

Eastside Village Voice



GREETINGS FROM THE CHAIR

It is with deep gratitude that I write this message this month. Not just because it is the season of Thanksgiving, but because of the many good friends I have made over the years serving Eastside Village.

Friendship was a gift of Village membership that was unexpected but, it turns out, is incredibly important to me. I joined the Village from a self-preservation attitude—who will take care of me when I have difficulties? What I discovered is that the Village community is exactly the support I was looking for, whether I need services or not. My new friends have got my back.

My time as Governing Council Chair is drawing to a close, and I want to say thank you, too, for the opportunity to serve this Village. It is a humbling and rewarding position, and I've enjoyed it. I got to help shape Eastside Village,

from its literal shape and boundaries, to the procedures we put in place to ensure a fair and equitable organization.

There are several new people coming on to the Governing Council (now being called the *Village Council*), and they are enthusiastic about keeping the Village vital and thriving. I feel confident that I'm leaving you in good hands.

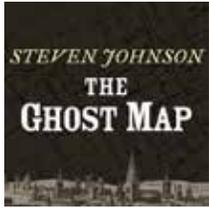
Please join us at our Fall Member Meeting on Nov. 10 to elect and welcome the new Council members, celebrate our three years of success, and learn some healthy tips about Mindfulness. We'll also announce the winner of a 1-year free membership through our "Each One Reach One" campaign. Oh, and door prizes and games, as well!

Thank you again for your support, and Happy Thanksgiving!

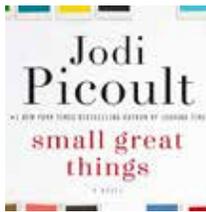
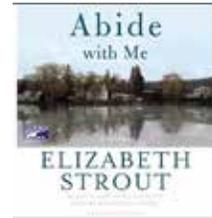
Mary Bedard, Chair



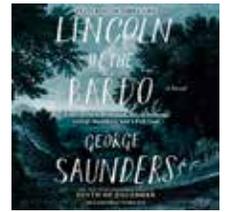
Books! Books! Books!



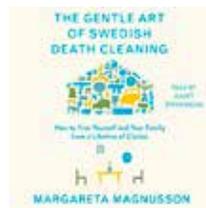
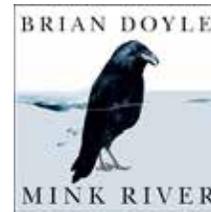
The Eastside Village Book Group meets on the second Tuesday of each month at 10:00 AM. All members of Eastside Village are welcome to attend. Some folks come every month, while others come a few times a year. Our members tell us they prefer our informal and flexible approach.



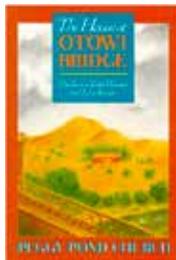
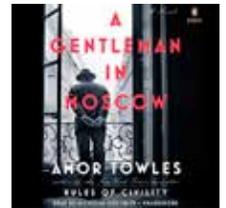
As you can see, we've read a wide variety of books this year: everything from sci-fi to self-help, investigative journalism to historical fiction.



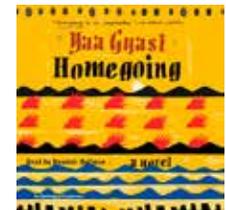
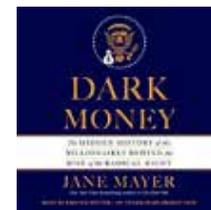
We had originally planned not to meet in December, but decided last month that we enjoy our gatherings so much that we would have a special "end-of-the year" meeting.



We will not be discussing a specific book in December, but rather will meet to discuss the books we're interested in reading next year.



Each member can suggest up to three titles. The only rule is that the suggested books need to be titles the member has actually read. We'll also have a cookie exchange, so please come prepared with three dozen cookies to share.



Mark your calendar for Tuesday, December 11th, at 10:00 AM. We'll be gathering at Ellen's home.

~ Cary Hixon

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

“BridgeStories—A Storytelling Slide Show”

Although she retired after 20 years of giving tours of Portland’s bridges, Sharon Wood Wortman is still known as “The Bridge Lady” and continues to fascinate audiences with her entertaining stories of Portland’s many bridges. Her multimedia presentation takes viewers to fascinating roadway and pedestrian bridges all over the world before focusing on Portland—home to the oldest vertical lift bridge in the world, the longest tied arch in North America, and a unique double-decker built the same time as the 1912 Titanic.

In her presentation’s finale, thanks to professional videography, audience members get to climb up through the arch ribs of the Fremont Bridge to stand at flagpole level 371 feet above the Willamette River.

BridgeStories started out as an Oregon Chautauqua program for the Oregon Council for the Humanities several years ago and has since been presented to countless audiences.

Sharon and her husband Ed are currently members of the Community Task Force re replacement/redo of the 1926 Burnside Bridge and will provide handouts about that project as well.

Ed, a construction engineer, was in charge of the Fremont Bridge’s erection back in the early 1970s. She and Ed met several years after the Oregon Historical Society published the first edition of Sharon’s first nonfiction book in 1989, *The Portland Bridge Book*, illustrated by Jay Dee Alley.

She had no idea that writing a book about the big bridges on the



Sharon’s second climb to the top of the Fremont Bridge.

lower Willamette River would lead to several more books, meeting Ed, performing a one-woman show called “The Bridge Lady,” and even being a featured storyteller for *The Moth Radio Hour*—standing on a stage all alone, without notes, before 2,500 people at the Arlene Schnitzer Concert Hall in 2011.

The two look forward to sharing *BridgeStories* with the Villages on November 27. They will have copies of the third edition of *The Portland Bridge Book* and *The Big & Awesome Bridges of Portland & Vancouver* for audience members to purchase.

Please note: Reservations are required. Contact: Liz Kennedy at lizkennedy@wscribe.com or 316-686-0486.

“BridgeStories—A Storytelling Slide Show”
Tuesday, November 27, 2018, 2:00-3:15 PM
Community Room, McMenamins Kennedy School
5736 NE 33rd Ave
(between Killingsworth and Ainsworth)

Villages Resource: Store to Door

When Village members need help in a pinch, our volunteers are ready to step up and assist with many tasks. But what happens as we get older and need regular assistance, but aren't quite ready for the next step in care?

One resource for Portland area Villagers is the nonprofit *Store to Door*, Oregon's only volunteer-based grocery shopping and delivery service for seniors and people with disabilities.

Since 1989, Store to Door has supported independent living for Portland area seniors and people with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service. When the program began, five volunteers shopped for twenty-five local seniors. In 2018, they are expecting to deliver to a total of over 700 clients, but know that there are a great many more who can benefit from the service.

"I don't know what I'd do without Store to Door. I'm all alone with no one else to rely on," says Joyce, one of Store to Door's clients. She enrolled in Store to Door's program once she could no longer drive and she's been getting a weekly

visit from her volunteer delivery driver, Sam, ever since. Recently, when Sam arrived, Joyce was having a medical crisis. Sam called 911 and stayed with her until help arrived.

"I feel that grocery delivery may have saved her life," says Sam.

Like Joyce, all Store to Door clients are matched up with a volunteer order taker, as well as a volunteer delivery driver. Clients get the chance to build lasting connections with their order takers and delivery drivers; many Store to Door volunteers have been with the program for well over five years!

Villagers might think about volunteering as team shoppers at the Hollywood or Beaverton Town Center Fred Meyer stores. It's a great teambuilding activity, while providing a needed service.

Store to Door's vision is of a Portland community where all seniors and people with disabilities are nourished, included, and can age with dignity in the setting of their own choice. Their vision fits perfectly within Eastside Village's own mission to provide services and social connections so seniors may stay in their own homes as long as they wish.

For more information about Store to Door services or volunteering, call 503-200-3333, visit their website at www.storetoooroforegon.org, or on Facebook at www.facebook.com/storetooorpdx.

~ Mary Bedard



Staying Healthy this Fall

When I was a kid, the onset of fall was a magical time for me. I was “that” kid, the one who absolutely loved school and everything about it: new teachers, new books, new friends. And growing up in California’s Central Valley, I actually welcomed the end of the hot summers and the beginning of good reading weather (aka, “the rainy season”).

For some people, unfortunately, the return of fall and winter can mean new or exacerbated instances of depression and loneliness.

Here are some fun ways you can get yourself out of those rainy day doldrums, stay healthy, and maybe even have some fun!

1. Get your flu shot. NOW!

This is nothing to joke around with: over 80,000 people in the US died from flu-related illnesses last winter. This year is predicted to be just as deadly.



There are two influenza vaccines that are specifically approved for people aged 65 and older: the **Fluzone** High-Dose, which contains four times the amount of antigen, compared to Fluzone standard-dose. The **Fluad** vaccine contains an “adjuvant,” which is an additive meant to stimulate a better immune response to the vaccine.

Check with your doctor to see which is best for you.

2. Go for a walk—without your umbrella!

Most enclosed malls (think Mall 205, Clackamas Town Center, or even the Moda Center) allow folks inside before the stores actually open. Take a couple of laps at your own speed, enjoy the window displays, and visit with another Villager.



Just think: no ice or puddles, hills, uneven sidewalks, or even unexpected scooter riders to worry about! Although you might want to leave your wallet in the car if you’re trying to avoid “temptations.”

3. Wash your hands. A lot.

When you pay close attention to good hand hygiene and wash your hands at least five times a day, you can protect

ourselves (and others) from catching or transmitting viruses.

Developing a habit of washing frequently with soap and water every day is a very easy way to stay healthy, not only during winter but year-round.



4. Grab a buddy! (Well, maybe not literally.)

When the grey and rain make you want to just curl up in front of the TV for a rerun of your favorite suspense flick, take a moment to throw some soup on the stove (toasted cheese sandwiches would work in a pinch) and give one (or more!) of your fellow Villagers a call.

A good movie (or an episode or two of *Downton Abbey*) is always more fun when shared with a friend.



5. Don't forget the basics.

Now’s the time to replace those inefficient incandescent light bulbs with brighter LEDs: they may seem expensive at first, but they can last *many* years longer than conventional bulbs and use a fraction of the energy doing so. It may be grey and dark outside, but you can keep it bright inside.

The less time you spend outside, the less chance you’ll be able to get your daily dose of Vitamin D, so check with your doctor to see what supplement level is best for you.

Most importantly, resist the temptation to become a “hermit.” Instead, reach out to your friends and fellow Villagers for a shared meal or coffee. You don’t notice the grey skies when you’re having fun!

~ Peg Farrell



Latest EV Happenings

EV Book Group

Tuesday, November 13th, 10 AM–Noon

Join us for a discussion of *“Homegoing,”* the award-winning debut by Yaa Gyasi. This is a novel about race, history, ancestry, love, and time that traces the descendants of two sisters torn apart in 18th-century Africa across 300 years in Ghana and America. See p. 2 for more about the Village Book Group!

Men’s Lunch With Adult Beverage

Thursday, November 15th, 12:30–2:30 PM

Calling all Villagers of the male persuasion! Join Lucien Dallaire at the Hopworks Urban Brewery (29445 E Powell) for a lunchtime discussion / discovery of common interests.

Food For Thought

Monday, November 19th, 12–1:30 PM

So many events happen to us over which we have no control. Our only control is our response to life’s situations. Jane Wyker, author of *“Soul Selfish: The Awakening of a Good Girl,”* talks about how she discovered inner resources and happiness.

Listen to the podcast and then join your Villagers for lunch and discussion at Albertina’s Kitchen.

To register, call (503) 866-0571 or via the Eastside Village calendar.

All Member EV Meeting

Saturday, November 10th, 1–3 PM

Join us for Door Prizes! Council Elections! An Informative Guest Speaker! (Did we mention Door Prizes??) Come meet the new Villagers!

This is one meeting you don’t want to miss. You needn’t bring anything—we will provide coffee, tea, and cookies. Need a ride? Contact the office.

First Covenant Church
107 NE 45th Avenue (at Burnside)

Portland Art Museum Art & Conversation

Tuesday, November 20th, 9:15–11:30 AM

Join Eastside Villagers on the third Tuesday of every month at Portland Art Museum’s Art & Conversation series. We gather for coffee at 9:15 AM in the Fields Ballroom, Mark Building before the 10:15 lecture in the Whitsell Auditorium, Main Building.

This month, Maribeth Graybill, PhD, The Arlene and Harold Schnitzer Curator of Asian Art, will discuss the special exhibition, *“Poetic Imagination in Japanese Art: Selections from the Collection of Mary and Cheney Cowles.”*

The series is free for adults 62 and over and includes Museum admission. Linger longer to enjoy the permanent collection and lunch!

Please register online or with the office so that we can look out for you!

Newest Phone Scams

With 2.7 million phone frauds reported last year, there's a good chance you've been the victim of a phone scam. Or perhaps you know someone hurt by one. Or you've read about phone scams and now you're worried whenever an unfamiliar number shows up on your caller ID.

It's very easy to get fooled by them. Surprisingly, an FTC report found that nearly 40 percent of Americans aged 20–29—supposedly the most tech savvy of us all—filed a fraud report. It's safe to assume no one is safe from phone scams.

So how exactly are scammers conning people out of their money? Here's a brief look at a couple of the leading phone scams of 2018.

#1. The “IRS Is Going to Arrest You” Scam.

This particular phone scam starts out with a call or voicemail message from someone supposedly calling from the IRS, telling you that you owe them more money, and that they have an arrest warrant ready to use on you if you don't pay up immediately. They may even have a number you can call for more information (which leads back to them, of course).

The key to defusing this scam is to know that the IRS doesn't call to demand immediate action or payment. They'll mail you a bill first. And they're certainly not bringing law enforcement into the mix right from the start.

#2. The “We Just Want to Verify Your information” Scam.

In this instance, the scammer poses as an official from some institution, usually your insurance company or the Social Security Administration. All the caller wants to do is verify some information for their records. If you object, they get defensive and say they don't want you to *give* them any information. They just need you to *verify* what they already have on record. Sounds reasonable, right?

But it's not. Always be suspicious of any stranger calling up and asking for your personal information, even it's just to “verify” it. That could be anyone in the world on the other end, even if the caller ID backs up what they say. It's too easy to fake a caller ID or spoof a local number these days.

With every question you answer, however innocent it may seem, they are building an identity profile on you, which they can then use to commit fraud.

The way to slap down this phone scam is to never give out your personal information over the phone. Never verify it either. If you're concerned that the caller has a legitimate need for it, then tell him or her that you'll contact the company directly and verify the information. But never hand out that information to someone who called you out of the blue.

#3. The “Can You Hear Me?” Scam.

For this phone scam, someone calls and simply asks, “Can you hear me?” The goal is to record you saying, “Yes” so they can use your voice to authorize purchases.

The way to handle this scam is to approach what you say on the phone the same way you would an unfamiliar email or a social media post. Carefully vet what you say, and imagine someone recording and preserving for it later. How will it sound out of context?

Another tactic is to always respond to queries with a question. Like: “Who is this?” or “What's this about?” Or better yet, hang up.

The best response to phone scams? Hang up. Or don't answer at all. Let that call from an unfamiliar number go to voicemail. Block the number, and sign up for the Do Not Call registry. If the call is from someone you do know, or if it's about something important, the caller will leave a voicemail. Don't give the scammers anything. That way, they come away empty handed.

That's hitting them where it hurts.



Make Your Voice Heard: VOTE!

Voting Parties are an informative and fun way to exercise your most important democratic duty: voting! While you would think that most Americans can remember to vote, that is not always the case, and often there are so many ballot measures to vote on that it can be confusing for Oregonians.



Some people who forget to vote or remember to vote but don't vote for every position because they don't understand them can be helped a lot by gathering for an informative voting party. *Every* position and initiative on the ballot is important and coming together to share information on what positions do and what candidates are running can encourage and remind people to vote on them all!

One of our neighborhood groups decided to have their own Voting Party. Participants brought their ballots, voter pamphlets, and all the ads and endorsements they had accumulated. As a group, they were able to better understand the various measures and learn more about candidates in races that get less attention but are still very important.

Not surprisingly, not everyone agreed on all the issues, but the discussions were all civil and respectful. The group decided it was worthwhile and would like to continue the gatherings for future elections.

One of its members, Cary Hixon, decided to reach out to members who were unable to attend and offer assistance. Marilyn Harlin took her up on her offer and the two met over tea.

Here are Marilyn's comments about the process.

"Are you confused? Depending on the literature in our mailboxes, I sure was! I knew my choice for Governor, but it seemed the 'Measures' changed their numbers and colors every time I tried to think about them.

"Cary Hixon had been to a session within Sandy Branch, our neighborhood EV group, in which individuals discussed the voting issues and came to their own conclusions. Cary came to my home because I could not make the group meeting.

"On the choice of people, she called attention to the candidates' voting history and who—among those whom I knew and trusted the best—had endorsed which of the candidates. That all helped make the decision easy. On the ballot measures, Cary explained them clearly and helped me review the advertisements and endorsements that matched my values. The process went quickly with her clarifications. But the decisions are up to the voter!"

Cary is happy to meet with other EV members who would like some help completing their ballot or getting it turned in. Call the office to make arrangements.

Volunteer Notes

Volunteer Profile: Gene Ellis

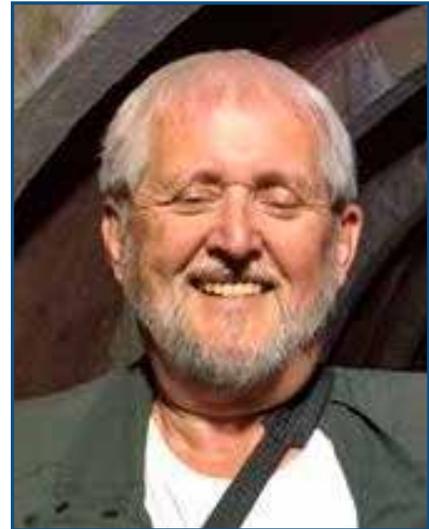
I first read about Eastside Village in the Southeast Examiner when EV was still in the early stages of forming. I kept on the lookout for additional articles and updates throughout the coming months. I was drawn to this volunteer opportunity in large part due to its mission and also because I had enjoyed interactions with elderly neighbors and my own grandparents. Dialogue with them was always so gratifying and the times I helped them out with little things was very gratifying as well.

Since my retirement, I had only been active in one volunteer activity and EV seemed the perfect mix of

interaction with those I knew would be wonderful people and the ability to choose opportunities that best fit my skills and schedule. I don't, however, do plumbing—not even in my own home!!!!!!

I have lived in Portland (Minnesota transplant) since 1980 and retired in 2011. I keep busy with gardening, walking, and travelling. I am on the Board of Directors of the Sons of Norway, Grieg Lodge Scholarship program.

I consider myself a decent cook and a darn good baker. I visit my niece and her family in Seattle as often as our schedules allows.



Our Volunteers Are the Best!

EV volunteers had a great Happy Hour on October 17 at the Woodstock Wine & Deli; special thanks to new volunteer Tricia Tool for making it happen! If you'd like to instigate another volunteer activity, let the office know, and we'll help set it up.

Our volunteer roster now stands at 50, almost evenly divided between member and non-member volunteers. Recently, we invited all volunteers to complete an anonymous on-line survey. If you have completed it, thanks! **If you haven't yet, please do, as it gives us important information about the ways we offer volunteer services.** We will be following up with a telephone check-in with all volunteers, so that we can be sure that you have signed up for the services that you wish to offer, and that your available times are still accurate.

With November comes the change back to Pacific Standard Time, and you know what that means: it's time

to change the batteries in your smoke alarms! If you would like a volunteer to do that for you, let the office know, and we'll arrange it. Please be sure that you have the new batteries on hand.

Our glorious late good weather meant that some trees dropped their leaves later than usual. Do you need a leaf raking? You can sign up for the November 18 work party, or we can schedule an additional work party. Just let the office know.

We now have volunteers in the office four days a week, taking telephone messages and requests and helping with administrative tasks. If you'd like to volunteer in the office three hours a week, let the office know.

A huge thank you to all of our volunteers—you're the best!

Jin Darney Office Manager

November Library Events in Eastside Village

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.

Printmaking for the Holidays

Printmaking is a wonderful way to add personal touches to holiday cards, wrapping papers, decorations and more. Students of this fun and engaging workshop will design, carve and print their own lino block stamps. Techniques for safer carving and joyful printing will be included. Participants will take home their carved lino blocks so that they can continue preparing for holiday festivities at home.

Saturday, Nov 10, 4-5:30 PM

Felted Soap

Soap with a felted cover is an easy project that makes a great gift. Learn 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, Nov. 18, 2-3:30 PM

Using Craigslist

Craigslist is like online classified ads. Come to this class to learn how to post an item to sell, how to search for a job or a rental home, and tips for staying safe when using Craigslist. You don't need to be a computer expert to take this class, but you must be able to use a mouse and a keyboard, and be comfortable navigating the internet.

Sunday, Nov. 4, 2-4 PM (registration now open)

Gregory Heights Library

7921 NE Sandy Blvd.

Vietnamese Making Marzipan Fruits

Learn how to use almond paste to make your own marzipan fruits for eating or decorating. Instructions will be in Vietnamese.

Sunday, Nov. 4, 2:30-4 PM (registration now open)

Make Mozzarella and String Cheese in One Hour

Watch and learn as Claudia Lucero, author of *One-Hour Cheese*, turns milk into curd and curd into mozzarella and string cheese. She will share cheesemaking tips for beginners and how anyone can easily become a cheesemaker in one hour!

Monday, Nov. 12, 6-7:30 PM

Holgate Library

7905 SE Holgate Blvd

Cooking Around the World Club:

Apple and Pumpkin Pies Learn how to make the crust and filling, and take one small pie home to finish baking.

Sunday, Nov. 18, 3:15-4:45 PM (first come, first served)

Make a Basic Website

Learn how to build a basic website using the Google Sites application. You must have a Google or Gmail account before coming to class in order to participate. You do not need to know how to use code or any computer programming language, but you must be comfortable using a keyboard and a mouse.

Saturday, Nov. 3, 11 AM-1 PM (first come, first served)

Midland Library
805 SE 122 Ave.

Edible Native American Food Plants

Have you ever wanted to know which berries are edible when you're hiking? Or what other plants are edible and how to use them? Take this opportunity to learn about traditional Native American food plants like huckleberry, cedar, sweetgrass and other plants used for basketry and medicine. This presentation is delivered by Stephanie Craig, Santiam and Yoncalla Kalapuya tribal member. Made possible by The Library Foundation through support from The Confederated Tribes of the Grand Ronde Fund.
Sunday, Nov. 4, 2-4 PM (first come, first served)

Chinese Tai Chi: An Anti-Aging Exercise

This workshop includes four classes and is conducted in Mandarin and Cantonese only. Tai Chi is an easy form of exercise and for people of all ages.
Tuesdays, Nov. 27-Dec. 19, 10-11 AM
(first come, first served)

Sellwood-Moreland Library
7860 SE 13th Ave.

Weatherization Workshop

Anyone can make weatherization improvements at home. Whether you own or rent, whether you're in an apartment, mobile home or house — you can make basic improvements to make your home more comfortable by saving energy and money. Learn how to implement simple measures to lower home energy use by installing effective weatherization materials using basic tools such as scissors and a screwdriver. Each participating income-qualified Multnomah County household receives a free kit of materials. Register online with the Community Energy Project at communityenergyproject.org/getinvolved/calendar.
Saturday, Nov. 3, 11 AM-1 PM
(registration now open)ww



Several Eastside Villagers attended a recent Portland Art Museum free lecture and gallery tour. For more information about this free monthly event—held every third Tuesday—see page 6.

November Village Events

Listings with asterisks (*) are for EV Members or Volunteers only, while those with hashtags (#) require registration (go online or call the office).

				1	2	3
					9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	
4	5	6	7	8	9	10
						1–3 PM Eastside Village Member Meeting (See p. 6 for details)
11	12	13	14	15	16	17
		10 AM–Noon Book Group** "Homegoing" by Yaa Gyasi (See p. 6 for details)	9–10 AM Breakfast at Toast (5222 SE 52nd Ave)	12:30–2:30 PM Men's Lunch with Adult Beverage # Hopworks Urban Brewery (29445 E Powell)	9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	10:30 AM–NOON Village 101 Hot Lips on Hawthorne (2211 SE Hawthorne Blvd)
18	19	20	21	22	23	24
	12–1:30 PM Food for Thought # (See p. 6 for details.)	9:15–11:30 AM PAM Art & Conversation (See p. 6 for details)				
25	26	27	28	29	30	
2–4:00 PM Knot Just Knitting**		2–3:15 PM Bridge Stories # (See p. 3 for details)				