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Eastside Village Voice

Lessons from RBG

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

The transition from sixty years of age upward can be a difficult one. I recently heard about an article about Mieke Beth Thomeer, a gerontology specialist at the University of Alabama at Birmingham, who says that many of us expect to "disengage" from our work and society in general as we get older. Most of us view this as both healthy and inevitable.

Speaking personally, as a "used-to-be" psychologist I found it unsettling to no longer feel responsible for preventing suicides among those in prison or bouts of deep depression among those in "ordinary" life. Likewise, my friends no longer had a need to attend to medical emergencies, or to worry about keeping their businesses profitable



This stage of "used-to-be" ended gradually when I found myself a member of Eastside Village and learned that I was needed again. How did that happen? I joined the Village to get help! Now, all of a sudden, I was needed to prepare food for a potluck, select a book for a book club, write minutes for a meeting, develop a grant proposal, design

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something for the newsletter, or come up with ideas for cultural events. Someone in the Village was having surgery and needed meals at home, or the loan of hospital bedrails, or help with their dog. Could I help?

I have discovered that those of us in the villages of Village Northwest are busy working together to provide help where it's needed, whether for children, those with a physical limitation, etc. Often, we also help steer newcomers to the Northwest toward exciting adventures.

In the article mentioned earlier, Dr. Thomeer notes that we live in a society that still largely views people – women, especially – as decreasing in value as they age. She mentions Justice Ruth Bader Ginsberg as an embodiment of the opposite belief.

My friend, Peg Farrell, pointed out that by keeping up a demanding engagement with work and life, RBG exercises her brain just like she exercises her muscles, and that stimulation appears to be key for all of us in maintaining mental sharpness as we age. In other words, "use it or lose it." And clearly RBG doesn't accept the self-fulfilling prophecy that age means an inevitable decline in our physical and mental abilities.

Defiance in the face of negative stereotypes about older adults is a strategy Thomeer recommends to all of us. "Older adults who are able to find new and fulfilling volunteer opportunities will go a long way towards aging successfully."

Eastside Village has certainly made my transition onward much less difficult and much more rewarding.

~ Judy Ringenson

Summary: June 2019 Eastside Village Council Meeting Minutes

We now have 85 (35 service and 50 social) members, an increase of 19 since January, and 55 volunteers, according to Deb Hekker (Volunteer Coordinator). We now do our own certification for drivers with the National Safety Council, and no longer use Driver Connection, per Craig Johnson (Transportation Coordinator). Jenny Rockwood (Office Manager) discussed some problems with Club Express and the high conversion costs to other systems. Lucien Dallaire (Membership Coordinator) reported on the organization of people to staff tables at various street fairs. Ellen Howard (Outreach Coordinator) will go to the Circle of Reps meeting in July, which has become more of a place for dialogue with the

Villages NorthWest Board. Lucien will attend VNW Board meeting. Ellen reported that Rain or Shine volunteers are discussing measures to take regarding end of life services. Judy had not yet heard from the Irwin Foundation concerning the scholarship grant of \$3,000. (Note: We have since received it.) Craig and Deb spoke of plans for volunteer appreciation events. We discussed the ongoing revision of the Memorandum of Agreement between Villages NW and the separate villages. Peg Farrell (Newsletter Editor) discussed the relevance of NE Village's Member & Volunteer Experience Survey.

~ Judy Ringenson, Acting Secretary.

When It "Rains," It Shines!

Sherry Hall recently let us know she would be having a hip replacement and the Eastside Village Rain or Shine Committee jumped into action. She was able to borrow several handy pieces of equipment, including this bed rail that was delivered right to her home the day of discharge by Judy Ringenson.

We can't promise we'll always have such speedy delivery, but we can promise to bring some special rays of Village "sunshine."

If you have items that can be loaned to other Villagers, please enter them into the "Village Lending Library" (found on the "Members Only" tab at the EV website) or let the office know. And please let us know when the Rain or Shine Team can help **you**.

~ Linda Safran



July Men's Group Tours Clinton/Division Neighborhoods

July's walk in the sun encompassed a rejuvenated industrial area now referred to as the Clinton-Division street neighborhoods. This once light industrial area now hums with activities such as retail, restaurants, and of course, apartments.

True to our age and nostalgia, we lunched at Dots. All in all, a nice day for friends to be together.

~ Lucien Dallaire

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.

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August 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. 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. There are no events scheduled at the Belmont, Gregory Heights, Holgate, Sellwood=Moreland, and Woostock Libraries in August.

Midland Library 805 SE 122 Ave.

Delicious Homemade Soda

Homemade sodas are refreshing, delicious and easy to make. Join herbalist and home fermenter Sandra Kamman, of HerbN Tea, to learn two methods for creating your own sodas.

Thursday, August 15, 6-7:30 pm

A Will Is Not Enough in Oregon

Learn the basics of wills, living trusts, powers of attorney and health care directives.

Wednesday, August 21, 12-1:30 pm

Shibori Fabric Tie-Dyeing

Get ready to get messy in this hands-on workshop and transform fabric and T-shirts into wearable works of art. This class is run in collaboration with the IPRC.

Saturday, August 24, 1-4 pm

(registration opens August 3)

Android Basics

Learn the basics of using your Android smartphone or tablet. We will cover text messaging, taking and attaching pictures, installing apps, using the Play Store, accessing the internet, managing your contacts, and more. Bring your questions and your fully charged Android device. Oregon Lifeline participants are welcome.

Tuesday, August 6, 1-3 pm (waitlist open)

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, August 20, 1-3 pm

Participants Sought for OHSU/UM Study

Eastside Villagers are invited to participate in an OHSU/U of Michigan study exploring the effects of social interaction on memory. Research shows that remaining socially active later in life can have a positive impact on memory and mental function. I-CONNECT is a study by OHSU and the University of Michigan that will explore how social conversation can help improve memory and may prevent dementia or Alzheimer's disease in older adults.

In this study, participants will connect with the research team using senior-friendly technology for fun and engaging conversations in the comfort of their own homes over about 12 months. Researchers are seeking generally healthy adults who are socially isolated, over the age of 75, and live in the greater Portland area.

Participation may involve phone calls, home visits, and one-on-one video chat conversations.

More information can be found online at i-connect.org.

Lock Identity Thieves out of Your Phone

Nearly 60 million Americans have been affected by identity theft. Unfortunately, it's become so commonplace that in a recent survey from SAP security solutions, 76% of people polled said they believe it's "inevitable" they will fall victim to identity theft and cybercrime. Yet less than half of those respondents admitted taking precautions to prevent it!

Hackers love it when you are too busy to be diligent. If you're not careful, this can happen frequently on a smartphone — especially when you are in a hurry, checking texts or responding to email while rushing off to a dinner date or family party. That's when hackers love to go "phishing" and send you an innocent-looking text message or email with a link asking you to reset your password, or share sensitive financial information.

How can you protect yourself? Be smart. Think of your smartphone as the miniature computer it is and protect it as you would a laptop or desktop PC.

Here are a few tips from security experts on simple things you can do to limit exposing your personal information to the "bad guys" out there:

- » Create strong passwords—and use different passwords for every site. Downloading a password manager like LastPass can help.
- » Never give out personal details by phone, text, or email, especially on a public Wi-Fi network.
- » Never access your bank on a public Wi-Fi network.
- » Turn on and use two-factor authentication when it's available. This adds a second layer of security before being

granted access to an account, making it harder for the wrong person to access your information.

Slow down and think before you click, download, or respond when using your smartphone. While computing on the run can be a real time saver, it's hardly worth the risk of having your bank account compromised, or your identity stolen.

~ March 2019
Consumer Cellular Newsletter



Reasons to Get Out in August



Janelle Hux

› **Rice Northwest Museum's Summer Festival**

Learn how rocks rock, with colorful geodes and cool Oregon fossils at this Smithsonian-supported museum. This two-day event features live music, food, educational demonstrations, and vendors selling minerals, cut and rough gemstones, jewelry, and more. Aug. 3-4, (ricenorthwestmuseum.org)

› **Portland Festival Symphony Free Concerts**

Hear Mozart and Beethoven performed by a full orchestra in Portland parks for free. It's a 35+ year tradition. Aug. 10 and 11. (portlandfestivalsymphony.org)

› **Perseid Meteor Shower Watch**

OMSI throws parties at both LL Stewart and Rooster Rock State Parks for this dramatic star show. Aug. 12-13. (omsi.edu)

› **Adult Soapbox Derby**

Only in Portland would adults lovingly build soapbox racers and hurl themselves down a cinder cone. 10-4, Aug. 17, Mt. Tabor Park (soapboxracer.com)

› **Washington State International Kite Festival**

Starting on Monday and ending on Sunday this Long Beach, Washington State vacation extravaganza boasts skies ablaze with color, high flying action and choreographed movement. Aug. 19-25 (kitefestival.com)

› **Oregon State Fair**

Amateur home-brew and chocolate cake competitions take their place alongside bigger carnival rides and musical acts. Aug. 23-Sept. 2. (oregonstatefair.org)

Need a Ride? Stress-Free Transportation With Eastside Village

Ensuring that members receive the services they need to maintain their independence is our number one goal. We rely exclusively on volunteers to make that happen and take great pride in the quality of our volunteers.

Becoming a volunteer driver for Eastside Village is not an easy task! All drivers undergo an extensive training and certification process. They must provide the Village with proof of insurance, maintain their vehicles to ensure member safety, and have all undergone police background checks. Drivers are not compensated in any way, so the cost of their vehicle, its maintenance, and even fuel costs are the responsibility of the volunteer driver.

Many of our members who use Village transportation services have asked if they can reimburse or tip volunteer drivers. The simple answer is "no." Volunteers drive for Eastside Village because they believe in our mission and understand they will not be compensated in any way.

However, there are steps you can take to nurture our valuable volunteer drivers and ensure their experience is enjoyable.

1. When providing a ride request, make sure you have the exact address of pick-up and drop-off destinations. Include any special instructions (e.g., I will meet you in the lobby. I live in the little house in the back of the property. The office is in the basement., etc.)

2. Please be as accurate as possible with your pick-up time. Please be realistic about what time you want to be picked up after an appointment. If you have an appointment with a doctor who consistently runs late, your pick-up time should reflect that.

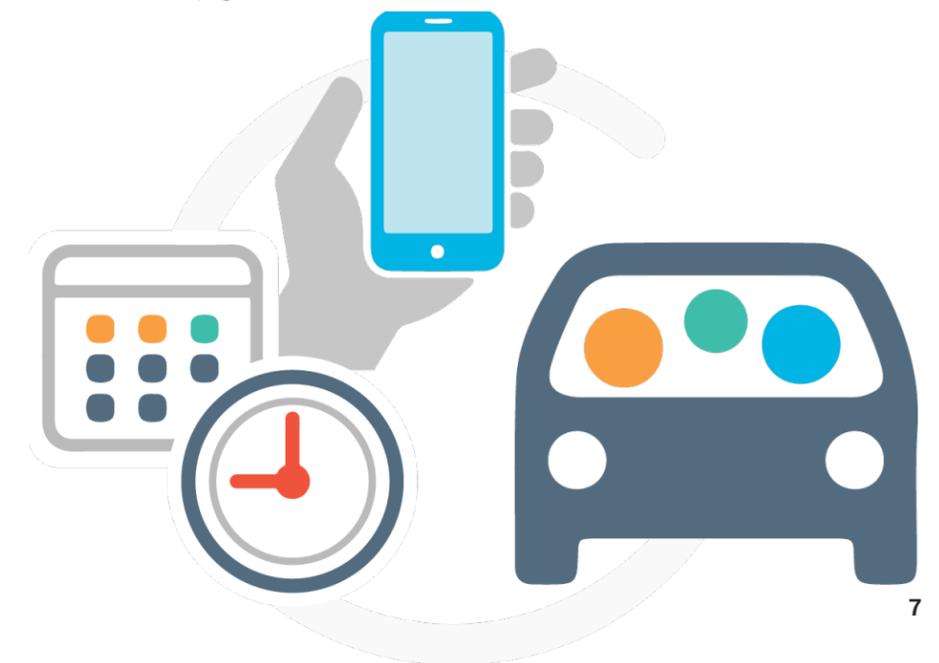
3. Be ready. Drivers try very hard to be on time to pick you up, so it's important that you're ready when they arrive.

4. Please stick to the destinations on your ride request. Please don't ask your driver to make stops on the way home or ask them to take you to a destination other than what is on your ride request.

5. You will get an email from the Eastside Village office confirming your ride. It will include the name and contact information of your driver. We suggest you print it and take it with you on the day of your service.

Our number one request for service is for transportation. In order to continue to serve all our members who rely on this valuable service, we must in turn provide the utmost consideration to our volunteer drivers. Such courtesy is critical to keeping them engaged...and we really want to keep them engaged!

~ Cary Hixon



AUGUST VILLAGE EVENTS

R = Register online or with office. MV = Attendance limited to Eastside Village Members or Volunteers.

2&16 COFFEE @ TABOR SPACE

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

6 EV COUNCIL MEETING

(R, MV) Please contact the office for location.

7 OHS GUIDED TOUR OF OREGON EXHIBIT

(R, MV) Oregon Historical Society guided tour of Oregon exhibit

ALZHEIMER'S & DEMENTIA: EFFECTIVE COMMUNICATION STRATEGIES

(R) Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

11 BOOKIES & PAGETURNERS BOOK GROUPS

(R, MV) Join us for a discussion of the delightful book, *The Elegance of the Hedgehog*. 10–noon. (See the office or website for locations.)

14 BREAKFAST @ TOAST

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

15 MEN'S LUNCH (WITH ADULT BEVERAGES)

(R, MV) See the online calendar for details about the pre-lunch Neighborhood walk

17 EV 101

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

20 CONVERSATION & ART @ PAM

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

25 HAWTHORNE STREET FAIR

Stop by and say "Hi!" to the members staffing the EV info table at the Hawthorne Street Fair. Help spread the word!

KNOT JUST KNITTING

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