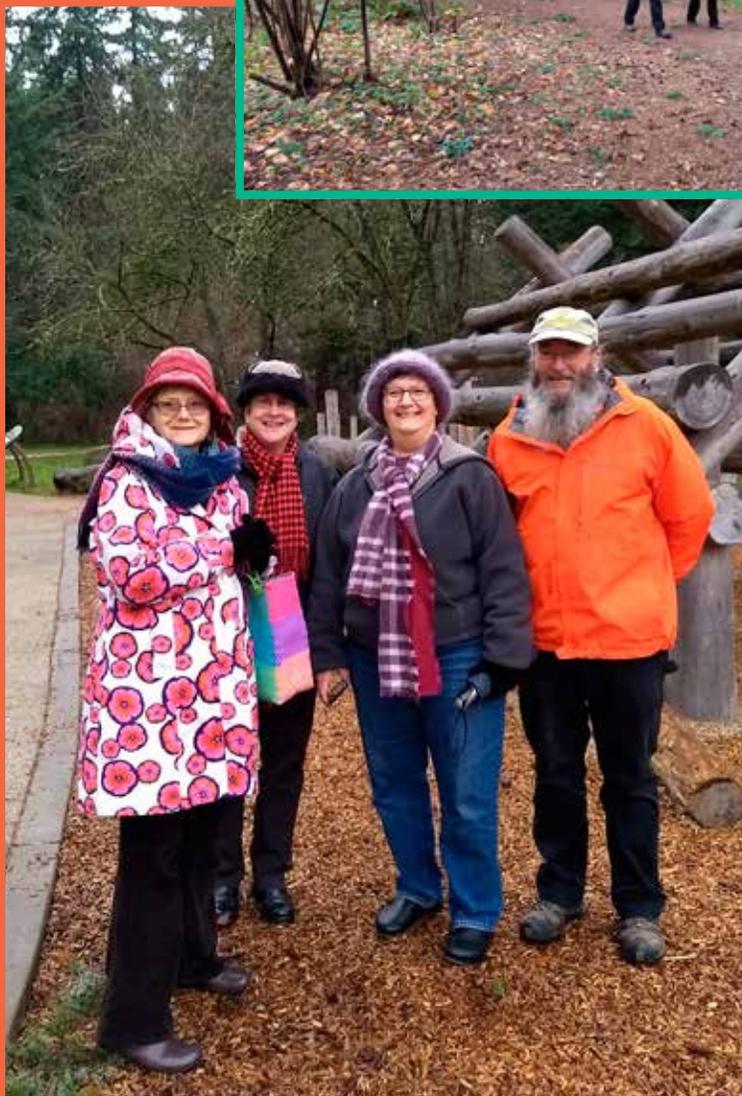
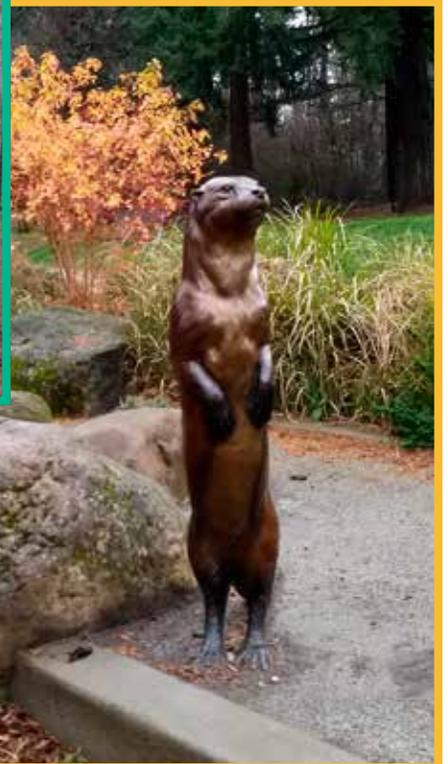
Active members are encouraged to volunteer to support new members who are just getting started. This would entail regular email and phone check-ins for approximately 90 days. Buddies help connect new members to resources and events. If you're able to volunteer 2-3 hours per month in this capacity please contact the office.

Website Orientation

Meet for approximately 30 minutes to orient new members to EV's website. Orientations will take place in member's home using their computers. Volunteers need to be able to access the website, help members sign in, and walk them through three key functions. (Note: This is not a consultation for general technical concerns. The only task is to orient new members to the website. This is intended to be a very specific task that requires very little technical skill.) If you're able to volunteer 1-2 hours per month in this capacity please contact the office.

A Tree-mendous Afternoon

A group of Eastside members braved the elements for a walk through Nadaka Park. Located on a former Girl Scout camp, the Park was inspired by input from many diverse community organizations and members. It hosts a covered picnic area, a large community garden, Gresham's first nature play area, and a lovely wooded path. After we explored the Park (including playing a tune on the giant xylophone!), we adjourned to a nearby restaurant for pie and hot drinks!



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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

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physical needs and challenges that arise as we age. Helping others gives me pleasure. I imagine that someday I, too, will be a recipient of the Villages services. As a single person, it's a relief to know this service will be available.

In addition to the monthly Ride Connection reports, I help the Village with odd jobs, which can be physical (painting a porch, hauling in and setting up a Christmas tree, installing cupboard hardware) or electronic (helping program a TV remote control or assisting with a computer or cell phone). I get great pleasure in doing something that is simple for me but a frustration for someone else.

Patricia Tollefsen (right) serves as our Volunteer Transportation Coordinator, and makes sure the Village maintains proper documentation. Not only do drivers undergo training to get started, but they must repeat training and certification each year. Patricia keeps new and ongoing drivers on track to complete their course work, documents that their license and insurance is current, and submits data for Ride Connection.

Here is Patricia's story: I was already involved in the Village movement before I moved to Portland in 2016. I volunteered at Ashby Village in Berkeley for a couple of years, spending one morning a week in the office and helping to organize social events. I liked everyone I met, both volunteers and members. I found Eastside Village before I arrived.

I knew I wanted to join a Portland village as soon as I got here. I'm now a volunteer and social member. I love volunteering, because I know what I'm doing for Eastside Village is important: allowing all of us to age gracefully at home for as long as we can.

I'm back in the office one morning a week. Jin has given me a title: "Volunteer Transportation Coordinator."



Very elevated for my job of checking that drivers have all of their ducks in a row, but I know how integral getting a ride is to members' needs. I've also participated in a number of work parties, creating a garden path, raking leaves, emptying a room. These have been a chance to meet and work alongside new people.

I believe a Village is as strong as the community it creates, a community of members and volunteers, and volunteer-members. I plan to volunteer for as long as I can, because volunteering gives me as much pleasure (and probably more) as just being a member.



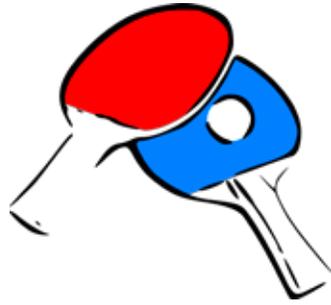
Consumer Corner

The NY Times had an interesting article last month. ["Prescription Drugs May Cost More With Insurance Than Without It."](#) Health insurance reduces the cost of prescription drugs, right? In some cases, the answer is "no." The article provides websites where you can use your zip code to find the cost for your specific prescriptions at pharmacies in your area.

As a test, we used a couple of commonly used generic prescriptions and found the cost at several pharmacies within Eastside Village boundaries to be less than what the co-pay cost would be with insurance.



What's Happening?



Ping Pong

Join us at Pips and Bounce (833 SE Belmont St) on Sunday, January 14, 12–1 PM We'll reserve a table for the hour; anyone who wants to play can join us to hit some balls around. No need to chase balls: there are buckets of them and physical agility is not required. Come on! When was the last time you played Ping Pong??

Mama Africa: Miriam Makeba

Arrive early at the Whitsell Auditorium (PDX Art Museum, 1219 SW Park Ave.) on Monday January 15, to get a seat for the 5:15 showing of this amazing film about Miriam Makeba (1932–2008). Through rare footage of her electric performances and the reflections of friends—including Harry Belafonte, Paul Simon, Angélique Kidjo, and husbands Stokely Carmichael and Hugh Masekela—a portrait emerges of a woman equally committed to political activism, music, and her proud African heritage.



Sing-a-Long

Join EV members for a Sing-a-Long at Quince and Sue's home on Friday, January 19, 1–3 PM. We'll join together in song (mostly folk) to welcome in the New Year. Bring your heartiest voices. Space is limited. Sign up on line or through the office (503-866-0571).

Soup's On!

Join us on Sunday, January 21, 12–2 PM for soup at Mary Bedard's house. Bring a sample of your favorite soup to share, or a go-with such as bread, salad, or dessert. There is a sign-up sheet on the RSVP calendar site, or call the office to register.



EV Book Group Update

The Book Group that Eastside Village members launched last summer has really picked up steam. In an effort to be a bit less organic in their reading choices, members of the group submitted and subsequently voted on their suggestions for the coming year. The winners are posted below and represent the group's broad interests: everything from self-help to sci-fi.

Various members of the group host the monthly meetings; all Eastside Village members are welcome to join. If you would like to be included on the email distribution group, please contact the office.

The first meeting of 2018 will be held at 10 AM on January 9th, at Claire's home. RSVPs are required.

January: *Ghost Map* by Steven Johnson

February: *Great Small Things* by Jodi Picot

March: *We are Legion, We are Bob* by Dennis E. Taylor

April: *The House of Otowi Bridge* by Peggy Pond Church

May: *The Gentle Art of Swedish Death Cleaning* by Margareta Magnusson

June: *Abide with Me* by Elizabeth Strout

July: *Lincoln in the Bardo* by George Sanders

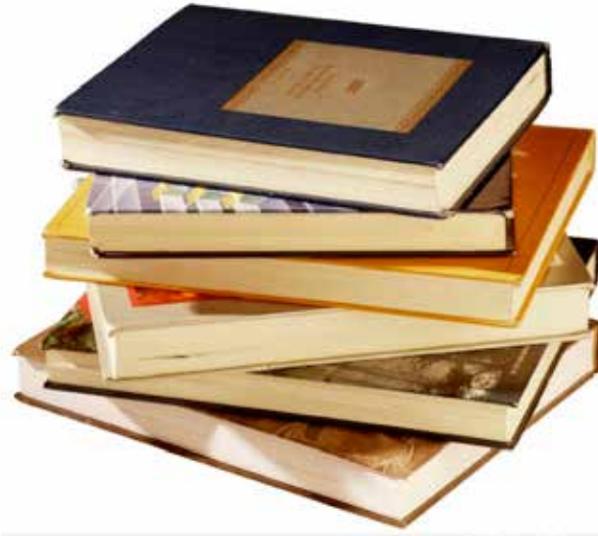
August: *Mink River* by Brian Doyle

September: *A Gentleman in Moscow* by Amor Towles

October: *Dark Money* by Jane Mayer

November: *Homegoing* by Yaa Gyasi

December: No meeting



Community Resources

Here are some links to websites with information about local conditions and services in Portland:

[Elders in Action Community Resilience](#) includes many links to local resources for emergency preparedness and other situations.

[Public Alerts for Portland & Vancouver](#) roads, schools, and governmental announcements. You can also sign up for email alerts.

[The National Weather Service](#) local website can be customized with your specific location. Current weather conditions and forecasts are available.

[The Aging, Disabilities & Veterans Services Division of Multnomah County](#) has a wide-ranging listing of services for all abilities and older residents. Not limited to low-income seniors, there are informational pages for Medicare questions, housing, and elder abuse, among many others.

[Prepare. Be Aware. Take Care.](#) A downloadable flyer with winter safety tips for seniors or people with disabilities.

December 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.

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.

Sunday, January 21, 2-3 PM

(registration opens December 31)

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.

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.

Saturday, January 27, 3-4:15 PM

(registration opens January 6)

Holgate Library

7905 SE Holgate Blvd.

Job Application Strategies

Looking for a job? Not sure which skills do you need to highlight? Job coach specialists from Goodwill Industries are here to help! Develop a master job application and learn how to market transferable skills to land the job you want!

Sat., Jan. 13, 3-5 PM (registration opens Dec. 23)

Canva for Cards, Posters and More

Are you looking for a fun and easy way to design beautiful cards, invitations, or flyers? Do you wish your social media posts looked snappier? Do you want to explore alternatives to PowerPoint for your presentations? Come to this class to learn about Canva, a free online design studio. Please sign up for a Canva account before coming to class.

Tuesday, January 16, 5:30-7:30 PM

(registration opens December 26)

Midland Library

805 SE 122nd Ave

Martin Luther King Jr.:

The Things You Might not Know

Each third Monday in January, the nation pauses to remember the life and legacy of Martin Luther King Jr. Dr. Bill Thierfelder explores King's life as

well as over a dozen different facts that you may not have known about this iconic figure that help fill in the picture we have of this complex human being. Here's a chance to delve a little deeper into the man and his legacy, and to see why his story is still so meaningful and relevant to our own lives today. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Sunday, January 21, 1-2:30 PM

(registration opens December 31)

Debt, Credit, and the Law

Tim L. Eblen, Michelle K. Freed, and James Tschudy are attorneys with expertise in the area of debtor/creditor and consumer protection law. They will highlight strategies in addressing debt obligations effectively, how those obligations are reported to the credit bureaus, and what rights and remedies are available under the law.

Weds., Jan. 24, 6:30-7:30 PM

(registration opens Jan. 3)

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. 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

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

January 27, 2-3 PM (registration opens January 6)

Library Seed Exchange

Calling all local seed savers with good quality seed to share seeds, stories and growing practices. Join the nonprofit urban gardening organization, *Grow Portland*, for the second annual Seed Sharing Event. Share extra seed you have saved in your garden with others and discover new varieties. Local gardeners and farmers will have the opportunity to learn about seed saving and take home free seed.

Sun., Jan. 28, 10 AM–Noon (first come, first served)

Sellwood-Moreland Library

7860 SE 13th Ave.

Silhouette Art

Create trendy silhouette pictures with your local reuse-
repurpose artist, Sally. She'll bring a variety of stencils that you can trace, cut out, and mount on book paper for a one-of-a-kind piece of art. Registration required; register online, in the library or by calling 503.988.5123.

Saturday, January 27, 3-4:30 PM

Canva for Cards, Posters and More

Are you looking for a fun and easy way to design beautiful cards, invitations, or flyers? Do you wish your social media posts looked snappier? Do you want to explore alternatives to PowerPoint for your presentations? Come to this class to learn about Canva, a free online design studio. Please sign up for a Canva account before coming to class.

Sunday, January 7, 1-3 PM (registration opens Dec. 17)

Woodstock Library

6008 SE 49th Ave.

Introduction to Traditional Japanese Reiki

Reiki is a powerful healing system that can be used for self-treatment and the treatment of others with remarkably few limitations. It has the capacity to work on any suffering, whether at the physical, emotional, mental, or spiritual level, and can create dramatic shifts for those who apply its practices in their daily lives. There are many misconceptions about Reiki, one of them being that it is all about your "healing hands." This introduction to traditional Japanese Reiki with Usui Reiki International Gakkai offers a true understanding of the fascinating concepts behind the system. Participants will learn the differences between traditional Japanese Reiki versus Western Reiki and learn a traditional Japanese Reiki meditation technique.

Tuesday, Jan. 9, 6-7:30 PM (registration opens Dec. 19)

Chinese Dumplings

Learn to make delicious, homestyle Chinese dumplings to celebrate the Year of the Dog. We will demonstrate how to make dough from scratch and different ways to wrap a dumpling. Take home a recipe to impress your family and friends. Program presented in Mandarin only; interpretation services not available.

Sat., Jan. 20, 2-3:30 PM (registration opens Dec. 30)

Leatherwork: Minimalist Wallet

In this hands-on workshop, presented by Purpose Handmade, you will learn to make a minimalist wallet design. With your pre-cut leather pieces, you will learn to edge dye, wax, burnish edges, chisel stitch, and saddle stitch to complete your wallet.

Sat., Jan. 27, 3-5 PM (registration opens Jan. 6)



Tree Recycling

Sunnyside Environmental School recycles Christmas trees as an annual fundraiser. Trees are chipped and used for their school garden. They ask for a \$5 donation for each tree. An Eastside Village volunteer will be happy to pick up your tree at your curb and drop it off for you at the school playground on January 7. Payment can be in cash, check (payable to SES PTSA). Contact the office to arrange curbside pickup.



	1	2	3	4	5 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	6
7	8	9 10 AM – Noon Book Group *# “The Ghost Map” by Steven Johnson (Claire Cofsky’s home)	10 9–11 AM Breakfast at Toast (5222 SE 52nd Ave)	11 10 AM–12:30 PM Motivational Interviewing & Active Listening First Baptist Church (1411 SW Morrison)	12	13
14 12–1 PM Ping Pong (See P. 6 for details)	15 5:15 PM Miriam Makeba Film (See P. 6 for details)	16	17	18	19 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St) 1–3 PM Sing-a-Long *# (See P. 6)	20 10:30 AM–NOON Village 101 Woodstock Wine & Deli (4030 SE Woodstock Blvd.)
21 12–2 PM Soup’s On Potluck *# (See P. 6 for details)	22	23 9–10 AM Coffee with Northeast Village (Café Fleur de Lis, 3930 NE Hancock)	24	25	26	27
28 2–4:00 PM Knot Just Knitting *# Please RSVP with the office.	29	30	31	<p><i>January Village Events</i></p> <p>Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration.</p>		