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Village VOICE
July 2021

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DON'T WORRY: WE'VE GOT YOU!

In March of last year, researchers at the University of Texas, Austin, became aware of the challenges facing nearby Meals on Wheels (MOW) clients because of reduced outside contact due to the Coronavirus shutdown. In response, the researchers designed a program that involved lay people engaging regularly, with empathetic intention, through telephone calls with some of these same clients. Empathy in this case was functionally defined as “prioritizing listening and

homebound, largely single, adults. [JAMA Psychiatry. 2021;78(6):616–622]

But you know what? The folks in Eastside Village could have told them this.

Several times last year, when everyone was feeling isolated, scared, and alone, a group of EV Members and Volunteers made it their mission to call and check up on one another. To reach out and ask, “How’re you doing?” “Do you need anything?” To let them know that someone out there cared.



eliciting conversation from the participant on topics of their choice.”

Once exposed to the concept, the MOW participants chose the frequency of calls they preferred. The goal was to test the program’s effectiveness in combating loneliness and other mental health conditions that were expected to worsen during COVID-19.

As you might have suspected, the program indeed helped to reduce loneliness, depression, and anxiety in this group of

This, in a nutshell, is what Eastside Village and the entire Village concept is all about: the formation of a community of people who *care* about one another.

Now that we’re beginning to slowly and carefully return to some of our pre-pandemic activities, let’s not lose sight of what kept us whole, kept us together, kept us (dare I say?) sane this past year: reaching out and looking out for each other.

Don’t worry: we’ve got you!

BIKE GROUP'S ADVENTURES CONTINUE

Last month, the EV Bike Group took off on an explorer ride on the Westside Greenway, made the Flanders Crossing over I-405, saw the Hawthorne Bridge go up, and passed through the Ladd's Addition Rose Garden.

If you'd like to join the Group in their rambles throughout the greater Portland area, please contact Lucien Dallaire for details.



MARK YOUR CALENDARS: WE'RE TRYING AGAIN

Deciding that *not* melting was a better thing to do than its opposite, the organizers of the EV Rummage Sale wisely postponed it from last month.

Mark your calendars and clear out your cupboards because we're trying again! This time we're aiming for Saturday, July 10, at the same location: the parking lot of St. Paul Lutheran Church (3880 SE Brooklyn St). See you there!



SEE YOU (IN PERSON) AT THE BOOK GROUP

We finally are all fully vaccinated. The days have gotten (much!) warmer, and summer is here! After more than a year of Zoom discussions only, we are so excited to have in-person Book Group meetings once again.

On Tuesday, July 13, we will meet to discuss *Unsheltered*, a novel by Barbara Kingsolver.

GoodReads describes it as “The story of two families, in two centuries, who live at the corner of Sixth and Plum, as they navigate the challenges of surviving a world in the throes of major cultural shifts. In this mesmerizing story told in alternating chapters, Willa (in the present) and Thatcher (in the 1880s) come to realize that though the future is uncertain, even unnerving, shelter can be found in the bonds of kindred—whether family or friends—and in the strength of the human spirit.”

Ann Gaffke will host this month’s meeting in her beautiful garden. Back when we were meeting virtually, we didn’t have to register in advance because Zoom

could include any number of people in our meetings. But now that we are meeting in person at an EV member’s home, we must ask that you register in advance on the EV

website for each meeting you plan to attend.

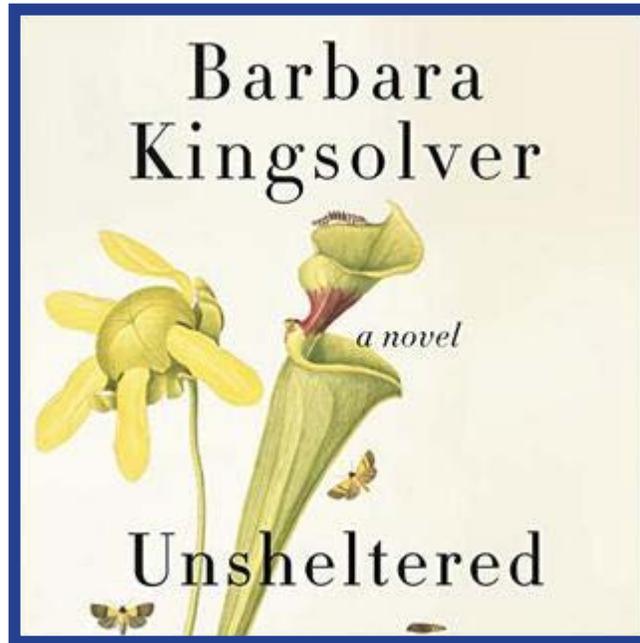
Why? Well, some of our homes can’t accommodate more than a few people, and we want to be sure to have seating for everyone. Our hosts often want to offer drinks and snacks at the meetings and will want to have enough for everyone.

As necessary as it is to register if you plan to attend a meeting, it is equally important to remove your name from the list if something comes up and you decide not to attend

Last please let me know if you would like to be removed from the Book Group email list.

See you soon!

*By Phyllis Wishnie
EV Member*



SOME OF EV'S NEWEST MEMBERS

We here at "Newsletter Central" have developed a series of five questions that we ask every new Member as a way to introduce them to the Village.

Here are more responses from some of our newest members. Watch for others next month!

Gene Freeheart and Heidi Garrett

1. How did you hear about Eastside Village?

When we first came to Portland, we checked out existing communities before finding our home. The Village was just a concept at that time.

2. What interests you about the Village?

We are interested in shared knowledge about local resources and possibly a few established interest groups.

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

We are connected to the Eclectic Dance community and various personal-growth interests, such as Authentic Portland, NVC, and some philosophical thinking groups.

4. How long have you lived in Portland?

Since 2014.

5. What would you like EV Members to know about you?

We are quiet seniors not interested in most outdoor activities, social cooking, sewing, cars, or things of that nature. We're more interested in personal-growth areas of the mind.



Michael Greenfield

1. How did you hear about Eastside Village?

From a friend.

2. What interests you about EV?

EV offers an opportunity to meet new people and is a social, as well as a literal support system for community members as they age in place.

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

Men's lunch and service for EV members. I like walking, paddling kayaks and dragon boats, travel, politics/government.

4. How long have you lived in Portland?

Since 2005.

5. What would you like EV Members to know about you?

My wife, Patricia, and I have been married more than 50 years. Our son, daughter-in-law, and grandson live nearby.

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Patricia Greenfield

1. How did you hear about Eastside Village?

My husband, Mike, and I are dragon boat paddlers. We heard about the “village” concept from another paddler. When Mike heard about Eastside Village, we decided to join. Our paddling group is spread throughout many counties but few people live in SE Portland, so the idea of a community of folks close by appealed to us. The pandemic certainly brought home the idea that you need neighbors to depend on and who can depend on you.

2. What interests you about the Village?

There are many activities EV is involved in that have appeal: hiking, book club, biking, etc. I like the service to members aspect as well.

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

I play violin in a community orchestra and occasionally with neighbors. Hiking and dragon boating are my favorite workouts, but I also enjoy kayaking and some yoga and definitely gardening. My daughter-in-

law started a book club of family members and friends to which I belong.

4. How long have you lived in Portland?

We’ve lived in Portland since 2005; we were in Salem for many years prior to retiring. I worked for former Governor John Kitzhaber for more than 20 years. He remains a very dear friend. Our son, Ian, his wife, Lucy, and our grandson, August, live close by. We watch August at least two afternoons a week and occasionally have him overnight. August is four, talks nonstop, and is great fun.

5. What would you like EV Members to know about you?

Mike and I like to travel and look forward to scheduling trips soon.



Christa Nicholas

1. How did you hear about Eastside Village?

I read about it online. I work with elderly patients so I read a lot about different living options.

2. What interests you about the Village?

Social connection and support.

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

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I like reading, art, music, film, travel, pets, gardening, walking/hiking, and photography. Not sure about the specific groups at this point.

4. How long have you lived in Portland?

Since fall of 2017.

5. What would you like EV Members to know about you?

I live with my dogs and cats in a house that I renovated extensively. I work with a health services non-profit and a couple of biotech startups that also make no profit. I mentor at the Oregon Bioscience Institute.

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Stephanie Frederick

1. How did you hear about Eastside Village?

An acquaintance recommended Eastside Village to me shortly after I arrived in Portland in 2017. I joined but decided to work on settling in and trying to figure out my place in Portland before continuing. I said I'd return, and now I'm back!

2. What interests you about the Village?

I like the concept of older people helping one another; and I'd like to feel part of a community of friendly individuals, make

new friends, and perhaps find a buddy with whom to explore Portland and Oregon.

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

Governance at all levels is a major interest (and I am terribly worried about what is occurring across the U.S.); I have learned a good deal about Portland's local government during the three years I've been land-use chair for the local neighborhood association; I see that it needs radical change.

I am also interested in turning my yard space, little by little, into a productive little farm; I am learning the basics of tapestry weaving and am trying to maintain an intermediate level of competence in French. But of my interests, the climate crisis is overtaking governance and all the rest.

With respect to Eastside Village, I would like to learn what the group's climate group is doing. As I have time, I would like to participate in film viewing, fiber arts, and coffee get-togethers.

4. How long have you lived in Portland?

I have lived in Portland for four years.

5. What would you like EV Members to know about you?

I am very shy, despite efforts to overcome it, so I may seem awkward and withdrawn when I don't wish to be at all! As already noted, I'd like to feel part of a friendly community. My neighbors are extraordinarily reclusive (the area is still dominated by a culture that nurtured reclusiveness); but I do know a few and like them.

The local neighborhood association is diminishing in numbers and reach, and I plan to move on in a year, most likely to volunteer for an effective climate organization.

MY FRIEND, SA'IDA KUPEL

I met Sa'ida, then known as Beverly, when I moved to Portland in 1984. I was looking for a veterinarian, and she was starting an at-home veterinary service.

We discovered that we lived a few blocks from each other. Her son, Ben, was three at the time. We became friends and were in regular contact for most of the rest of her life. About nine years ago, Sa'ida was diagnosed with a blood disease, and five years ago we began to write down her wishes for the end of her life.

Sa'ida was a spiritual person; she loved people, and she was incredibly intuitive with animals. She always wanted to learn more about healing herself and transforming suffering.

Sa'ida derived so much nourishment and joy as a member of the Threshold Choir. During her last weeks of life, the Choir came regularly to sing to and with her. They also came after her death and sang at her natural burial in Washington.

Because of the vaccines, Sa'ida was able to get lots of hugs in her last weeks, and her wishes regarding the end of her life were able to be fulfilled.

The most important thing for Sa'ida and for Ben was that they be together when she died. Thankfully, Ben arrived on May 24th, she entered hospice on June 7th and died at home on June 15th.

Sa'ida spoke to me about how much the people at Eastside Village meant to her.



Those who transported her to and from OHSU during the pandemic were real lifesavers for her.

Please know that whether you were volunteering to clean up her yard or sharing a Thanksgiving meal, Sa'ida felt very grateful for your caring, your friendship, and for giving of your time to help her.

By Peggy Reuler

CALENDAR FOR JULY 2021

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. **IP** = Events held in person. **Z** = Events held via the Zoom online conference platform. See the Events Calendar for each event's link.

1, 8, 15, 22, & 29

EV Garden Tours

(MV, IP) See online calendar for details. 2–3 PM.

2, 9, 16, 23, & 30

Coffee Hour

(MV, IP/Z) Join us in person at 8:30 or by Zoom at 9:30 AM.

2

RISE Circle Meeting

(R, MV, IP) Please contact the office if you wish to attend. Noon–2 PM.

5, 12, 19, & 26

Happy Hour

(MV, Z) Share stories and chat with fellow EV folks. 5–6 PM.

6

Tuesday Hiking Groups

(R, MV, IP) 10:30–11:30 AM.

7

Moreland Farmer's Market

(R, MV) **Help spread the word about EV.** 2–6 PM.

7, 21

EV Movie Club

(R, MV, Z) We watch a movie individually, then talk about it together. 3–5 PM.

8

EV Council Meeting

(R, MV, Z) Please contact the office if you wish to attend. 10–Noon.

8

Happy Hour with Artistic Flair

(MV, Z) Jackie Lemieux will share her art. Guests welcome. 4–5 PM.

10

Virtual EV 101

(R, Z) Zoom in for a virtual introduction to Eastside Village. Please sign up with the office 10–Noon.

13

EV Book Group

(R, MV, Z) We will discuss Barbara Kingsolver's *Unsheltered* at our first in-person meeting. Registration is required. 10–Noon.

15

Men's Lunch with Adult Beverages

(R, MV, IP) Join the EV men for a hike/walk, bag lunch, and conversation. 12–2 PM.

24

EV Climate Crisis Crew

(R, MV, Z) Join us to share ideas, from small and energizing changes in how we live our lives, to what we can do together. 12–2 PM.

25

Knot Just Knitting

(R, MV, IP) Bring your project or problems and let's have fun together. 1–3 PM.