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# Eastside Village Voice

## Who, me? Yes, you!

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

I've come to realize as I get older that there are certain really cool things I'm just never going to do:

- » *Be a rocket scientist.*  
Oof, too many numbers!
- » *Be an international spy.*  
Yikes! All those secret codes and pass phrases to remember!
- » *Learn to garden.*  
Nope, never gonna happen.
- » *Help a group of older folks stay in their homes and stay connected to their community.*  
Wow, that sounds like it would be really complicated... *wait a minute!*

Here's the thing, folks. Eastside Village and the entire Village Movement in general is only possible because of volunteers. Yeah, we all know about those kind folk who give us rides, rake our leaves, or help us get a new printer installed. But the people

who help get the business of our Village done are also volunteers and members just like *you*.

If you love Eastside Village as much as we do, if you want to be sure it sticks around, then you need to step up. Help staff a table at a Street Fair. Be a "New Member Buddy." Serve on the EV Council.

"But I don't know anything about being on a Council," you say. Well, we didn't go to school for this either. We were teachers, mechanics, truck drivers, and store owners. You know, ordinary folk, just like *you*.

Elections will be coming up in a few months. Why not take that time to visit with me or my fellow Council members to see what's involved. You might just discover that it's not rocket science (or even espionage). You'll also discover the nicest, best bunch of folk I've had the privilege to work with.

You got this. You can do it.

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**VOLUNTEER**

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# Eastside Village and Villages Northwest Awarded Grants

Thanks to EV Council Member Judy Ringenson's excellent grant-writing skills, Eastside Village was recently awarded a \$3,000 grant from the Portland-based H.W. Irwin and D.C.H. Irwin Foundation. These funds will be used to help us offset membership expenses for our low-income members.

Having discovered that the Foundation places a high priority on social service projects "wherein an individual functions through a social service agency in order to achieve independence and self-reliance," Judy knew that it would be a perfect fit for Eastside Village.

While a small portion of the award will be retained by Villages Northwest (our parent organization) to cover overhead expenses, the bulk of it will be used to grow the EV member base.

Similar good news has recently come from Villages Northwest. VNW Board member Dr. Alison Bahr was awarded a \$15,000 grant from *Kaiser Permanente Gives – Volunteer Grant Program*, which donates to the organizations where Kaiser employees and clinicians like Dr. Bahr give their time.

Alison, a Kaiser Permanente internist with an interest in geriatrics and a passion for the Village concept, has served on the Villages NW Board of Directors for the past five years. She shepherded us through our formative years as President and more recently as Vice President. She supports policies that allow people to live out their lives at home and sees the Village Movement as a critically important piece of our aging in community puzzle.

With the recent addition of Rainy Day Village on the coast, VNW now comprises 11 villages, 9 of whom are open and growing, 2 still in the planning stages. Each village will receive approximately \$1,000 from this new grant.

As villagers we treasure those new friends we make close to home, the opportunity to remain in familiar surroundings, the ability to continue to use our skills and expertise to make meaningful contributions in the community, and to be able to call on volunteers for transportation and assistance with household tasks when it would be helpful.

~ Lyn Trainer and Peg Farrell

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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# Getting to Know You

Getting started with Eastside Village is easier now than it has ever been! When we first launched our Village a few short years ago, new members joined and then had to figure out on their own how to connect with other members, services, and activities. We now have a process for this and volunteers to help make those connections easier.

After joining, a new member meets with an Eastside Village volunteer. The volunteer interviews the new member with the intention of learning about the member's interests and needs and how to ensure that they know how to best connect.

Here is a list of what the interview covers:

» ***A review of the specifics of their membership.***

Eastside Village offers both full-service and social memberships. Full-service members receive an outline of what services are offered and how to make a request. Social members are often pleasantly surprised to learn they, too, have access (albeit

more limited) to services such as yard cleanups, handyman, transportation, etc.

» ***An explanation of the vetted vendor database and screening process.***

Many members have preferred providers and are thrilled to learn they can help that professional add their name to our list of vetted vendors

» ***An introduction to EV's smaller groups.***

Eastside Village has four smaller neighborhood groups. Our Village is large geographically, so members really appreciate engaging with their neighborhood group as it allows them to meet members who are also neighbors.

Each group creates its own activities which are not posted on the Eastside Village calendar.

The new member is given a list of names of all members in their neighborhood group, as well as the contact information for their group's leader.

» ***A review of EV Tech 101.***

Members receive a primer on the Eastside Village website. Information includes how to use the calendar, how to find contact information for other members, and an explanation of the Forum and instructions on how to post and respond.

New members are also provided with the name and phone number of a volunteer who can answer any questions they may have about how to use the website.

Our "Website Buddy" volunteer will even come to the member's house to help them use their computer to access the Village website.

» ***A connection with their New Member Buddy.***

New Member Buddies are established members who also volunteer to help new members connect to activities and services.

A New Member Buddy will contact the member during the first couple of months to answer any questions and help

*Continued on page 11*

**Opinion: Paid family leave bill will help small businesses offer big-company benefits**

Posted Jun 19, 2019

# EV Member Speaks Out for Families

Eastside Village was proud to see an opinion piece in a recent issue of the Oregonian by member Jim Houser. We admire his commitment to his employees and their families. You can read the entire opinion piece at [OregonLive](http://OregonLive).

## Technology and Safety

Amazon Echos, Google Home devices, or a wearable medical alert necklace or bracelet: the choices are increasing. How do you know whether you need one, or which one is right for you?

As someone who had a real *“I’ve fallen and I can’t get up”* experience, there is NOTHING FUNNY about being alone at home, in great pain, and needing help. Luckily I had my cell phone in my pocket. I now have a medical alert necklace—with the attendant monthly charge, but I’m considering Google Home or Amazon’s Echo. Here’s how they work

The Echo (\$70) or Echo Dot (\$25) are devices that use Alexa, Amazon’s voice-activated digital assistant, to turn your home phone into a smart, hands-free speaker phone. If you fall and break your leg, instead of having to drag yourself to wherever you left your phone, what if you could just say, “Alexa, call Jim” and you can talk from wherever you are in the house.



There are several brands of medical alert systems that you can wear around your neck or on your belt. Alexa can only be used if you fall within voice range of an Echo, but a few strategically placed Echo Dots (“mini” Echoes) in your home can make calling for help a lot easier.

While the basic Echo/Echo Dot will easily call your neighbor or grandson, you can’t use it to call 911. But if you have a landline or a Voice over IP service like Ooma or Vonage, you can buy a \$35 box called the Echo Connect to make a connection between your phone line and the Echo devices in your house.

With the Echo Connect, you can dial 911 because the address information from your phone line will be transmitted to 911 when you call.

Google Home devices (\$70) have virtually the same call-making functionality.

~ Linda Safran

## Men's Walk and Lunch

On June 20<sup>th</sup>, the Men's Group toured Portland's Holy Trinity Greek Orthodox Cathedral at Glisan and 31<sup>st</sup> Ave. The Cathedral was initiated in 1951, superseding the original old stone church still standing at 17<sup>th</sup> and Taggart, which had been built in 1907.

Father David Cole, whose knowledge of religious history and icons was fabulous, gave us a religious and architectural tour of the building. After an hour of being well educated, we walked to Laurelhurst Market for lunch, missing all the downpours

Thanks to Eric Roost for putting this together for the group.

~ Lucien Dallaire



## Eastsiders Welcome Summer

The Eastsiders Group—that subset of Eastside Village that resides on our North and Eastern fringes—got together to welcome summer with a potluck dinner.

The feast included a variety of lovely salads, casseroles, chili, rice pudding, and brownies. The weather was perfect, the company exceedingly congenial.

Yay, Eastsiders!



### Speaking of Potlucks....

If you missed the first EV potluck, you've got another chance! The next one is scheduled for July 11<sup>th</sup>, 5-8 pm, at JoAnn Herrigal's home. Please register online or through the office as space is limited.

# New Member Profile: Celia Moore

## How did you hear about Eastside Village (EV)?

I've known Ellen Howard for many years, and while visiting with her around the time that Eastside Village was forming, she told me about this "wonderful new organization" she was enjoying so much. I found Eastside Village on the web and it did look interesting, but I wasn't ready, at that time, to join—so I tucked the information in the back of my brain (so glad that the brain didn't blank out the information!) and when I felt ready to sign up a few months ago, I followed-up on Ellen's suggestion.



## What interests you about the Village?

I really like the idea of working with like-minded people to help others (and ourselves!) stay active and "age in place." In addition, the Village offers so many social activities to share with other members—some I've participated in for years and then there are quite a few new ones to try. In the years to come, I'm interested in volunteering with other members.

## What are your interests? What activities and/or groups do you plan to be active in?

I enjoy reading (general fiction, mysteries, science fiction and non-fiction: always open to recommendations of good books to read!), movies, cooking, dining out, craft and art shows, studying architecture and all kinds of history, as well as getting to know new people.

I hope, over time, to partake in as many of the social offerings as I can fit into my schedule (I volunteer two days/week at Albertina Kerr and do yoga on a third, so sometimes the timing just doesn't work out!).

## How long have you lived in Portland?

I've lived in Portland about 17 years, 15 of them in my old farmhouse home in Montavilla.

## What would you like EV members to know about you?

I'm mostly an extrovert who enjoys interacting with people and learning/sharing new things. I grew up on the East Coast (born/raised in Washington, D.C.), lived for over 25 years in the Midwest, and then proceeded to the Northwest 25 years ago.

I have one daughter who is the light of my life and lives in Western New York with her wife and cats. I visited Portland at a time when my daughter still lived here and enjoyed what I saw. In my time in here, I've not been disappointed.

# New Member Profile: Phyllis Wishnie

## How did you hear about Eastside Village (EV)?

I have been following the Village Movement for years, possibly since its inception, as I explored options for the elderly, including living and learning. Until I moved to Portland, I had not lived in an area that had a Village.

## What interests you about the Village?

I am delighted to be part of this movement and member of this Village and to have the support I want and need in order to age at home. I love the social aspects of the Village, especially because I moved here very recently and knew no one older than my son, his wife, and their friends in Portland.

I am impressed by how friendly, thoughtful, and engaging Eastside Villagers have been.

I feel welcomed into the Village community and have already enjoyed book group discussions and potluck dinners.

I like that neighborhood circles inform us of members who reside nearby. I like that if I need assistance as I age, I can benefit from the many volunteer services available to Village members.

## What are your interests? What activities and/or groups do you plan to be active in?

I love being in the Book Group, reading some books I would not have chosen to read on my own and the interesting perspectives each member of the Group brings to the discussion.

I enjoy the potlucks I have attended, meeting more members and sharing delicious foods most of us have prepared at home.

I look forward to attending lectures, joining a walking group and experiencing new activities.

## How long have you lived in Portland?

I have lived in Portland for four months. My son, daughter-in-law, and granddaughter live in Portland, and I have loved visiting them in this livable, walkable, and exciting small city.



## What would you like EV members to know about you?

I grew up in the Northeast and lived in Boston and Grafton (Vermont) until I moved West in 2008, when three of my four children were settled in San Francisco, Portland, and Seattle.

I later moved to Washington because I could waive into the Washington Bar without having to take another Bar exam. I practiced law until I moved to Portland, doing *pro bono* work in the two years prior to retirement.

# July 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.

## Belmont Library

1038 SE Cesar E. Chavez Blvd

### ***Fruit and Vegetable Printmaking***

Learn how to create colorful cards and art prints, using unique stamps made from fresh fruits and vegetables. For teens and adults.

Saturday, July 13, 3-4 pm  
(first come, first served)

### ***What Is the Cloud?***

Come to this class to learn what you can do in the cloud, the benefits of using the cloud, and how to get started using the cloud. You must be comfortable using the internet to participate in this class. Bring your laptop or mobile device to get started or to get help with your cloud service.

Sunday, July 28, 2-4 pm  
(registration opens July 7)

## Gregory Heights Library

7921 NE Sandy Blvd.

### ***Sun Catchers***

Reflect beautiful rays of light with these easy-to-create sun catchers. They can be hung in windows or on plants. Program is for adults only.

Sunday, July 28, 3-4:15 pm

## Holgate Library

7905 SE Holgate Blvd.

### ***The Orchid Trio Presents String Trios***

Listen to classical, popular and world music. The Orchid Trio is a string trio in the Portland area with a mission to share an appreciation of chamber music performance and collaboration. Its members consist of violinist Siying Ge, violist Deborah Shuster, and cellist Quinn Liu.

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

## Midland Library

805 SE 122 Ave.

### ***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, July 2, 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, July 16, 1-3 pm  
(waitlist open)

## Sellwood-Moreland Library

7860 SE 13th Ave.

### ***PDX Death Cafe***

Death Cafe is a growing international movement of people who come together in a relaxed and safe setting to discuss death and drink tea. Conversation about whatever is on your mind regarding death takes place in small groups. Our goal is to increase awareness of death with a view to helping people make the most of their (finite) lives. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Tuesday, July 9, 6:30-8 pm  
(registration open)

### ***Drawing Butterflies***

Create a realistic or an imaginary butterfly using colored pencils. Learn a little bit about butterfly anatomy and its importance as a

pollinator. Explore fluffy textures and color blending techniques. Bring a photo of your favorite butterfly for inspiration.

Saturday, July 20, 10 am-12 pm

### **Spreadsheets 1**

Learn how to create and edit spreadsheets with Google Sheets and Microsoft Excel. By the end of class, you will be able to create a workbook, sort and filter basic data, and create basic formulas. This class is for beginners, but you must be comfortable using a keyboard and a mouse.

Tuesday, July 9, 10 am-12 pm  
(waitlist open)

### **Spreadsheets 2**

This class is for people who already know the basics of using Microsoft Excel. Come to this class to learn how to sort, group and filter data in an Excel spreadsheet; correct a circular reference; create an absolute reference; define functions; and display your data.

Tuesday, July 30, 10 am-12 pm  
(registration opens July 9)

### **Woodstock Library** 6008 SE 49th Ave.

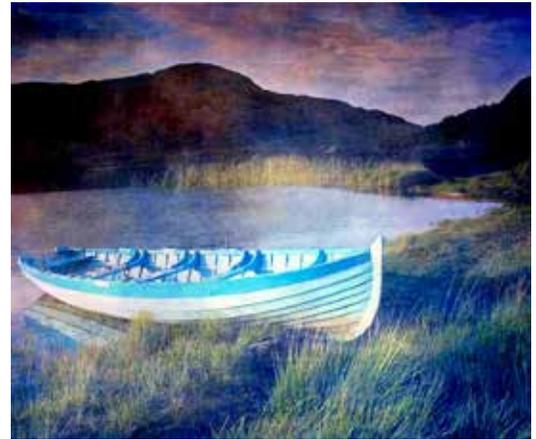
### **Leatherwork: Sedum Planter**

In this hands-on workshop, presented by Purpose, you will learn to make a leather planter. You will edge dye, wax and burnish edges. Next, you will punch holes and stitch. Finally, you will choose a sedum and plant it in a jar which fits nicely into your leather planter.

Tuesday, July 23, 5-7 pm

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## Dreams: Something to Share?



When someone speaks of the pain he or she has suffered and of the dreams they have had about this pain, I can see a promise. Dreams are the “royal road to the unconscious,” according to Sigmund Freud, and according to Carl Jung, talking about one’s dreams to another person can help you understand their meaning. Jung described hearing from another person about a dream he had had, when the dreamer suddenly understood, “No, it isn’t that, but now I know what it *is*.”

During many of the conversations I have had with people in Eastside Village, I have had the feeling that the pain they are speaking of and the dreams they have had could give them insights into what their inner selves are trying to tell them, if only they could tell someone else about them.

A few of Eastside Villagers met recently to discuss our dreams. One of us was particularly interested in dreams because some medications can intensify dream life. Although we had only one meeting, I think getting together to discuss our dreams could be a valuable tool in helping us to find meaningful answers to what our dreams are telling us, and how our dreams are trying to solve sometimes painful problems for us.

If you would be interested in getting together with others in Eastside Villagers to share your dreams, please email me.

~ Judy Ringenson, PhD.

# Reasons to Get Out in July



blankets and enjoy tunes from 15 bands, many of them local.. July 19-21, Cathedral Park ([jazzoregon.com](http://jazzoregon.com))

## › **Portland Highland Games**

For more than 60 years, the Portland Highland Games have delighted participants with a unique, Scottish experience featuring incredible Scottish pipe bands, bag pipers and drummers, dancers, and athletes. July 20, Gresham. ([phga.org](http://phga.org))

## › **Forest Grove Concours d'Elegance**

Delight in more than 300 classic cars. Enjoy live music, food, a beer garden, and a wine pavilion. All proceeds benefit Rotary Club Foundation Community Service projects. July 21, Pacific University, Forest Grove. ([forestgroveconcours.org](http://forestgroveconcours.org))

## › **Concerts in the Park**

It's music in the park time again! Check out the great entertainment scheduled beginning in July and throughout the entire summer. There's music for all tastes: original Americana folk and rock; blues and jazz infused reggae; high-energy Brazilian music and dance; female-fronted blues and soul; and of course, Tony Starlight, with music and laughs from Sinatra to the '80s. ([portlandoregon.gov/parks/69555](http://portlandoregon.gov/parks/69555))

## › **Waterfront Blues Festival**

Blues and rock musicians lay down the jams on dueling stages. Concerts begin at noon each day. July 4-7, Waterfront Park. ([waterfrontbluesfest.com](http://waterfrontbluesfest.com))

## › **Cathedral Park Jazz Festival**

For three days every July, just below the St. Johns Bridge, you'll find the longest-running jazz and blues festival west of the Mississippi. The fest, now in its 39th year, invites audiences to spread their picnic

## › **Timberline Lodge, Mt. Hood**

One of the joys of being unleashed from the workaday grind is the ability to hit those really popular spots when they're much less crowded. Why not head out for lunch on the slopes of Mt. Hood on the next clear day? See Portland from a new perspective! Timberline Lodge ([www.timberlinelodge.com](http://www.timberlinelodge.com))

# Rethinking Your Life's Goals

An [article](#) in the July 2019 *Atlantic Monthly* magazine by Arthur C. Brooks has some thought nuggets for those of us who have graduated from the work force, i.e., retired. The article juxtaposes “resume virtues” versus “eulogy virtues” and advocates a move from activities focused on *self* to activities focused on *others*, exploring our spiritual self, and developing deep relationships with others as a path to happiness and contentment as we age.

Instead of making a bucket list, he suggests we make a *reverse* bucket list that allows us to stop seeing life as “a canvas to fill and start seeing it

more as a block of marble to chip away at and shape something out of, “to throw out things, obligations, and relationships until (we) can clearly see (our) refined self in its best form.”

Brooks also states “that older people, with their stores of wisdom, should be the most successful teachers, seems almost cosmically right. No matter what our profession, as we age we can dedicate ourselves to sharing knowledge in some meaningful way.”

~ Judith Ann Gaffke



*Continued from page 3*

them connect. The member is provided the name and contact information of their New Member Buddy during the interview.

» ***Becoming an EV Volunteer***

Most of our members are also volunteers. The interview will help the new member learn of potential ways to volunteer that match their interests, skills, and availability.

» ***Important final details.***

The interviewer will confirm the member’s contact information, obtain an emergency contact, and explain our confidentiality policy.

Our Village is only three years old, so relatively new. One of the ways we get better is by member and/or volunteer input. The interview process was implemented as a result of input from new members who struggled to engage with services, activities, and as a volunteer.

The feedback from members who have joined since this process was implemented has been very positive.

~ Cary Hixon

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All our recent talk about “aging gracefully” got us to thinking, is it possible to “age disgracefully” (in the rebellious rather than nefarious sense of the word)? Is it more than just not following society’s expectations and the prevailing norms for what is “appropriate” behavior for someone our age? Or do you need to tear up the playbook, push past limits, explore the world, challenge preconceptions? Live life to the max?

Join us for lunch at Albertina Kerr at noon on Tuesday, July 23rd, for a discussion on the pros and cons of living a “disgraceful” life. [Registration](#) is required.

# JULY VILLAGE EVENTS

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

## 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

## 16 CONVERSATION & ART @ PAM

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

## 7&28 MONTAVILLA STREET FAIR

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

## 18 MEN'S LUNCH (WITH ADULT BEVERAGES)

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

## 9 BOOKIES & PAGETURNERS BOOK GROUPS

(R, MV) Join us for a discussion of Ed Yong's amazing book, *I Contain Multitudes*. You'll never think about the world the same way again. 10 am to noon. (See the office or website for location.)

## 23 FOOD FOR THOUGHT: LIVING DISRUPTIVELY

(R, M) Join us for lunch at Albertina Kerr for a discussion on the pros and cons of living a "disgraceful" life. (Details on p. 11.)

## 10 BREAKFAST @ TOAST

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

## 27 DIVISION/CLINTON STREET FAIR

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

## 11 EV POTLUCK

(R, MV) See inside for details. 5-8 pm. (Please RSVP online or through the Office.)

## 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.