

Eastside Village Voice



GREETINGS FROM THE CHAIR

September already! Fall always seems to me like it's time for a shower after working and playing hard all summer! Feeling kind of sunburned and dried up, I can hardly wait for the rain!

Fall is also a turning point in the year, and Eastside Village is turning another year older. We've been offering activities and services for three years now! Yay, us! From 27 services and 60 member activities the first year, to 390 services and 168 member activities in our third year, we've come a long way toward fulfilling our mission of providing a safe, happy, and healthy way for older adults and people with disabilities to stay in their own homes.

With our birthday comes a rotation on our Governing Council. Several of our Village leaders have been providing guidance and nurturing this organization from the very beginning, and it is time to let others step up so these folks can get a rest. Our Fall membership meeting on November 3rd will include the election of new Governing Council officers. A description of the open positions and a

brief outline of their duties is included elsewhere in this newsletter.

We've found, in these last three years, that the most successful activities and projects are those that are conceived and shepherded by members themselves. From our virtual Coffee Break! to blueberry picking, to spur-of-the-moment movies, our members make this organization a fun, friendly, and supportive community. That's why we need you now—members and volunteers both—to step up to take on some of the necessary organizational maintenance.

I hope you will consider sharing your talents with the Village in the form of oversight and governance. Even if you have never considered a leadership position before, we encourage you to think about it. It's not a hard job, and the rewards are many. I would be happy to meet with you to discuss any of the open positions.

As always, thank you for supporting Eastside Village, and Happy September!

Mary Bedard, Chair





Member Services Update

As we mature as a Village, we are responding to more service requests, and that's a good sign that members are making good use of their memberships. Here's a summary of all services provided in 2017 vs. the first half of 2018:

Eastside Village

Service Requests	Jan-Dec 2017	Jan-June 2018
Transportation	199	115
Household Support	21	14
Outdoor Maintenance	3	6
Technology	6	5
Work Parties	3 Requests 12 Volunteers	3 Requests 12 Volunteers
Totals	232	143

You can see that the totals for the first half of 2018 comes very close to all of 2017. This corresponds to the increase in requests for all six open Villages in Villages NW:

ALL Villages NorthWest

Service Requests	Jan-Dec 2017	Jan-June 2018
Transportation	1644	1877
Household Support	389	230
Outdoor Maintenance	185	122
Technology	69	55
Work Parties	3 Requests 12 Volunteers	3 Requests 12 Volunteers
Other	7	4
Totals	2,309	2,291

This is an impressive picture of the work that Eastside Village and Villages across the Portland Metro area are doing to support our members. Thanks to our wonderful volunteers, we can make a real difference in our members' lives.

~ Mary Bedard



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

Governing Council Open Positions

Many of us are closely watching various state primaries as they play out across the country, and many more of us will be following the midterm elections in November. In the midst of all this electoral concern, we mustn't lose sight of a very important election much closer to hand.

Our Village is—as are all of the Villages in the Villages NW system—a self-governing body. While we follow common practices and regulations that affect all of the Villages, we set our own boundaries, our own activities and services, our own by-laws, our own community principles and fees. In order to be a self-sustaining and democratic organization, we adopted the Governing Council model as our rule-making body.

Four of our current Council members will be stepping down due to term expirations at the Fall Member meeting. We need to fill these positions so that Eastside Village can remain healthy and thriving. Please consider whether you could step up to serve your Village.

Positions vary in length from two to three years. Here are the titles and job descriptions::

Chair

- Coordinates and facilitates monthly Governing Council meeting
- Approves Eastside Village expenses
- Oversees the Office Manager position
- Acts as liaison with Villages NW
- Represents the Village at public events
- Monitors compliance with EV by-laws
- Represents the Governing Council

Vice Chair

- Assists the Chair as needed
- Coordinates and facilitates monthly Governing Council meeting when Chair is absent



Secretary

- Consults with Chair on monthly agendas
- Takes notes at monthly Governing Council meetings, Member meetings, and other meetings as required
- Distributes the notes, with emphasis on Action Items, to the Governing Council
- May be asked to create written correspondence on occasion

Treasurer

- Processes all Village revenue
- Submits reimbursement requests to Chair for approval
- Oversees Petty Cash
- Shares information and reports with the Governing Council once monthly
- Works with the Chair to prepare the yearly budget

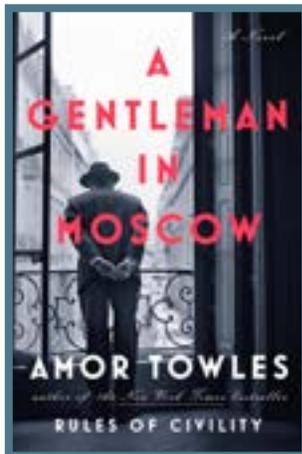
If you are interested in filling one of the open positions, or would like more information about how our Village governance works, please contact Mary Bedard (503-866-0571 or admin@eastsidevillage.org).

Newest EV Happenings!

Book Group Travels to Russia

**Tuesday, September 11th
10 AM–Noon**

From the New York Times bestselling author of *Rules of Civility* comes a transporting novel about a man who is ordered to spend the rest of his life inside a luxury Moscow hotel. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the Count's endeavor to gain a deeper understanding of what it means to be a man of purpose.



Words to Feed the Soul

Saturday, September 8th, 10:30 AM – Noon

Tibetan spiritual leader Ling Rinpoche will speak on “Kindness and Compassion” at Maitripa College, 1119 SE Market St. Spaces are limited at this event; please register in advance (maitripa.org/event/ling-rinpoche-2018/) and indicate whether you will need a chair rather than a floor pillow.

Housing Options as You Age

Thursday, September 13th, 6–7:30 PM

Most older adults prefer to age in their homes, but this usually requires age-friendly modifications to the home, as well as other supports. How do you anticipate what you will need, and where do you go to find dependable, affordable resources once those needs are realized? And what do you do if you need even more help after that?

This panel discussion will cover shared housing, services to bring into your home, non-profit organizations that help you stay at home, and the various levels of care available to you when you can no longer stay at home.

Please register in advance (tinyurl.com/20180913NtJ or 503-988-8210). Providence Medical Center Cancer Center Amphitheatre, 4805 NE Glisan St.

September COFFEE BREAK

Tuesday, September 18th, 10-11 AM

Sign up now to be part of this month's COFFEE BREAK discussion: “Geezer Gardens.” Of course there are silver bells and cockle shells! Our Eastside Village Governing Council Chair—and not-one-bit contrary—Mary Bedard will talk to us about gardens and how they can support “maturing in place.” COFFEE BREAK “meets” online so you don't have to go anywhere. 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.

Senior Resources Fair

Saturday, September 15th, 10 AM–2 PM

Come discover what your community has to offer. Learn more about senior housing, Veteran's services, volunteering opportunities, caretaker resources, Medicare, and much, much more. Several drawings to be held. Sponsored by the River West Village. Multnomah Arts Center, 7688 SW Capital Highway.

Medicare Update

Thursday, September 27th, 2:30–4 PM

Eastside Village, Northeast Village PDX, and North Star Village are hosting a series of quarterly educational seminars. The first will address Medicare, which is timely given the upcoming changes. Please register online or via the office to join us in Youngsen Hall (basement) of the Rose City Park United Methodist Church, 5830 NE Alameda.

Aging With Grace

Saturday, September 22nd, 1:30–4 PM

Join Viva Village members for "*Aging with Grace*," a *discussion* on healthy brain aging and the lessons that can be learned from cultures with longevity; a *forum* with practical knowledge; and a *space* to come together with support and curiosity about this stage of our lives. Take part in interactive learning through presentations, discussions, and workshops. Please register with Viva Village, vivavillageor@gmail.com or 503-746-5082 (\$10 registration fee). Elsie Stuhr Center, 5550 SW Hall Blvd, Beaverton.

Tour of Oregon Ballet Theater

Wednesday, September 19th, 12:45–1:45 PM

For a mere \$4 (cash or check only), you can get a rare inside look at performers rehearsing for the opening ballet of the season and a tour of the OBT's costume storage and shop areas at 0720 SW Bancroft St. After the tour, we'll head across the way to Spaghetti Factory for a snack.

Transportation will be provided by an Impact NW/Ride Connection van (capacity 14 passengers), which will pick us up in the parking lot of Natural Foods at SE Powell and SE Caesar Chavez Blvd., returning again at 3:30. While there is no cost for this nonprofit service, donations are welcome. Registration deadline—either online or with the office—is September 12th.

TED

Food for Thought

Tuesday, September 25th

12–1:30 PM

Listen to the TED Talk about "*The Person You Become*" and then join fellow Eastside Villagers for lunch at Albertina's Kitchen (424 NE 22nd Ave) and a lively discussion and reflection about all the "people" we each have been so far. Go online or contact the office to register. You can listen to the Talk online (www.npr.org/programs/ted-radio-hour/619660924/the-person-you-become) or contact the office for a transcript. A TED talk is a video created from a presentation at a TED (Technology, Entertainment, Design) conference.

September 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.

Beyond "2 Weeks Ready"

Now that you are "2 weeks ready" for a disaster, what comes next? This workshop is geared towards those who want to learn about additional concrete actions to take now that will bring your emergency preparedness to a higher level. The workshop will be conversation-style with plenty of time for questions and answers. Come, listen and learn.

Thurs., Sept. 20, 6:30-7:45 PM
(first come, first served)

Gregory Heights Library

7921 NE Sandy Blvd.

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.

Sun., Sept. 16, 3-4 PM
(first come, first served)

Holgate Library

7905 SE Holgate Blvd

Cooking Around the World: Mooncakes
Prepare mooncakes to honor the

Mid-Autumn Festival at Holgate Library. Come and learn how to make mooncakes. Samples and instructions will be provided. We'll also explore digital resources for learning how to cook Southeast Asian cuisine.

Sun., Sept. 16, 3:15-4:45 PM (first come, first served)

Midland Library

805 SE 122 Ave.

*Medicare 101 Workshop**

The presentation is intended to not only provide attendees new to Medicare with information on the Medicare basics, but also 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.

Weds., Sept. 5, 6-7:30 PM (registration open now)

*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. 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.

Sat., Sept. 8, 2-3 PM (registration opens now)

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.

Weds., Sept. 12, 5:30-7:30 PM
(first come, first served)

Sellwood-Moreland Library

7860 SE 13th Ave.

No special events this month.

Woodstock Library
6008 SE 49th Ave

Chinese Tai Chi: An Anti-Aging Exercise

Tai Chi, the choreographed meditative exercises that have been a healing art in China for thousands of years, is practiced by over 100 million people worldwide and owes its popularity to simple facts: it's enjoyable and it makes you stronger. Tai Chi is an easy form of exercise and for people of all ages. This workshop includes four classes. Weds.; Sept. 5, 12, 19, and 26; 10-11 AM (waitlist open)

YouTube Basics

YouTube is fun and informative! You can use videos on YouTube to learn how to fix your sink, arm knit, or even speak a new language. Join us to learn about searching YouTube, creating playlists, and why you might want a YouTube account. This class is for beginners, but you must be comfortable using a keyboard & mouse. Tues., Sept. 25, 5:30-7:30 PM (registration opens Sept. 4)



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?

September 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 10 AM–6 PM Belmont Street Fair (SE Belmont St. SE 33rd to SE 39th Ave)
2	3	4	5	6	7 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	8 10:30 AM–NOON Kindness & Compassion Discussion # Maitripa College (1119 SE Market St)	
9	10	11 10 AM–Noon Book Group** "A Gentleman in Moscow" by Amor Towles	12 9–10 AM Breakfast at Toast (5222 SE 52nd Ave)	13 6-7:30 PM Housing As You Age Panel # (See p. 4 for details)	14	15 10:30 AM–NOON Village 101 Hot Lips on Hawthorne (2211 SE Hawthorne Blvd)	
16	17	18 10–11 AM Coffee Break #* "Geezer Gardens" with Mary Bedard	19 12:45–1:45 Tour of the Oregon Ballet Theater (See p. 5 for details)	20 12:30–2:30 PM Men's Lunch with Adult Beverage # Horse Brass Pub (4534 SE Belmont)	21 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	22 1:30–4 PM Aging With Grace** (See p. 5 for details)	
23 / 30 2–4:00 PM Knot Just Knitting**	24	25 12–1:30 PM Food 4 Thought** (See p. 5 for details)	26	27 2:30–4 PM Medicare Seminar # (See p. 5 for details)	28	29 10:30 AM–NOON Volunteer Training # (Check with office for location)	