

Eastside Village Voice



June 2018

GREETINGS FROM THE CHAIR

It's another day in Paradise. I'm loving this gradual descent into the heat of summer! While some folks yearn for sunny, warm days, I really enjoy the cool mornings and not-so-hot afternoons we've been having.

I hope you have a fun and festive Independence Day, and that your neighbors are considerate with the fireworks. My fur people do not like this holiday at all, and remind you to make preparations for dealing with scared pets.

But Independence is what we're all about in a Village, right? Or rather, Inter-dependence as we like to call it. The freedom to live in the home we choose, safely and healthily, for as long as possible – with a little help from our friends. We have the freedom to live as we choose because we allow others to assist us in some of those darn daily living tasks that are becoming more difficult. As in, repairing a door screen where the cat decided he really needed

to go through to hide under the deck during the fireworks and couldn't wait for someone to open it, or getting on a ladder to change the batteries in the smoke detectors (again!), or changing the screen in the kitchen faucet because it sprays all over and you have no idea how to get the darn thing out.

With help with the little things, we have the time and freedom to enjoy each other and the great social opportunities that come with a caring community. Eastside Village members are an amazing bunch of folks! There are a great many opportunities to share stories, expertise, and friendship with each other through EV. We are developing additional web pages to highlight member activities, to make it easier for members to connect with each other. Our Coffee Break virtual get together is a great example – each month features a village member who

Continued on Page 2





Left to Right: Judy Ringenson, Jana Demartini-Svoboda, Cynthia Meacock, Peg Farrell, Ellen Howard, Laura Thompson, Sue Ayer, Linda Safran, Cary Hixon

Ladies Who Lunch

Albertina's Kitchen was the site for a lively Eastside Village lunch on June 25th. We were welcomed by Chris Wiens, Manager of Foundation and Donor Relations at Albertina Kerr. He told us about the organization's history as an orphanage founded in 1907, and the work it does today helping children and adults with developmental disabilities and mental health challenges.

The menu features fresh, heritage-inspired dishes and is served by volunteers in this lovely, historic setting. A regular feature of the lunch-time experience is live modeling by volunteers of clothing from the Foundation's high-end consignment shop. Some interesting ideas are percolating for future Eastside Village lunches!

~ Linda Safran

The *Eastside Village Voice* is published monthly by **Eastside Village PDX**. **EVPDX** is a program of **Villages NW**, a 501c3 nonprofit, which serves as

the Hub for a network of community-based Spoke Villages across the Portland Metro area.

www.eastsidevillage.org | 503-866-0571

info@eastsidevillage.org

Mary Bedard, Governing Council Chair
Peg Farrell, Newsletter Editor

Time for a Coffee Break?

COFFEE BREAK is a new monthly event hosted by Linda Safran for members and volunteers. We meet over the internet so there's no need to GO anywhere! You can join the meeting by telephone or log in to our own "internet meeting room" using a smart phone, tablet, or computer.

You'll learn something new about the very interesting people and organizations in our Village. And you'll be able to brag to any and all that you use technology for more than email! As further recognition of your efforts, each first-time COFFEE



BREAKer will receive a complimentary mug!

Our EV past Governing Council Chair, JoAnn Herrigel, was our June COFFEE BREAK guest. Those who joined us via the internet could see her on their screen as she greeted us from her office at Elders in Action. She told us about their wonderful work as advocates for elders and people with disabilities.

She then switched to using her iPhone and walked us around the office, introducing us to the staff. For those participating by phone, it was like listening to a radio program with the ability to ask a question or comment.

How to Register

Go to the Eastside Village website and log in. Click on Calendar and then scroll down to see COFFEE BREAK listings for July, August, and September. Then click on the "register" button. OR contact host Linda Safran at Lsafran@umich.edu or 716-548-944 She will be pleased to register you.

Registrants will receive the information needed to call or log in. Linda will also schedule a practice meeting with first-time COFFEE BREAKers.

Tips for First-Time COFFEE BREAKers

- Print out the GoToMeeting invitation so you have the meeting ID handy and the call-in number. The meeting ID is unique for each meeting.
- If you're joining by phone, note that the call-in number will NOT be a Portland number. Use a phone that has unlimited minutes for long distance calls.
- Avoiding audio feedback. Some computers, iPads, iPhones, and other devices have VERY sensitive speakers that may cause an echo for other listeners. To prevent this, MUTE your microphone when you're not speaking. Unmute it again when you want to speak.
- To prevent your computer or device from causing an echo, we highly recommend that you use a headset with a microphone. Prices range from \$12 on up.
- Is this your first time using "GoTo Meeting"? Try to do a system check before the meeting. [link.gotomeeting.com/system-check] The meeting organizer would be happy to do a test meeting with you before the meeting.

EV Circles Update

Eastside Village members from the Richmond, Buckman, Hosford-Abernathy, and Sunnyside neighborhoods met for a Happy Hour in Dennis and Claire's backyard last month.

We all agreed that we enjoyed this opportunity to get to know our neighbors in a more intimate setting than a larger EV group. We have already set another date in the near future to meet at a local Thai restaurant.

Looking forward to hearing about other neighborhood Circle get-togethers!

~ Claire Cofsky



Upcoming COFFEE BREAKS

Tuesday, July 14th, 10 -11 AM

Learn about **Albertina Kerr**, a very important Oregon non-profit organization founded in 1907 as an orphanage in memory of Mrs. Kerr. It now spends over \$45 million a year in programs and services to children and adults with developmental disabilities. Nearly half these funds are raised from private sources.

Tuesday, August 14th, 10-11 AM

What you want to know about the "Death with Dignity Act" but didn't know who to ask! **Derianna Mooney**

has been working in this field for over 50 years.

Tuesday, Sept. 18th, 10-11 AM

Geezer Gardens: And of COURSE there are silver bells and cockle shells! EV's Governing Council Chair—and not-one-bit contrary—**Mary Bedard** will talk to us about gardens, and how they can support "maturing in place."



Mary Lee Turner

July Library Events in the Eastside Village 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.

Felted Soap

Soap with a felted cover is an easy project that makes a great gift. We will teach you how to use a bit of wool fiber, water, and gentle manipulation to create a soap bar with a built-in washcloth that lathers and exfoliates.

Sunday, July 22, 2-3:30 PM
(registration opens July 1)

Gregory Heights Library

7921 NE Sandy Blvd.

No special events this month.

Holgate Library

7905 SE Holgate Blvd

No special events this month.

Midland Library

805 SE 122 Ave.

City of Portland: Archives Roadshow

We are taking the archives on the road and traveling to neighborhood libraries. Drop by and learn what you can find in the City's collections and how you can do your own research. City archivists are ready to answer questions and get you started on your research projects. Even if you don't have any specific questions, stop by to look at historic photos from the surrounding neighborhoods.

Sunday, July 15, 2-3 PM (first come, first served)

Russian Bean Mosaic

Using black and white beans, create amazing mosaic art. You will enjoy this very creative and meditative process. Program is in Russian.

Wednesday, July 18, 5:30-7:30 PM (first come, first served)

12 Key Acupressure Points for Everyday Health

Yiwen Yoga presents an experiential holistic event sharing information based on the wisdom of the ancients that will improve your health and strengthen your immune system. Learn how to find and self-massage the most commonly applied pressure points in the Traditional Chinese Medicine system for everyday care and optimal health.

Saturday, July 21, 2-3 PM (registration opens June 30)

Sellwood-Moreland Library

7860 SE 13th Ave.

No special events this month.

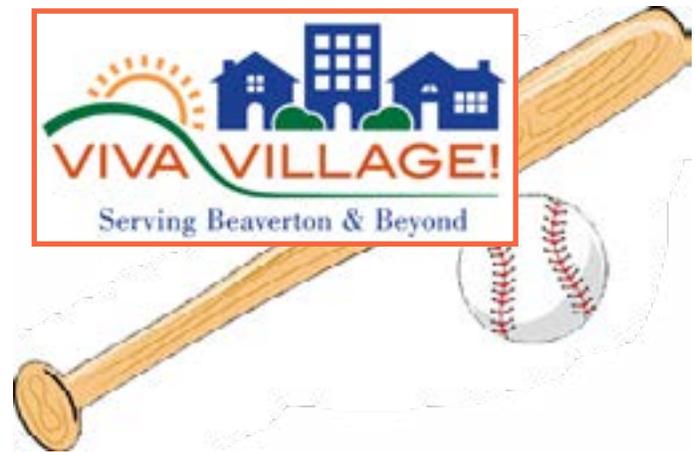


Village Night with the Hillsboro Hops

Villages and Minor League Baseball! What a great combination! Viva Village in Southwest Portland is hosting an evening of baseball and fun, and all Portland area Village members and volunteers are welcome.

The Hillsboro Hops will be playing the Vancouver Canadians on Wednesday, August 1st at 7:05 PM at Ron Tonkin Field (4460 NE Century Blvd, Hillsboro). Viva Village has reserved seats for us in Section 3, just beyond 1st base and with the evening sun at our backs.

Tickets are \$15; parking is \$5. Carpooling is encouraged, or you can take the MAX Blue Line to Orenco Station and hop on the free shuttle to the Stadium's front gate (look for the "Hop On" sign on the bus and show your valid MAX ticket).



EACH ONE, REACH ONE Membership Campaign

EASTSIDE VILLAGE is excited to kick off its 2018 "Each One, Reach One" Membership Campaign. Our goal is to double the membership of Eastside Village by January 2019. Increasing the membership of Eastside Village will bring new energy, fresh ideas, and additional resources to our Village.

THE CHALLENGE is for each Eastside Village member to sign up at least one new member to Eastside Village within the next 12 months. Each Eastside Village member that brings in a new member will be placed in a drawing and be eligible to win a one-year free membership to Eastside Village.

You can help us meet our goal in the following ways:

- Encourage a friend, neighbor, or relative to become a member of Eastside Village.
- Invite a friend, neighbor, or relative to join us for an Eastside Village activity.
- Host an Eastside Village Information Session in your home for friends, neighbors, and relatives.
- Serve as an ambassador for Eastside Village at community events.

For additional information, contact the Eastside Village Office at: 503-866-0571 or info@EastsideVillage.org

**CAN WE COUNT ON YOU TO COMMIT TO OUR
"EACH ONE, REACH ONE" CHALLENGE?**

1	2	3	4 	5	6 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	7
8	9	10 10 AM–Noon Book Group *# “Lincoln in the Bardo” by George Saunders	11 9–11 AM Breakfast at Toast (5222 SE 52nd Ave)	12 12:30–2 PM Men’s Lunch with Adult Beverage (San Felipe Taqueria; 6221 SE Milwaukie)	13	14 3–4 PM New Member Tea *
15	16	17 6–8:00 PM Summer Potluck *#	18	19	20 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	21 10:30 AM–NOON Village 101 Hot Lips on Hawthorne (2211 SE Hawthorne Blvd)
22 2–4:00 PM Knot Just Knitting *#	23	24 10–11 AM Coffee Break # Meet EV Neighbor, <i>Albertina Kerr</i>	25	26	27	28 10:30 AM–NOON Volunteer Training EV Office (1402 SE Cora)
29 10 AM–5 PM Montavilla Street Fair (SE Stark St, west of 82nd Ave)	30	31	<h2>July Village Events</h2> <p>Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration (go online or call the office).</p>			

