

# Eastside Village Voice



## GREETINGS FROM THE CHAIR

What a crazy weather month February was, yes? It feels like March roared in a little early! Here's hoping you stayed safe and warm during our snowy cold spell. And that those crocus and daphne that braved the elements will give way to tulips and forsythia and plum blossoms this month.

Save the Date! Our **Spring Membership Meeting** will be held at TaborSpace, on Saturday, April 21, 2018, from 2-4:00 PM. We'll send a formal announcement via email in the near future, with further details. If there is a topic you would like us to address with the membership and volunteers, please pass along your suggestions to [info@eastsidevillage.org](mailto:info@eastsidevillage.org), or call the office.

As I've written before, we are working hard to reach our goal of 100 members this year. To that end, I'm excited to announce a new membership campaign for 2018! Elsewhere in this newsletter, you'll see a notice of the **Each One Reach One Campaign**. For every new member that an existing member brings in, the existing member will receive an entry into a drawing for a free 1-year membership! The more new members you bring in, the more chances you will have to win! There will be a drawing at our Fall Membership meeting to determine the winner.

We had a very successful discussion last month with the Villages Northwest (VNW) Board of Directors at the Village Representatives Circle. The area Villages are now mature enough that we can have in depth conversations about policies and issues, rather than focusing on the

logistics of getting the Villages up and running. Some potential topics include marketing training and assistance, transparency in financial and governing processes, recruitment and retention, and other topics that concern the Villages as a whole.

Currently, the VNW Board is seeking a Treasurer, as well as volunteers to assist in the various tasks and logistics necessary to keep the Villages' financial matters safe and transparent.

With so many separate accounts and transactions (there are now six active Villages and four in formation!), the bookkeeping and tracking has outgrown a single person's capacity. If you are able to contribute time and effort in this way, please contact Villages Northwest at [treasurer@villagesnw.org](mailto:treasurer@villagesnw.org).

As always, we welcome suggestions for making Eastside Village better. We love our community, and appreciate your help in making it successful.

Happy Spring!

Mary Bedard, Chair

## Volunteer Spotlight: Quince Affolter



Quince was familiar with the first village in Boston's Beacon Hill and was excited when she could be part of helping Portland create our own version of a Village.

She is a big believer in needing to challenge our culture's stereotypes of aging and growing old. She is inspired by our members who aren't afraid to accept help and who find ways to help others. Quince wants there to be hundreds of options for how and where older adults live and sees our Village as one of these options.

"How lucky am I to meet so many interesting people who are involved in EV?" She has lived in Portland since 1991 and loves birding, hiking, biking, cooking, playing marimba, dancing, and laughing.



## Member Spotlight: Sherry Hall



Sherry Hall, a social member, participated with the initial members planning the RISE Village, which later merged with Eastside Village, and is a staunch supporter of the movement. Sherry joined because she wanted to support the Village concept and having recently retired was interested in connecting with other like-minded people. "I wanted to meet more people in the area" she said, and the Village model offered social connections not just within the neighborhood, but with others in SE Portland.

Sherry is retired from Aging, Disabilities, and Veterans Services (ADVS), Multnomah County, and serves on the Village's NW Professional Advisory Group. Her background in social services with seniors gives her insight into issues concerning healthy aging in the community. She is involved in several organizations including the "Community for Earth" (a First Unitarian Church environmental group), and the National Association of Social Worker's (NASW) Legislative Committee (an advocacy group of students and social workers supporting social justice legislation in Oregon).

Interested in social change through legislative action, she welcomes anyone interested in this work to contact her for collaboration or information. Understanding that maintaining health as you age is important, Sherry walks regularly, attends a "Better Bones and Balance" class, and line dances regularly with her 93-year-old mother.

Sherry lives with her husband Ron in the Woodstock neighborhood, and recently became a grandma! She received help from the "Knot Just Knitting group" on her first knitting project—a baby hat—which was proudly worn in the hospital by her hours-old Granddaughter.

## Member Spotlight: Cindy Meacock

Cindy heard about the Village from friend and knitting buddy, Peg Farrell. She loves the idea of seniors helping seniors stay in their homes. She considers the opportunities to help with projects and participate in fun social times is a plus.

Cindy loves hiking, gardening, and everything having to do with the beautiful Northwest outdoors. She hikes with a 60+ Portland Park and Rec group that takes groups into the Oregon and Washington wilderness. Cindy is a new knitter and enjoys getting together to knit with others. She also loves film and theater and

dining out. Cindy has joined the EV Book Club and really loves the group's interesting discussions and individual perspectives on the reading.

As a Southern California transplant, she asks that we don't hold that against her. She has been in Portland for less than two years, and even though she misses friends and family, she thinks Portland is a beautiful city and is looking forward to continuing to explore all that it offers. Cindy also recently retired and is ready to volunteer and help to make the Village a success.



Six Eastside Village members gathered at Portland's Lan Su Chinese Garden on February 24 to celebrate the Chinese lunar new year. They toured the Garden and watched the Lion Dancers across Lake Zephyr.

~ Ann Gaffke





It's tax season again... That time of year when cybercriminals pose as the Internal Revenue Service (IRS) to try and steal your money or your personal information.

Over the years thousands of individuals have lost millions of dollars and personal information to tax scams and fake IRS communications. Here are some tips from the DHS/OHA Information Security and Privacy Office to help you avoid becoming the next victim.

#### Recognize Fake IRS Email

**REMEMBER:** The IRS does not initiate contact with taxpayers by email, text messages, or social media to request personal or financial information, including PIN numbers,

passwords or financial/credit card information.

#### Keep Yourself from Being a Victim

The IRS will never:

- Call or email about taxes owed without first having mailed you a bill.
- Contact you by email, text messages or through social media to request personal or financial information.
- Ask for credit or debit card numbers over the phone.
- Demand immediate payment using a specific method such as a pre-paid debit card, gift card or wire transfer.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

#### How to Stay Safe Online

- Learn how to recognize [phishing emails](#). They usually urge you to give up personal information such as passwords, Social Security numbers, or financial information.
- Don't open an attachment or click email links from unknown or suspicious sources. One click could unleash [malware](#) on your computer.
- Don't look for tax documents using older search engines such as Internet Explorer or Firefox. You could be lured to a malicious site.
- Go to the official sources: federal tax documents are available from [www.IRS.gov](http://www.IRS.gov), Oregon tax documents are available from [www.oregon.gov/dor](http://www.oregon.gov/dor).

## Milwaukie Village Informational Meeting

Do you know anyone who might be interested in getting a Village started in the Milwaukie area? Invite them to join us on Wednesday, March 7, 10:30 AM, for an informational meeting on the Village Movement and explore the idea of developing a Milwaukie Village. Volunteers will meet at the Oak Lodge Water District Community Room, 14496 SE River Road, Milwaukie/Oak Grove. For more information contact Kay Weaver, [kay.seafrontcottage@gmail.com](mailto:kay.seafrontcottage@gmail.com), or Lyn Trainer, [info@villagesnw.org](mailto:info@villagesnw.org).

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 in development across the Portland Metro-area.

[www.eastsidevillage.org](http://www.eastsidevillage.org)  
503-866-0571  
[info@eastsidevillage.org](mailto:info@eastsidevillage.org)

Mary Bedard,  
Governing Council Chair  
Peg Farrell, Newsletter Editor

# 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](mailto:info@EastsideVillage.org)

## CAN WE COUNT ON YOU TO COMMIT TO OUR “EACH ONE, REACH ONE” CHALLENGE?



## Gatekeeper Training

[Store to Door PDX](#) is hosting a “Gatekeeper Training” session on March 9<sup>th</sup> from 10-11:30 AM at the Meals on Wheels People main office, 7710 SW 31st Ave.

A “Gatekeeper” is a nontraditional referral source who comes into contact with older people through their everyday work activities, such as meter readers, bank tellers, letter carriers, etc. They are the “first line of defense” against situations that are harmful but preventable!

The Multnomah County Aging and Disability Services Gatekeeper Program is an organized outreach effort designed to identify, refer, and respond to at-risk older

people and people with disabilities.

Come to this Gatekeeper Training so you can learn:

- What makes a good Gatekeeper referral?
- How to make a Gatekeeper referral.
- What can Aging and Disability, and Veteran Services do to help?

Please RSVP by contacting [Brendan@StoretoDoorofOregon.org](mailto:Brendan@StoretoDoorofOregon.org). Seating is limited!

## March 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.

#### *PDX Death Cafe*

Death Cafe is a growing international movement of people who come together in a relaxed and safe setting to discuss death and drink tea. Conversation about whatever is on your mind regarding death takes place in small groups. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Sunday, March 4, 2-4 pm

#### *Songwriting Workshop: Composing Our Migration Stories*

Inspired by Exit West, this year's Everybody Reads selection, we'll explore the idea of migration using songwriting tools — metaphor, rhyme, meter and word play. Whether you have songwriting experience, and even if you haven't read the book, come try your hand at a craft as old as storytelling itself. Bring a notebook and your instrument if you like, though neither is necessary to participate. Led by award-winning singer-songwriters and music educators Wes Weddell and Avery Hill. For ages 14 and up.

Saturday, March 24, 1-4 pm  
(registration opens March 3)

#### *Understanding and Responding to Dementia-Related Behavior*

Behavior is a powerful form of communication and is one of the primary ways for people with dementia

to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.  
Saturday, March 31, 3-4:30 pm  
(registration opens March 10)

#### *Start Here: Code Your Own Website*

Want to learn a little coding? This class will give you an understanding of how HTML, CSS and JavaScript work to make a webpage display and function. This class is for beginners.

Sunday, March 25, 1-3 pm  
(registration opens March 4)

### **Gregory Heights Library** 7921 NE Sandy Blvd.

#### *Seismic Retrofitting*

Learn the basics of how to install a seismic retrofit, whether it's something you think you'd like to do yourself, or just want to understand the basic principles. Topics covered will include the goal of seismic retrofit, basic load calculations, earthquake insurance, what features to avoid in your next home purchase, permits, assessing foundation quality, tools and hardware.

Sunday, March 4, 2:30-4:30 pm

### **Midland Library** 805 SE 122 Ave.

#### *Traditional Chinese Dough Figurines*

This program provides an opportunity to see, understand and make traditional Chinese dough art. Program is conducted in Mandarin. For teens and adults.

Saturday, March 3, 3-5 pm

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## Pssst! Like Movies? Check This Out!

Do you like going to the movies? Is the high cost of movie tickets keeping you from seeing all the blockbusters and small indie films you'd like to? Several Eastside Village members have discovered the awesomeness that is "Movie Pass." With it you can see a different 2D movie *every* day in for just \$9.95 per month.

*Awesome, right?*

So how does this cinematic magic work? Simply sign up for an account at [MoviePass.com](http://MoviePass.com) (on special right now for only \$7.95/month) and put the MoviePass app on your smart phone. Once you receive your special MoviePass payment card, you can use it to pay for a ticket for any movie at *any* local theater. Did we mention that you can do this *every day*? For the same \$7.95?

If you've got a Costco membership, you can buy a yearly subscription for \$89.99, which is even lower than the special monthly rate at [MoviePass.com](http://MoviePass.com).

Get the popcorn ready, we're goin' to the movies!!



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### ***Memory Techniques: Names and Faces***

Almost all of us think we have terrible memories, but nothing could be further from the truth. Your memory is excellent, but you must train yourself to recall what is there. Use your imagination to create vivid images linked to names and you'll soon have friends convinced you're a genius.

Tuesday, March 6, 10-11 am

### ***iPad/iPhone Basics***

Learn the basics of using your iPhone or iPad. We will cover text messaging, taking and attaching pictures, installing apps and using the Apple Store, accessing the internet, managing your contacts and more. Bring your questions and your fully charged iPad or iPhone.

Tuesday, March 20, 2-4 pm

### **Sellwood-Moreland Library**

7860 SE 13th Ave.

### ***Know the 10 Signs of Alzheimer's Disease***

In this class, attendees will gain an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know

has signs of the disease. The workshop will cover the following topics: the 10 warning signs, an overview of Alzheimer's disease, risk factors, what is involved in getting a diagnosis, benefits of early detection, accessing available treatment, planning for the future, and participating in clinical trials.

Saturday, March 3, 3-4 pm  
(registration opens February 10)

### ***Seismic Retrofitting***

Learn the basics of how to install a seismic retrofit, whether it's something you think you'd like to do yourself, or just want to understand the basic principles. Topics covered will include the goal of seismic retrofit, basic load calculations, earthquake insurance, what features to avoid in your next home purchase, permits, assessing foundation quality, tools and hardware.

Sunday, March 11, 2-4

# March Village Events

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

				1	2	3
					9:30 AM <b>Coffee Gathering</b> Tabor Space (5441 SE Belmont St)	
4	5	6	7	8	9	10
						5 PM <b>March Movie Madness &amp; Meal *#</b> Please RSVP with the office.
11	12	13	14	15	16	17
2-4 PM <b>Movie: The Hedy Lemarr Story *#</b> Please RSVP with the office.		10 AM – Noon <b>Book Group *#</b> "We Are Legion (We Are Bob)" by Dennis E. Taylor, (hosted by Peg Farrell)	9-11 AM <b>Breakfast at Toast</b> (5222 SE 52nd Ave)		9:30 AM <b>Coffee Gathering</b> Tabor Space (5441 SE Belmont St)	10:30 AM-NOON <b>Village 101</b> Woodstock Wine & Deli (4030 SE Woodstock Blvd.)
18	19	20	21	22	23	24
						1-2:30 PM <b>Walk in Foster Natural Area *#</b> Please RSVP with the office.
25	26	27	28			
2-4:00 PM <b>Knot Just Knitting *#</b> Please RSVP with the office.		9-10 AM <b>Coffee with Northeast Village</b> (Café Fleur de Lis, 3930 NE Hancock)				

