

Eastside Village Voice



GREETINGS FROM THE CHAIR

Happy Birthday, Eastside Village!

We began providing services three years ago on October 1st. What a great adventure it has been!

Our semi-annual Member Meeting is coming up on Nov. 10th, and we will provide a progress report at that time. Last month I summarized our growth in the number of services provided; at the Meeting we'll talk about how that impacts our Village's future. We will also elect several new Governing Council members that day, so it's important that members attend and make their voices count.

Last month I asked you to think about stepping up to fill one of these governance positions. If you would like to share your talents with the Village, please feel free to contact me or the office so we can meet with you and get you involved with this great organization.

We have a wonderful "Mindfulness" presentation planned for the November Meeting, focusing on Physical

Health, Nutritional Health, and Environmental/Home Health.

Lastly, we'll announce the winner of a free year of membership for the person who brought in a new member (or two). There is still time to get your name in the drawing! Just let the office know that you've recruited a new member, and we'll put your name in the hat.

Members and volunteers: mark your calendars and join us for an interesting and fun afternoon!

Thank you for supporting the Village, and Happy Fall!

Mary Bedard, Chair



It's not too late!
Reach out to
your friends
today!

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 who 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?

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

SAVE THE DATE!



Door Prizes!

**Governing Council
Elections!**

Informative Guest Panel!

(Did we mention Door Prizes??)

**Mark your calendars now: November 10th, 1-3 PM.
You won't want to miss out!**

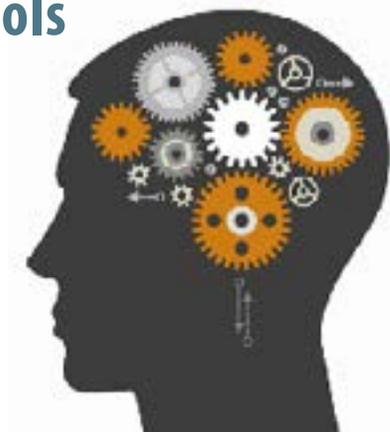
Help PSU Learn How Your Brain Sees Symbols

Have you ever been curious about research studies, but didn't know who to ask or whether you'd qualify? This is the study for you! If you can see a computer monitor and press a couple of keys on a keyboard, you're probably set.

Participants need to be:

- Ages 55+
- Native English Speakers (or native speaker-level English proficiency)
- Have no previous neurological impairment such as brain injury or stroke

Please contact the PSU Neurolinguistics Lab at 503- 725-3595 or neurolab@pdx.edu for more information.



Newest EV Happenings!

EV Book Group Dives Deep into the Dark Side of Politics

Tuesday, October 9th, 10 AM–Noon

Join us for a discussion of *“Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right”* by the American investigative journalist Jane Mayer. This is the story of a network of extremely wealthy conservative Republicans, foremost among them Charles and David Koch, who have together funded an array of organizations that work in tandem to influence academic institutions, think tanks, the courts, statehouses, Congress, and the American presidency for their own benefit.

LUNCH

Men’s Lunch With Adult Beverage

Thursday, October 18th, 12:30–2 PM

Calling all Villagers of the male persuasion! Join Lucien Dallaire at the Bread and Ink Cafe (5144 SE Hawthorne) for a lunchtime discussion / discovery of common interests.

COFFEE BREAK

Thursday, October 18th, 10-11 AM

Sit back with a cup of coffee from the comfort of your home and log on or dial in to COFFEE BREAK. You’ll travel *“From 22nd and Glisan to Bosnia!”* First, we will learn about the wide range of mental health services for youth and families provided by Albertina Kerr and their programs for adults with developmental disabilities. Albertina Kerr is headquartered in our Eastside Village area. Then, Debbie Kogan will show us the beauty of Bosnia and tell us about the many moving experiences she had there last summer.

Register through the EV’s office or website. No internet? No problem! See the articles in the July newsletter for tips and further information on how to simply call in to these virtual meetings.



Portland Art Museum Art & Conversation

Tuesday, October 16th, 9:15–11:30 AM

Join us at the Portland Art Museum (1219 SW Park) on the third Tuesday of every month for coffee followed by a lecture or film screening. Begin with coffee at 9:15 AM in the Fields Ballroom, Mark Building; then move on to the lecture at 10:15 in the Whitsell Auditorium, Main Building.

This month, Portland-based artist Avantika Bawa discusses her current exhibition in the APEX galleries on the fourth floor of the Hoffman wing. This series is free for adults 62+ and includes Museum admission.

2018 Aging Well Conference

Saturday, October 20th, 8 AM–4 PM



This free event includes 21 workshops for diverse older adults ages 50-90+, family members, and people who serve them, all under the heading of *“Diversity & Resilience: Building a Community for All Ages.”*

Lunch, snacks, and free parking are included. You can also connect with more than 30 vendors at a resource fair, listen to music, dance, and have fun!

The Conference will be held at Reynolds High School in Troutdale, but is easily accessed from the Gresham Transit Center and bus lines 77, 20, or 80.

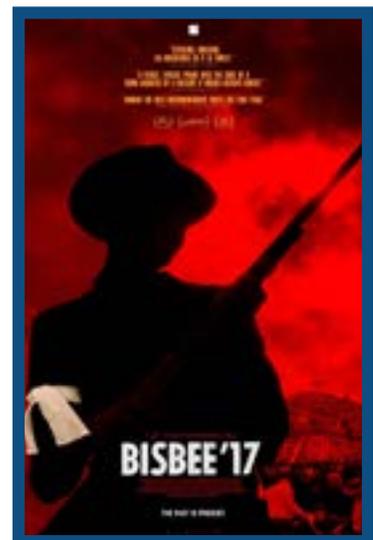
More information and registration can be found at multco.us/agingwellconference. Get your friends together and make a day of it!

“Bisbee ‘17” Movie Outing

Sunday, October 21st, 4–6 PM

In 1917, nearly two-thousand immigrant miners, on strike for better wages and safer working conditions, were violently rounded up by their armed neighbors, herded onto cattle cars, shipped to the middle of the New Mexican desert and left there to die. This long-buried and largely forgotten event came to be known as the Bisbee Deportation. The film “Bisbee ‘17” follows several members of the close-knit community as they attempt to reckon with their town’s darkest hour.

Join us at the NW Film and Video Center (in the Portland Art Museum; 1219 SW Park) on Sunday afternoon, October 21st, and for coffee and conversation afterward.



October 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.

Medicare 101 Workshop

This presentation is intended to not only provide attendees new to Medicare with information on the Medicare basics but also additional clarity on how the Medicare program operates for those who are already enrolled in Medicare and looking for more information. The presentation will also feature information regarding 5 Star Medicare Advantage programs. Five stars is the highest rating made by the Centers for Medicare and Medicare Services (CMS) for plans that perform excellent in the categories of quality of care and performance. Come get informed, ask questions and increase your knowledge about Medicare insurance.

Tuesday, October 16, 6-7:30 PM
(registration open now)

Slabtown's Ghosts and Murders

Do you like reading books about the paranormal? Tanya Lyn March, ghost historian, has gathered several ghost narratives and crime stories from homeowners, alienists, ephemera collectors and ancient newspapers. Prepare for a kaleidoscopic view of Slabtown in search of the unusual murders and the unexplainable encounters with the other side. Learn

where the residents of the Pest House were interred. Speculate about the seven-day wonder Ernest Harp and his poltergeist playmate. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Wednesday, Oct. 24, 6-7:30 (first come, first served)

Gregory Heights Library

7921 NE Sandy Blvd.

Tortilla, Sope & Gordita Making with Fresh Corn Masa

Using Three Sisters Nixtamal's fresh, stone-ground organic corn masa, you will see how easy it is to make your own delicious masa creations. This hands-on class includes shaping and cooking tortillas, sopas, and gorditas and finishing them with our favorite locally available Mexican ingredients. Three Sisters Nixtamal shares their favorite recipes and talk about the history of corn in indigenous cultures throughout the Americas as well as the health benefits of this thousands-years old, traditional corn processing method called "nixtimalization."

Sunday, October 7, 3-4:30 PM (waitlist open)

Holgate Library

7905 SE Holgate Blvd

Cooking Around the World Club: Digital Edition

We will show you a variety of digital cooking resources that you can use at home. Bring your own ideas to share! Saturday, October 13, 12-1:30 PM (first come, first served)

Los Boricuas

Come hear Los Boricuas perform Puerto Rican and Cuban music, Brazilian bossanova, Dominican Republic merengue,

and bachata. Los Boricuas is Neftali Rivera, lead singer guitar from Puerto Rico, Ramon Cancel lead guitar from Puerto Rico and singer, Aquiles Montas percussionist from the Dominican Republic.

Saturday, October 13, 2-3 PM (first come, first served)

Midland Library

805 SE 122 Ave.

Vietnamese Floral Art with Home Grown Flowers

This workshop, presented in Vietnamese, enables you to enjoy your flower garden longer. Join Ann Le-Fleur Copine to learn tips and techniques to create pieces of floral art using seasonal flowers from your garden.

Sunday, October 7, 10:30 AM-12 PM

White Noise Poetry Reading

A reading and discussion group centering POC authors and artists that gives visibility to creatives from underrepresented communities and hold space for dialogue around race, identity, art and culture. For teens and adults.

Wednesday, October 10, 5:30-7:30 PM

(first come, first served)

Russian Autumn Floral Arrangement

Florist-designer Margarit Petrosyan will acquaint you with the intricacies of flower care and help with creating an autumn composition. This program is in Russian.

Wednesday, October 17, 5:30-7:30 PM (registration required; call Natalia at Midland Library at 503.988.5123)

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. You do not need to know how to use code or any computer programming language to participate, but you must be comfortable using a keyboard and a mouse.

Tuesday, October 2, 2-4 PM

YouTube Basics

YouTube is fun and informative! Join us to learn about searching YouTube, creating YouTube playlists, and why you might want a YouTube account. This class is for beginners, but you must be comfortable using a keyboard and a mouse.

Tuesday, October 16, 2-4 PM

Protecting Yourself Online Basics

Learn what you can do to easily protect yourself online with managing more secure passwords, avoiding online scams, controlling privacy with your social media accounts, and more. Computers are available to use or bring your own. Ability to use a mouse and keyboard is needed to participate, but all are welcome to sign up and listen.

Tuesday, October 23, 2-4 PM

(registration opens October 2)

Sellwood-Moreland Library

7860 SE 13th Ave.

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, October 23, 10 AM-12 PM

(registration opens October 2)

Woodstock Library

6008 SE 49th Ave

No special events this month.



	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 *# “Dark Money” by Jane Mayer (See p. 4 for details)	10 9–10 AM Breakfast at Toast (5222 SE 52nd Ave)	11	12	13 8 AM–4 PM Aging Well Conference # (See p. 5 for details)
14	15	16 9:15–11:30 AM PAM Art & Conversation (See p. 5 for details)	17	18 10–11 AM Coffee Break #* “From Glisan & 22nd to Bosnia!” (See p. 4 for details)	19 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	20 10:30 AM–NOON Village 101 Woodstock Wine and Deli (4030 SE Woodstock Blvd.)
21 4–6 PM “Bisbee ‘17” Movie Outing #* (See p. 5 for details)	22	23	24	25 12:30–2:30 PM Men’s Lunch with Adult Beverage # Bread and Ink Cafe (5144 SE Hawthorne Blvd.)	26	27 10:30 AM–NOON Volunteer Training # (Check with office for location)
28 2–4:00 PM Knot Just Knitting *#	29	30	31 	<h2 style="color: #8B4513;">October Village Events</h2> <p>Listings with asterisks (*) are for EV Members or Volunteers only, while those with hashtags (#) require registration (go online or call the office).</p>		