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Continuing to Build Our Village

The EV Governing Council members have opted to write this introductory article in turns. This month's article was written by Ellen Howard.

I suppose this is a sort of "farewell letter," though I don't plan on going anywhere. I am only ending my term as one of your Village Governing Council members. I fully intend to remain as active as I can be in helping Eastside Village grow and succeed in its mission of community for older and disabled folks who want to stay in their homes and neighborhoods for as long as possible.

After years of active working lives (for some of us, this hasn't yet ended), years of being responsible and productive, of attending meetings and making decisions and being answerable to others, the idea of "running" the Village seems unappealing. Didn't we spend years running things? Isn't it time now to relax and have some fun? Certainly, I was a reluctant candidate when I was elected to

the Council. Did I really need this? I wondered.

Well, I'm here to tell you that I did. Relaxation and fun are wonderful, but working with interesting, active, and caring people to build a community of neighbors for ourselves is exactly what I needed.

We need friends at any time of life, but especially as we get older. We need stimulation and companionship and, once in a while, a little help. In a world of scattered families and distant friends, we need each other.

My time on the Governing Council has been infinitely rewarding. It has given me purpose, satisfaction, and a whole neighborhood of new, dear friends.

I am leaving the Council, but I'm not leaving an active role in the Village, so look for me at the next movie night or potluck or workshop. Let's continue to work together to build OUR Village.

~ Ellen Howard



It's Flu Shot Time Again!

While there may be some debate about *when* to get your flu shot (September? October?), there's no controversy over *whether* you should get one (unquestionably, **YES!**).

You can get yours for no charge at any Medicare-enrolled provider: your regular physician or the pharmacist at Walgreen's, Fred Meyers, Safeway, or even Costco.

Summary: August 2019 Eastside Village Governing Council Meeting

Jenny reported that the tabling events at the fairs went well. The lending library for medical equipment has been made more accessible on the website. She reported on the three members who left Eastside Village in July. The website also has a place to describe active groups, such as the Rain or Shine group, and for members starting new groups, for example, a support group. Groups can be time-limited when accepting members. Jenny was thanked for her work with the member map on our website. Peg and Jenny maintain our website. We now have 84 members (33 service, 51 social).

Ellen reported from the Circle of Reps that the Memorandum of Agreement (MOA) is still a work in progress. The Circle discussed the priorities of the villages over the next years and decided that the Co-chair will change every third meeting. Villages NorthWest still lacks a Transportation Coordinator. Peg reported from the Leadership meeting that most villages now want to be branded in terms of "membership" rather than "fee for services." We view our relationships as relational rather than contractual; i.e. the "Won't you be my neighbor" type of thinking. "Radical Resiliency" is the theme of a future conference in October. We noted that one in five suicides are by those 55 or older.

Lucien reported that recent tabling events have brought in many potential members and volunteers.

Deb has the names of potential volunteers and dates for future 101 meetings. Ellen spoke of research in California on villages which was discussed at the Membership Affinity group. Judy spoke of use of Irwin Foundation funds for scholarships to low-income members and of using the NorthEast Village questionnaire to evaluate member satisfaction, when we have these new service members. Deb spoke of our 56 volunteers, of whom 21 are members.

We discussed a member's suggestion to encourage volunteers to become social members, and to track volunteer activities, and another member's suggestion to reward volunteers with a potluck. We did not judge that we had the time to do either at present. What seemed possible was a party at Double Mountain to be funded by the Village and organized by the Volunteer Coordinator and the office.

In order to encourage members to attend EV Governing Council meetings, we suggested that Jenny put a button to reserve space for coming meetings on the website. Members would be expected to announce their desire to come and their agenda item. When the Council had to discuss confidential matters, we would do so at the end of the meeting after they leave.

~ Judy Ringenson, Acting Secretary.

Fall Member Meeting



It's time for our *Fall Member Meeting!*

- Find out what your Village has been up to since last spring.
- Hear about what's coming next year.
- Help us elect new members to the Governing Council (see page 4 for more info).
- See old friends and meet new ones.
- Enjoy a potluck dinner!
- Please bring a salad or dessert (just one!) to serve six people. The Village will provide the main course and beverages.
- Do register online or through the office before **Wednesday, Oct. 23rd** so we will know how many to plan for.
- If you are driving and can give others a ride, please leave a message with the office.

When and where:

Saturday, October 26th, 5–7 PM

All Saints Episcopal Church Parish Hall
4033 SE Woodstock Blvd.

(Parking on North and West sides; ADA access from North entrance.)



New Governing Council Nominees

Two generous people have volunteered – pending their election at the Fall Meeting – to serve on the Eastside Village Governing Council. If you would also be interested in serving, please contact Ellen Howard after October 14th.

Lee Lancaster

Lee has lived in Portland since 1973. He and his wife have a married son and two grandchildren “across the river” in Multnomah Village. Lee is retired from a long-time position as finance manager for Food Front Co-op, and today the Lancasters are active volunteers, as well as running a B&B in their home near Hawthorne Boulevard.

One weekend in the summer of 2018, Lee stopped by the Eastside Village table at the Hawthorne Street Fair. Shortly thereafter, he read about the Village concept in Atul Gawande’s book, *Being Mortal*, and began seeing mentions of Eastside Village “everywhere.” The result: Lee has been an Eastside Village volunteer since January and has now agreed to serve on the Village Governing Council.



Wendy Orloff

For many years, Wendy Orloff taught English and ESL and worked as a Speech and Language Pathologist in Parkrose, at the French-American School, and finally in the Beaverton School District.

She and one of her daughters moved to Southeast Portland six years ago. Another daughter and a granddaughter live in Tigard. Her son and three more grandchildren make their home in Amsterdam, which means that Wendy travels frequently to The Netherlands.

A few years ago, Wendy’s friend Peg Farrell invited her to an information session for Northeast Village where they discovered that NE wasn’t “their” village at all. Peg joined Eastside Village right away, and after hearing Peg’s Village enthusiasm, Wendy joined us a year ago and is now ready to offer her many abilities to the Governing Council.

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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Peg Farrell, Editor | editor@eastsidevillage.org

“Good Morning, this is Eastside Village.”

Here are the Member-Volunteers who help **Jenny Rockwood**, EV’s Office Manager, provide the excellent service we receive.

They answer the phone, put together outreach supplies, onboard new volunteers, track driver vettings per VNW, and generally help wherever needed!

Meet the Office team!

Jin Darney volunteers in the office each week. Her historical knowledge and experience in getting our Village started is a big help to Jenny. “The community-building part of our Village is the most important aspect to me.”

On Tuesday, **Janis Wigg** pitches in to do anything needed, from refilling the Outreach 101 bag to working through the vendors that we’re currently vetting for the Village. “I enjoy the laid-back atmosphere, never any pressure.”

Anne-Marie Dallaire is in the office each Wednesday. Anne-Marie produces the weekly “Upcoming Events” email that arrives in your inbox every week. “Hearing the service call requests and answers gives me a great understanding of how the Village operates.”

Deb Hekker is in the office on Monday afternoons and all day on Thursday. She does all the onboarding of new volunteers and acts as our Treasurer, which has her poring over the budget in her spare time. “I’m just here for the Jin & Jen show!”

Fridays, **JoAnn Herrigel** arrives to tidy up the Gmail inbox or drive or assists with the review vendors for the Vetted Vendor list. Jo also gives Jenny a historical perspective of the Village. “I enjoy chatting with Jenny and discussing Eastside Village issues.

Jill Charvat is the volunteer bookkeeper for the Village. Jill deposits and records payments, reconciles our bank accounts and keeps the revenue and expense spreadsheets up to date. She is a huge part of helping the EV office run smoothly.

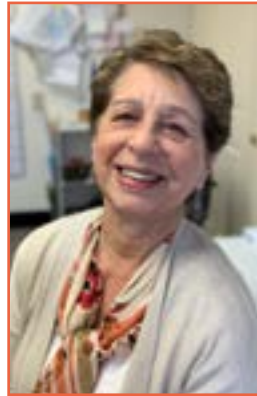
Somewhat new to the Office Manager role, Jenny said “I am deeply appreciative of all the volunteers and the work they do for the Eastside Village community. I wouldn’t be able to do my job without them.”

~ Linda Safran

Jennifer Rockwood



Anne-Marie Dallaire



Jill Charvat



JoAnn Herrigel



Janis Wigg



Jin Darney



Deb Hekker

Birds of a Feather

The EV Voice is pleased to introduce a new series of articles focusing each month on a couple of our fellow EV members. Unlike our long-running “New Member Profiles” which feature the same EV-centric set of questions each time, Vincenza Scarpaci’s stories will endeavor to help us know our fellow members as the distinct individuals they are. Whether we are new or long-standing members, each of us brings something wonderful to Eastside Village, which is surely something to celebrate.

Roberta Badger-Cain and Leonard Cain are avid Village supporters. They first participated with a local group in the Reed College area called RISE, but when that failed to blossom, they assisted in the process of combining with other area groups which evolved into Eastside Village.

They met at the First Presbyterian Church in downtown Portland and married there in 2006.

Their backgrounds are different, yet remarkable and interesting.

Leonard Cain’s grandparents were sharecroppers outside of Fort Worth. His father, the only son of eight to finish high school, used his education to obtain a job at the post office in town. His mother worked part-time.

Leonard’s high school teacher encouraged him to continue on to college, and he finished some courses until he was drafted, at age 18, into the US Army. He served in Germany as part of an armored tank regiment.

While his buddies enjoyed beer and pursuing girls, Leonard would visit cemeteries because he enjoyed reading the history of the people recorded on the tombstones.

When he returned home to Texas, he enrolled in Texas Christian University where he majored in sociology. After completing an MA there, he used some of his GI benefits to attend the University of Texas in Austin,

eventually earning his PhD.

Soon after, Leonard was offered a position at Sacramento State University, where he taught a variety of courses focusing on the “Sociology of the Life Course,” focusing on human behavior from cradle to the grave.

He has published extensively: books, articles, papers and has been invited as guest lecturer to institutions of higher learning across the US and Canada. [Go to works.bepress.com/leonard_cain/ to see the full array.]

For most of us in EV, the establishment of Portland State University’s Institute on Aging [www.pdx.edu/ioa/] in 1969, stands out as the crown jewel of Leonard’s accomplishments. One might say his work inspired those who recognized the need for working with an aging population with many concerns and strengths. He’d be a “natural” for a series of fireside chats for EV circle groups about the evolution in research about aging.

Roberta Badger-Cain’s interests and talents are many-faceted. Born in Akron, Ohio, her father worked for Goodrich Tire and Rubber Company. Her mother challenged the prevailing norms when she returned to college to complete a degree and later teach education courses at the college level.

Roberta loves the arts and gravitates to work that allows her to be creative. She started painting in her basement studio as a young teen and over the years has developed a unique style of symbolic-centered art. In fact in the photo of the couple, displayed here, the painting behind them shows the young Johannes Brahms, and Brahms the mature composer, with

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Clara Schumann. The musical scores from Brahms' *Requiem* and the musical score from *Symphony No. 1* are woven into the foreground.

Each of her paintings focuses on individual concepts and would engage an audience gathered for a future in-house tour. She has displayed her work at the World Affairs Council and the First Presbyterian Church. Not only is her design on the cover of the book, ***Raising Our Voices: Oregon Poets Against the War***, some of her poetry was featured in the book.

Roberta studied voice and piano at Muskingum College, then transferred to Western Reserve, and then to Kent State where she earned an MA in Literature. She especially enjoyed singing in the Portland Symphony choir and speaks with pride about a daughter who plays the violin in the Cleveland Orchestra *and* also for area Hospice patients.

She feels fortunate that she succeeded in finding employment that allowed her to apply her love of research and writing and her fascination with diversity. Roberta still glows when she describes her work with Interface Network, a private regional education laboratory. She wrote competitive grants for national Bilingual Education, Migrant Education, and International Education Centers, plus the Diversity Center, as well as bilingual education grants for school districts in Idaho, Oregon, and Washington. She did extensive annual evaluations of those funded programs as a private contractor until retirement.

Roberta participates in EV's Rain and Shine Committee, visiting people who are ill, delivering food and making cheery calls to those alone in



their homes. She also feels strongly about current causes, as she put together a sign to carry downtown during the September 20th Climate Change rally. She was pleased that Native Peoples, concerned about protecting the land, were prominent among the marchers,

~ Vincenza Scarpaci



We can all agree that our Volunteers are the glue that holds Eastside Village together. Whether it's helping out with rides to medical appointments, decluttering and organizing, or making friendly phone calls to see how we're doing, our Volunteers are there for us. They truly are the heart and soul of this remarkable community.

Last month, we got together to celebrate and thank them for all that they do.

The event was hosted at Double Mountain Brewery & Taproom, a cozy pub off of Woodstock Avenue. Members, Volunteers, and significant others came together to celebrate the work that's being done so generously by our wonderful Volunteers. It was a fun evening with delicious pizza and beverages.

As a special thank you, we held a raffle for the Volunteers and attendees. Several recipients received gift cards to various local businesses. One of the best parts of the evening was being able to put names to faces, expanding the small circles of Eastside Village into larger communities.

~ Story and photos by Olivia Rockwood



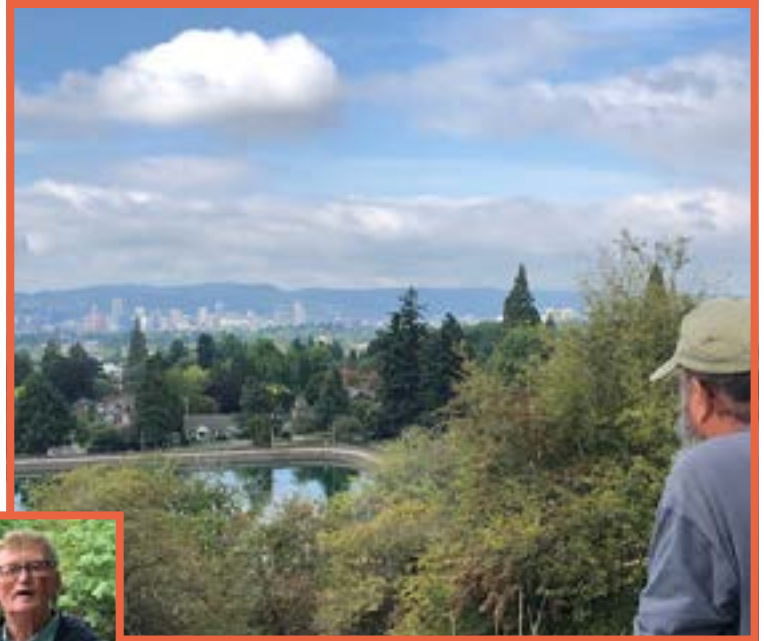
Men's Group Hits the Heights

On Thursday, Sept. 19, EV Men's Lunch and Walk Group climbed Mt Tabor. From our starting point on Belmont at the Coquine Restaurant, we shot our way through the caldera basin upward to our goal at the reservoirs, where we were rewarded with a breaking sky overlooking our great city of Portland.

Our final destination at Coquine with lunch and adult beverages was a rewarding end to a fine outing.

All Eastside Village members and volunteers of the male persuasion are welcome to join us. Check the calendar for more information.

~ Lucien Dallaire



EV Members Step Up

Kevin Richardson, his wife Sharon, Jenney Whittier, and her husband, Charlie Clark, were all neighbors of Sylvia Kinnari, who had lived in her family home since her birth. Jenney and Kevin interacted with her occasionally over the years, mostly just stopping by to say hello and check on her now and again.

When Sylvia was taken to the hospital several months ago, Jenney and Kevin helped her find a hospice location where she could be cared for during her final days. But their support did not stop there. They also helped her to complete a will, and after her death, oversaw the cleaning out of and sale of her home. Finally, they coordinated an estate sale, all proceeds of which were donated to charity.

I myself, put in a few hours tagging items and monitoring the garage during the sale. My contribution, as it turns out, was paltry compared to the work of Jenney and Kevin.

What impresses me about this situation is that Jenney and Kevin did not have any obligation to help their elderly neighbor. They could easily have avoided months of administrative hassles and hours and hours of hard work. But they didn't. They stepped up and did what had to be done without being asked.

I am sure I speak for all of us in this Village when I say that we are grateful for all the work and energy that Jenney and Kevin put into assisting their neighbor and (for Jenney) fellow Village member.

Thank you both so very much!

~ JoAnn Herrigel

October 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

Fake News Survival Guide

Are you puzzled about how to tell real news from fake news? Learn the tricks and tools to evaluate the credibility of news stories and information online.

Thursday, Oct. 10, 12:30-2:30 pm
(first come, first served)

Skulls: Painting and Drawing Animal Anatomy

Investigate and observe natural specimens, and learn to create detailed nature-based artworks using watercolor, acrylic media, or charcoal. Scientific specimens will include a variety of animal skulls and other bones.

Wednesday, Oct. 30, 6-7:30 pm
(registration opens October 9)

Word Processing 1

Learn how to create and edit documents with Google Docs and Microsoft Word. By the end of class, you will be able to find and use templates, insert images into your text, create lists, and use proofing tools. This class is for beginners, you must be comfortable using a keyboard and mouse.

Sunday, Oct. 27, 2-4 pm
(registration opens October 6)

Gregory Heights Library 7921 NE Sandy Blvd.

No events scheduled.

Holgate Library 7905 SE Holgate Blvd.

No events scheduled.

Midland Library 805 SE 122 Ave.

Water Spirit: A Tribute to Jim Pepper

Portland Jazz Composers Ensemble honors the music and creative process of Oregon-born saxophonist Jim Pepper (Kaw/Creek) with a concert of new music. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Saturday, Oct. 5, 4-5 pm
(first come, first served)

Nature's Medicine Cabinet for Your Home: Essential Oils

Meet Yiwen, an experienced yoga teacher and wellness instructor, who will introduce you to the world of essential oils.

Friday, Oct. 18, 2019, 4:30-5:30pm

The Orchid Trio Presents String Trios

Listen to classical, popular and

world music with violinist Siying Ge, violist Deborah Shuster, and cellist Quinn Liu.

Sunday, Oct. 20, 2-3 pm
(first come, first served)

Medicare Open Enrollment

Annual enrollment for Medicare Advantage plans and prescription drug coverage is October 15 to December 7. During this period, you can compare plans and change coverage. Trained volunteers will be available to help you complete the Medicare sign-up process. Call 503.988.3646 to schedule an appointment for a SHIBA open enrollment event.

Friday, Oct. 25, 10 am-5 pm
Wednesday, Oct. 30, 12-6 pm

Gmail and Google Tools

Learn about managing your Gmail inbox, using your Google calendar, and using Google Tasks.

Tuesday, Oct. 1, 2-4 pm

iPad / iPhone Basics

Learn the basics of using your iPhone or iPad. Bring your questions and your fully charged iPad or iPhone.

Wednesday, Oct. 9, 12-2 pm

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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.

Tuesday, Oct. 15, 2-4 pm

Using Craigslist

Learn how to post an item to sell, how to search for a job or a rental home, and tips for staying safe when using Craigslist.

Tuesday, Oct. 22, 2-4 pm

Android Basics

Learn the basics of using your Android smartphone or tablet. Bring your questions and your fully charged Android device.

Wednesday, Oct. 23, 12-2 pm

(registration opens Oct. 2)

Photo Editing Basics

Learn about lighting, filters, layers, file management and more for digital photography. Explore free apps and software for mobile devices. Bring your mobile device to follow along.

Tuesday, Oct. 29, 2-4 pm

(registration opens October 8)

Sellwood-Moreland Library

7860 SE 13th Ave.

Simple Ways to Get Better Portraits (Even with just the camera on your phone!)

Everyone wants to have great pictures of their loved ones, but it's not possible to always have a professional photographer around. This program is for anyone who wants to take better photos of people. In this class, Katelyn Patterson will show you how to improve your photography by looking for the best light, even in the most difficult situations, as well as how to make your subjects (or you!) look their best.

Monday, Oct. 14, 6:30-7:15 pm

Computer Basics 2: The Internet

This class is an introduction to using the internet on computers. Learn how to access and safely navigate the web and practice using a search engine. Registration required; register online, in the library or by calling 503.988.5123.

Tuesday, Oct. 1, 10 am-12 pm

(registration open)

Woodstock Library

6008 SE 49th Ave.

Crafting Delicious Teas

This class will help you craft teas and tisanes with fresh herbs from your garden or with dried herbs to meet your own tastes and needs. We will taste a variety of teas and herbs, and talk about complementary tastes and a few common herbs. Participants will go home with a tea blend inspired by what they have learned in class.

Saturday, Oct. 5, 3-4:30 pm

Community Workshop on Vaccines

Do you have questions or concerns about your child's vaccines? Come to this workshop with Boost Oregon and get answers without fear or judgment. We do not tell parents what to do; we simply provide evidence-based information.

Saturday, Oct. 19, 2-4 pm

(first come, first served)

Nature's Medicine Cabinet for Your Home: Essential Oils

Meet Yiwen, an experienced yoga teacher and wellness instructor, who will introduce you to the world of essential oils. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment and health-care practices. Learn how, why and when to use them.

Saturday, Oct. 19, 4:30-5:30 pm

Bossa PDX

Bossa PDX is Portland's classic bossa nova and Brazilian jazz band. Join the trio for an exploration of some of Brazil's catchiest tunes from the 1960s. Hear the works of Antonio Carlos Jobim, Joao Donato, Roberto Menescal and others. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Saturday, Oct. 26, 3-4 pm

(first come, first served)

OCTOBER EVENTS

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

2

EV COUNCIL MEETING

(R, MV) Please contact the office for location. 10 am–noon.

17

MEN'S LUNCH (WITH ADULT BEVERAGES)

(R, MV) See the online calendar for details about the pre-lunch Neighborhood walk, followed by lunch at a local pub.

4&18

COFFEE @ TABOR SPACE

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

19

EV 101

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

8

BOOKIES & PAGETURNERS BOOK GROUPS

(R, MV) Join us for a discussion of Sarah Blake's *The Postmistress*. 10–noon. (See the office or website for locations.)

26

FALL MEMBER/ VOLUNTEER MEETING

(R, MV) Come hear the latest news from your Governing Council, have a potluck dinner, and maybe win a door prize! Parish Hall, All Saints Episcopal Church, 4033 SE Woodstock Blvd. 5–7 pm. Please RSVP online or with the office.

9

BREAKFAST @ TOAST

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

27

KNOT JUST KNITTING

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

15

CONVERSATION & ART @ PAM

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