

04/19

PAGE 2

Easy Way to Share
the Rewards

PAGE 3

Welcome, Jennifer
Rockwood!

PAGE 4

Men's Group Tours
Reed/Eastmoreland
What's APP Eastside
Village?

PAGE 5

Sandy Branch Has
Fun
Village Events:
Anyone Can Do It

PAGE 6

Lessons for a Good
Death, Oregon Style

PAGE 7

Sallie Tisdale: Advice
for Future Corpses

PAGE 8

Tea 101

PAGE 9

PDX WAV Is Here!
TriMet 101 Still Open

PAGE 10

April Library Events

PAGE 11

What Makes a Village
a Village?

PAGE 12

April EV Events



Finding the Unexpected

[The EV Council members have opted to write this introductory article in turns. This month's article was written by Craig Johnson.]

When we are getting together, I sometimes feel like asking new Village members what made them sign up as members or volunteers. Thinking back on the more than three years I have been involved in the Village, I would have to answer my own question with the response, "It was for a certain reason then that simply has no relevance now."

When I first heard about the concept of Villages in 2015, their appeal was fairly straightforward. As one of the estimated 80% of early Baby Boomers who are averse to leaving our homes and neighborhoods for various "senior living" situations, Villages provided a clear alternative for me: I could help my elders (as a youthful 65-year-old) in exchange for the help I might someday need

myself. That rationale probably still applies, but something completely unanticipated has occurred between my thoughts and expectations of then and now.

After we joined, I became an Eastside Village driver, helping those who had given up their cars but still needed to get to all kinds of appointments. Several times a year, other groups of us would converge on a member's garden to give a couple of hours on a Sunday for a giant Fall leaf rake or one-of-a-kind path installation. That sounds simple enough, but I didn't count on the riders or the garden crew members becoming my friends, people I'm happy to see on repeat car trips or the next household or garden project.

Moreover, I hadn't even considered the abundant social opportunities provided by the Village.

My wife, Jin Darney, and I already had a big enough circle of

Continued on page 2



Continued from page 1
friends and family. Did that really need expanding? Yet after just a few coffees, potlucks, and Men's Lunches (with Adult Beverages), it seems the expansion had been accomplished without our even noticing.

Once we get past the college years and the first years of working before our lives as parents gather momentum, we Americans often find it harder to make new friends (and even fail to notice we are no longer doing so). Somehow the

Village gathers together people who have led full, sometimes unique lives. They turn out to be exactly the sorts of people I find intriguing.

While I'm still looking forward to that future time when I'll be the one receiving that needed ride to the doctor or that obviously needed intervention in an overgrown yard, I can see now that the Village is larger than that.

It's the friends I've made who are even more essential *now*, in this very moment.

An Easy Way to Share the "Rewards"



Here's an easy way to contribute to the success of Eastside Village. If you have a Fred Meyer Rewards Card, you can help raise funds for Eastside Village by signing up for Community Rewards and donate to Eastside Village each time you shop. The donation does not affect your own Freddy rewards.

To sign up, sign in to Fred Meyer Rewards, click on "Community Rewards," and enter Eastside Village's number: KG758, or click on "find an Organization." It will show up as "Villages NW fbo Eastside Village." If you don't have a Fred Meyer Rewards card, you may sign up for one at the same address.

The Eastside Village Voice is published monthly by Eastside Village PDX. EVPDX is a program of Villages North West, 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

Peg Farrell, Editor | editor@eastsidevillage.org

Welcome, Jennifer Rockwood

There's a new voice at the other end when you call the Eastside Village office, that of Jennifer Rockwood, our new office manager. We recently asked Jennifer to tell us a bit about herself and how she came to be with us.

I am the youngest of five children born in Ann Arbor, Michigan. My parents were bohemian and free-thinking, so as a result, we traveled quite a lot throughout my young life. We moved as a family to Oregon in 1974. Although my parents have passed, I remain close to my siblings and their families.

I have lived in Portland for over 20 years, and my husband and I will celebrate our 31st anniversary next month. We have an amazing daughter, Olivia, who is 22 and currently living in Milwaukee, Wisconsin. Outside of this, I am an avid collector of vintage clothing and art, and I love to garden. I live in a house built in 1910 that requires constant upkeep, so that takes up the rest of my time.

I have an undergraduate degree in Fine Arts and have spent years honing my skills in several different mediums. I have been volunteering in the Portland Public Schools for the past 20 years, most recently with the College and Career Center at Cleveland High School. This work spurred my interest in learning more about guiding students, so I earned my College Counseling certification from UCLA. I have used that knowledge to help low-income, first-generation students gain college admission and navigate their post-high school lives.

My good friend, Deb Hekker, started volunteering for Eastside Village last year. She was my introduction to the Village movement and how I learned about the office manager position. As I researched EV and the Village movement, I was most

intrigued by the idea of multi-generational groups building community with one another. I believe we build and re-build our own communities throughout our lives.

I am excited to join the EV community and I look forward to forging new friendships.



Men's Group Tours Reed / Eastmoreland



Last month, the Men's Lunch (with Adult Beverages) took a pre-lunch tour of Reed College and the Eastmoreland area before dining at the Eastmoreland Country Club. Join them next month for a look at the Creston-Kenilworth neighborhood and lunch at the Hopworks Urban Brewery. [Please see the online calendar for further details.]

Hey, What's "APP," Eastside Village?

app (noun)

An application, especially as downloaded by a user to a mobile device.

"I've just installed the app on my phone."

The "App of the Month" for April is **Headspace**. It's currently one of the most popular apps. If you're interested in meditation, curious about what an app is, or just want to earn some "street cred" with your grandchildren, you might want to check it out.

As the Headspace website notes, "Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day."

Go to headspace.com to learn more about this helpful meditation tool and how to

download the app. (Apple and Google versions available.) You'll be able to try it for free for 30 days.

Have you ever wondered about drug interactions? Web MD is one of many sites where you can check this yourself. [www.webmd.com/interaction-checker]

Do you have an app or website to recommend that is helpful or fun or both? Drop me a note and we'll feature it here.

Do you have questions about using your computer, smartphone, or tablet? We have Village Volunteers who can help you.

~ Linda Safran

Eastside Village Voice

Sandy Branch Swaps Fun at Lunch

"In a Chinese auction, each participant contributes a wrapped gift (of roughly similar value) to a common pool. Participants draw numbers to see who first gets to choose a gift from the pool. The second person may either choose a gift from the remaining ones in the pool, or may take ("steal") the first person's gift. The third person may then also choose a gift from the pool, or steal from the first or second person, and so on until all participants have chosen. This version of the Chinese auction is more commonly called a white elephant gift exchange or "Yankee swap" or "Dirty Santa".

~ Wikipedia

Members of the Sandy Branch recently met over lunch, with each person bringing a wrapped "treasure" to exchange in a Chinese Auction.

Everyone went home with a "prize" and a smile. "Auction" items

included a Power Ball ticket, a calendar, a collectible ceramic Christmas item, and an art plate.

What has your local circle been up to? Why not organize something yourself? (See below.)

~ Linda Safran



Village Events: Anyone Can Do It!

Eastside Village depends on our members to help identify and organize activities and events. If you have an idea for a fun activity, we would love for you to make it happen.

Let's say you're interested in a group dinner at a neighborhood restaurant. All you have to do is make a reservation for as many people as you'd like and then get the word out to members that they should register to attend. You can post a message on the Club Express Member Forum or just call or send a note to the office asking that the event be placed on the calendar. The weekly email updates on Village events will remind folks of your event as well.

Interested in a game night? Great! Pick a date, location, and time and then post the event on the Forum or notify the office. Or, how about trip to the Chinese Garden or the Portland Art Museum? Pick a date and time that works for you and let the office know.

The key is to not fret too much about how many people will attend. One or two people may show up or you may get ten or more. If it's an event that you were planning on attending anyway, just go have fun; if others decide to join you, even better!

In the early days of Eastside Village, we had Book Group meetings with only three members present; now we're up to nearly 30 members, with at least a dozen in attendance at every meeting. We've had group dinners where only two people attended, but we've also filled tables of ten within days.

In gatherings large or small, getting out is important and FUN! Who shows up depends more on who's around and available, and less on who had the original idea.

So don't be shy! Have an idea for an event? Pick a date and time and let us know. Chances are there are others out there who would love to come along!

Lessons for a Good Death

~ Oregon Style ~

You should attend if you want to know:

- What actions to take *now* to leave this life on your terms
- How to have your wishes honored beyond an Advanced Directive
- What conversations to have *now* with those who care about you

The Details

Wednesday, April 17, 2019

1-2:30 PM; Questions/Answers 2:30-3 PM

Portland Insight Meditation Center
6536 SE Duke Street, Portland OR 97206

Space is Limited!

Registration by 4/15 is REQUIRED.

Register online (<https://bit.ly/2V3LJ6r>) or call 503-866-0571.

Suggested donation: \$25. (No one is ever turned away for lack of funds!) Scholarships are available.

(Proceeds will be shared between Eastside Village and the Portland Insight Meditation Center.)

Workshop Leaders

- Derianna Mooney, RN, (Eastside Village member) has over 25 years experience as a nurse and volunteer supporting the terminally ill. In the spirit of the Death with Dignity Movement, she provides education for individuals and groups seeking better ways of dying in Oregon and Washington.
- Christine Borchert, INELDA trained Certified End of Life Doula
- Gretchen Brauer-Rieke, RN, MSN, Certified Advanced Care Planning Facilitator
- Kirsten Smith, Care Partners Hospice Clinical Liaison and NVC Facilitator and Volunteer Coordinator for PIMC



“So, find your voice. Your best conversations about aging, dying, and medicine will probably not take place in a doctor’s office. They’ll take place around your kitchen table, with you speaking your own kitchen table language to the people you love, and who love you.”

– Katy Butler
*The Art of Dying Well:
A Practical Guide to a
Good End of Life*

Sallie Tisdale

Thursday

April 25th

3-4:30 PM



Eastside Village, Northeast Village PDX, and North Star Village

take pride in offering their members and volunteers opportunities to hear interesting and engaging speakers.

The second in the series is Portland's own, author **Sallie Tisdale**. She will speak about her latest book, *Advice for Future Corpses*, selected as a New York Times Book Critics' "Top 10 Book of the Year."

This event is free to members and volunteers of the Villages.

RSVPs are required.

This event is expected to fill quickly, so please reserve your seat soon. If you make a reservation and then are unable to attend, please let us know so we can open your spot to someone else.

Where: TaborSpace, 5441 SE Belmont Ave.

When: Thursday, April 25th, 3-4:30 PM

RSVP REQUIRED: CaryHixon@gmail.com

Tea 101: An Aromatic Journey

Thanks to our last Newsletter, I became aware of the *Tea 101* presentation and tea at the Belmont Library, held on March 23rd. I invited other Bagdad Circle members to attend and be refreshed, but many decided instead to enjoy an exotic meal together at TarBoush Lebanese Bistro. Delicious choice!

However, I am thankful I did not miss the tea sampling, or the presentation of critical information on the history of tea from China's Song Dynasty (960-1279) to the present, or the explanations of the origins of various types of teas and of the best way to brew them.

The Jasmine Pearl Tea on 724 NE 22nd Ave. sponsored the meeting. Their favorite tea, Jasmine Pearl Tea, was one of those prepared for us. Its lovely flavor comes from jasmine flowers that are placed over the tea leaves as they oxidize. Oxidization is an essential part of the transformation from leaf to white, yellow, green, red or black tea.

Look around you at the *camellia japonica* bushes around Portland. They are a close cousin to *camellia sinensis* found in the mountainous regions of China, Assam, India, and Yunnan.

The British favor black tea. No wonder. Green tea deteriorates as it travels over long distances, but black tea does not. Today, tea is the world's most consumed beverage after water. Ancient medical treatises discuss teas at length.

How hot should tea water be? For Oolong Black, it should be between 195 and 212°F. For Japanese Greens, Chinese Greens, or Whites, try 150–180°. Steep from 3–5 minutes.

After this talk and the tastings, I put my tea bags away and took out the loose leaves. Filter your water to avoid the taste of chemicals that injure our health.

You might enjoy a trip to the Jasmine Pearl Tea Shop. They sell teas that are mostly purchased directly from farmers in China and Japan who practice organic methods. No decaffeinated teas are on sale, because they contain chemicals. Their herb teas are a tasty mix of teas and various herbs.

Enjoy your circle's activities, my Eastside Village friends,

~ Judy Ringenson



PDX WAV Is Here!

PDX WAV is finally here! You can now request a safe, reliable, wheelchair accessible vehicle (WAV) by calling 503-865-4WAV (865-4928) 24-hours a day, 7-days a week. A dispatcher will locate an accessible taxi for you and take into account your company preferences. Your ride should arrive within 30 minutes: fares will vary by company, but must be equivalent to non-accessible taxi services. If you prefer Lyft or Uber, you can also request a WAV directly from their respective apps.

Unlike other transportation programs for people with disabilities, PDX WAV serves customers who need a ride *now*. On-demand service by providers including taxi and TNC (Uber and Lyft) companies in Portland should be easy to obtain, safe, and reliable. There is no need to be pre-registered with PDX WAV, and you don't have to share a ride with somebody you don't know.



Anyone in Portland, whether you live here or are visiting, can access the fleet of accessible on-demand vehicles easily from drivers with extra training including passenger assistance, safety and sensitivity training and hands-on wheelchair securement training.

For more information, visit PDXWAV.com and please email us at PDXWAV@PortlandOregon.gov or call 503-823-7483 with your questions and comments.

TriMet 101: Still Time to Sign Up!

Christina Cooper with Ride Connection will offer a seminar for Eastside Villagers at the Multnomah County Woodstock Library, 6008 SE 49th Ave.

April 3 from 1-3 PM: Transportation seminar with focus on transit and other transportation options. We will then put this knowledge into practice and take a group trip.

Christina has offered to bring system maps and schedules as well as HOP cards for those in attendance. And, I have 20 free All Day Honored Citizen HOP cards for the first 20 Eastside Village persons who sign up for the seminars. Please RSVP to save a place.

~ Ann Gaffkey



April Library Events

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. Event schedules do occasionally change; visit [Library Events](#) for current information.

Belmont Library

1038 SE Cesar E. Chavez Blvd

Citizen Activism 101: Making Change Happen

Want to improve life for yourself and your neighbors or have a concern about local, state or federal laws? Learn about strategies for change and more, including examples of successful advocacy, choosing your battles, getting heard, and tracking legislation. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Tuesday, April 16, 6-7:30 pm (first come, first served)

Gregory Heights Library

7921 NE Sandy Blvd.

No special events this month.

Holgate Library

7905 SE Holgate Blvd.

Cooking Around the World Club: Seed Swap

Want to grow your own vegetables from seeds? Come to our first-ever seed swap meet! Come prepared to swap seeds, share gardening tips, and talk about the fresh, healthy food you like to eat right from your garden. We will share online resources for gardening tips and more, such as the library's RB Digital gardening magazines and the Oregonmetro.gov website.

Sat., April 13, 1:30-2:30 pm (first come, first served)

Midland Library

805 SE 122 Ave.

LinkedIn Basics

Learn how LinkedIn – the internet's number one professional networking website – allows you to

create and promote your workplace skills, experience and successes. Please sign up for a LinkedIn account before coming to class.

Tuesday, April 16, 2-4 pm

Sellwood-Moreland Library

7860 SE 13th Ave.

No special events this month.

Woodstock Library

6008 SE 49th Ave.

Festive Floral Arrangement

Create a festive fresh flower arrangement with the florist-designer Margarit Petrosyan. Learn the refinements of flower care and arranging.

Saturday, April 20, 3-5 pm



What Makes Us a “Village”?

At what point does an assembly of strangers become a “Village”? Is there some magical tipping point by which we know, “yes, these are *my* people”?

Eastside Village has been up and running for just over three years now, and the signs point toward our becoming just such a place.

Villagers Support One Another

Recently, nearly a dozen EV members came together in support of long-time member Fran Daggett by attending her daughter Lindsey’s “Celebration of Life.” It was clear that Lindsey enthusiastically embraced life and had mentored so many people in her path.

Few of the EV folk knew Lindsey personally, but as Claire Cofsky put it, “we came to be there for Fran; to offer recognition of the loss of her daughter and offer emotional support.”

Villagers Celebrate Together

Not too long ago, Liz Campbell celebrated one year of new life, thanks to Emily Lighthipe, who donated her kidney.

A number of Eastside Villagers joined Liz and Emily and many friends and family for a celebratory party, while Emily and Liz radiated the joy they share.

Villagers Come Through

A few months ago, Cary Hixon’s plans to give a fellow EV member a ride to the doctor and then go hiking with a group of longtime friends were put on hold when her dog, Charlie, was severely injured. He’s recovered nicely but only after a three-day stay at the vet and some pretty intensive follow-up care at home.

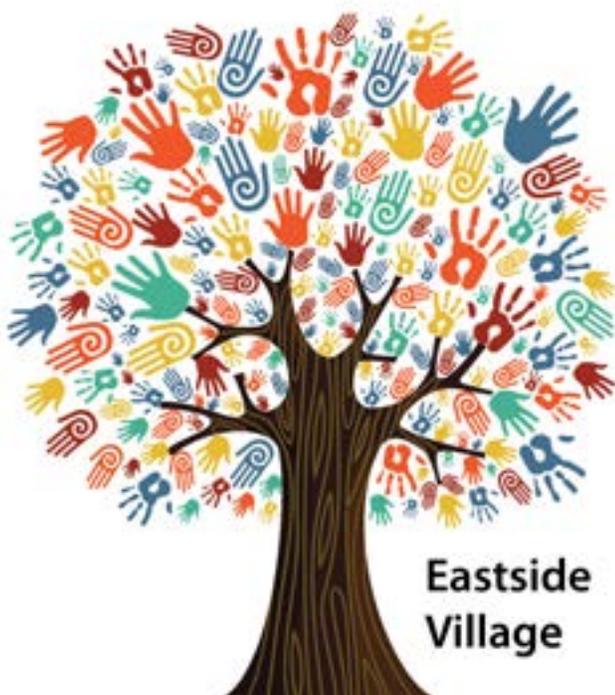
Cary called both the Village and her hiking group to tell them she needed to cancel the day’s commitments. The Village’s response was overwhelming: one member drove across town to bring a phone charger to the animal hospital; others took turns walking and feeding her other dog so she could stay with Charlie; and so on. All the support she received were pure acts of kindness because her social membership does not include support services.

In contrast, her hiking group’s response was quite *underwhelming*. When Cary called to explain why she had to cancel her afternoon hike, the response was simply, “Okay; we hope you can come next week.”

Villagers Care

The experience reinforced to Cary that the Village is really a different kind of community, in that its members really are committed to taking care of each other in ways other social groups fall short.

Claire Cofsky probably put it best, “we are here for one another; we have become a *Village*.”



APRIL VILLAGE EVENTS

R = Register online or with office.

MV = Attendance limited to Eastside Village Members or Volunteers.

3

TriMet 101

(R, MV) Hands-on experience with TriMet! See March newsletter for details.

5&19

COFFEE @
TABOR SPACE

Join your friends and neighbors for coffee and conversation at Tabor Space. 9:30-10:30 am. 5441 SE Belmont

9

BREAKFAST @ TOAST

Come for a nosh at this traditional neighborhood cafe. 9-10 am. 5222 SE 52nd.

9

EV BOOK GROUP

(R, MV) Join us for a discussion of *Advice for Future Corpses* by Sallie Tisdale.

17

LESSONS FOR A
GOOD DEATH

(R) Learn what actions to take now to leave this life on your own terms and to have your wishes followed beyond an Advanced Directive. (see p. 6 for details.)

18

MEN'S LUNCH (WITH
ADULT BEVERAGES)

(R, MV) Hopworks Urban Brewery, 2944 SE Powell Blvd.. See the online calendar for details about the pre-lunch Creston-Kenilworth Neighborhood walk.

19

CONVERSATION &
ART @ PAM

(R) Coffee & conversation, followed by a lecture. Portland Art Museum. Free for adults 62+. 9:15-11 am.

20

EASTSIDE VILLAGE 101

Want to learn more about Eastside Village? Join us at Woodstock Wine and Deli, 10:30-noon, 4030 SE Woodstock Blvd..

25

Author Talk: Sallie
Tisdale

(R, MV) Local author Sallie Tisdale will speak about her book, *Advice for Future Corpses*. (see p. 7 for details.)

28

KNOT JUST KNITTING

(R, MV) Bring your favorite fiber project and join us for talk, technique, and lots of textile-touching. All skill levels welcome! 1-3 pm.