



The Eastside
Village VOICE

April 2020

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/ välen'tir/

noun

- a person who freely offers to take part in an enterprise or undertake a task
- a person who works for an organization without being paid
- **a vital component of Eastside Village**

verb

- freely offer to do something
- offer (help)
- work for an organization without being paid

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Peg Farrell, Editor | Ellen Howard, Head Proofer

Volunteers are the lifeblood of any organization, but they are especially crucial in one like Eastside Village. Whether they are members who are also volunteers or kind souls who step up to help out of a desire to give service without benefiting from it themselves, our volunteers are amazing, wonderful, and integral to our Village life.

I love giving rides to our members—it's a great chance to get to know them better.

Our volunteers come in all sizes, ages, and backgrounds. They fix faucets, rake leaves, do home safety checks, declutter, install new technology, and give rides. Lots and lots of rides.

They serve on the Governing Council and represent Eastside Village to our parent organization, Villages NorthWest. They speak before fraternal and neighborhood association meetings. They staff information

tables at street fairs and farmers' markets.

They climb on ladders and go down into basements. They change smoke alarm batteries and read emails for members with vision impairments. They advise members on the necessity of various

A lovely young woman came to keep me company after my surgery. We had a wonderful visit.

have had the great honor of having volunteers help me clean closets; help me organize my kitchen cupboards; and power wash my driveway, porch, and patio. Thank you for each of those services.

home repairs and counsel as to their importance.

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I once helped a member wrangle a reluctant cat into a cat carrier to be taken to the vet—and holding the carrier was all I did!

They call on members who are home-bound, clear snow from walkways, bring meals to those just home from the hospital, send birthday cards to every single member, and get new phones (as well as their owners) up and running.

In this time of uncertainty and isolation, let's all remember to be extra thankful for our volunteers and all that they do to help us achieve our Village's mission: helping us all to safely stay in our homes as we age.

Thanks, guys!
You're the
BEST!

EV MEMBER VOLUNTEERS PROVIDE: A NETWORK OF MUTUAL BENEFITS A POTPOURRI FOR ALL SEASONS

Gifts from the heart come in many sizes and shapes.

Supporting the lives of people who want to age in place seems to be a straightforward and naturally friendly mission. But it takes a Village of dedicated and active members to make this happen. As a community nonprofit organization, Eastside Village depends on a network of volunteers to provide its members a wide range of services and desired activities.

There are two sources of volunteers: non-members who are motivated by altruistic community conscious values to assist their neighbors; and Eastside Village member volunteers who sign up to “walk the talk.” Both types of volunteers go through a process that includes a formal application, a criminal background check, and a training session. Drivers must also complete on-line training, a DMV check, and a driver’s test.

Deb Hekker, a non-member volunteer with the energy of a dervish, supervises EV’s volunteer system. She checks the references of all new members and reviews their applications to note their interests and willingness to provide services to fellow members. The list of services offered (see p. 3) is almost global and open to expansion.

Currently there are 19 EV members and 33 non-members on the official volunteer roster. In addition to the assistance to members they represent, our monthly volunteer hours enhance Eastside Village’s competitiveness in grant applications by showing the high levels of civic engagement we can count on.

Members spontaneously helping and supporting fellow members create the gold standard of a vibrant Village. The recent creation of geographically centered Circle groups has stimulated numerous instances of ad hoc assistance on a one-to-one basis. Circle members carpool to events; invite others to walk; and submit ideas, topics, and speakers for Circle meetings.

EV members are encouraged to initiate programs, activities, events, and casual interactions that give depth, variety, and meaning to daily life. Active member groups develop quite simply: someone gets an idea, invites others to take part via the online Forum, and soon it becomes a regularly-scheduled activity. Current groups discuss books, knit (or knot), meditate, take action to address the climate crisis, support one another’s writing projects, and attend monthly museum talks, etc. These groups are listed on the [Village’s website](#).

Want to help? Don’t wait to be asked. Let Jenny sign you up as a surrogate errand runner or a movie buddy. Being a one-time or intermittent volunteer counts, too.

We are as good as we can improvise, imagine, and think outside the box.

*By Vincenza Scarpaci
EV Member*

NEW MEMBER PROFILE: MARY PARKER BRAMUCCI

How did you hear about Eastside Village?

I first heard about “The Village” from a friend who lives in Beaverton. I realized there must be a Village on the Eastside, and found out about Eastside Village at a neighborhood function.

What interests you about the Village?

For me, the EV presents an opportunity for community. My children, because of their careers, all live far away. I am looking forward to group activities and gatherings.

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

I love the outdoors so: hiking, bocce, biking, trips to the beach and mountains, and walking. When indoors, I love games, (especially card games, scrabble, Qwarkle). I’d love to learn Mah Jong. Also, I love going to concerns and plays.

How long have you lived in Portland?

I was born in Portland, so I’ve lived here (almost) my entire life. I love Portland and Oregon.

What should EV members know about you?



I travel quite a bit, to see my kids, so there are times I’m just absent. But when I’m here, I’ll be very active. I hope you’ll give me a call or email if you have an idea for adventure.

NEW “PUNCH THROUGH PANDEMICS” COURSE

Caring for your mental health is as important as caring for your physical health

In uncertain times like these, it’s normal to feel anxiety, stress, loneliness, and other feelings of isolation. Stress effects can be invisible and damaging even if we are not consciously aware of them. We are all concerned for the health and well-being of our families, friends, and the world.

Experts in psychology will help you handle these feelings and learn ways to cope and communicate in the OSU online course, “Punch through Pandemics with Psychological Science.”

This 10-week course is free and can be begun at any time. Go here: liberalarts.oregonstate.edu/sps/punchcovid19 to sign up

CABIN FEVER GOT YOU DOWN? HERE ARE SOME REMEDIES

Whether you are one of those who generally are described as a “home body” or one who is always on the go, this time of enforced home duty can be a trial. One psychologist has referred to cabin fever as “a range of negative emotions and distress related to restricted movement: irritability, boredom, some hopelessness, and even, behaviorally, restlessness and difficulty concentrating.”

If that describes you right now, you might take note of these suggestions:

Establish a Routine

Instead of treating this experience like a vacation, you should still get up and do all the things you normally would do during your former schedule. Or as many as you can. Get up at the same time you would get up, make sure you’re still showering, that you’re getting dressed and not laying around in your PJs all day. Eating meals at regular times can also help you to remain structured.

Mix Up Your Space a Bit

Your living space could have something to do with the cabin fever you’re feeling.

If you can, move around to different rooms and mix up your space a little bit.

Stay Physically & Mentally Active

Unless you know you’ve been exposed or are infected, social distancing does not mean that you can’t go outside. Going outside, getting fresh air, taking a walk... those are all really important things to do.

It sometimes helps to “live for the moment or the hour” and say, “I don’t know what I’m going to do later today or tomorrow, but here’s a short story I wanted to read, or there’s a magazine I haven’t read.”

You could also keep a running list of podcasts you want to listen to, new music you’d like to check out, and movies you’ve been wanting to watch.

Connect With Others

Staying socially connected is really important during times of enforced isolation like these.

Think about ways to connect virtually, whether that’s texting friends, getting on the phone, video chatting, joining online communities and taking suggestions from

others for how to manage boredom and frustration.

Checking in on friends, family and fellow Villagers you’re concerned might be dealing with cabin fever is imperative.

A simple “I’m thinking about you and hoping things are going okay” is always appreciated.

But Find Time to Separate, Too

Sometimes one of the challenges of cabin fever is that you may not be feeling it, but someone you’re living with might feel it strongly.

Families and couples need a certain balance of togetherness and apartness, and being stuck indoors together is definitely a risk for really high levels of togetherness that might be hard for a lot of couples and families, no matter how much they love each other.

If you have separate places to be in the house, go there if you can’t tolerate your partner watching television while you’re reading a book. Or take up individual hobbies each person can focus on when you need a breather from one another.

Source: [CNN Health](#)

LUCIEN & ANNE-MARIE DALLAIRE: SERVING EASTSIDE VILLAGE

Born and raised in Prospect, a small farm town in Connecticut, Lucien and Anne-Marie were high school sweethearts, graduated and married, had two children, and returned to school to finish their degrees. This close couple has been married for 57 years.

Lucien has a Mechanical Engineering degree, and Anne-Marie has a Teaching degree in secondary-level English and Composition. They began their professional careers in Boston, but soon returned to Connecticut where Anne-Marie found her true calling, real estate, that was not structured (i.e., 9-5), or predictable. She thrived in this flexible career and became VP for Marketing and Sales in Real Estate.

Meanwhile, Lucien's career made use of his chemical engineering expertise at Occidental Petroleum, and then with a smaller firm that allowed him to travel the world. After 9-11, he worked in a program that helped him start his own business, and ended his career as a supplier for the Aerospace industry.

Upon retirement in 2018, Lucien and Anne-Marie moved to Portland to be near their sons, one in Portland and one in Seattle. The first thing they did was to get involved with Eastside Village.

Joining the RISE Neighborhood Circle, they immediately established a strong social network and found community, as well as taking

leadership, participatory, and group initiation roles.

Lucien is currently on the EV Governing Council, in the Men's Group, and the Climate (CCC) group. Anne-Marie volunteers in the EV office, facilitates the RISE Circle, organizes 101 Information sessions, and participates in the Meditation and Mahjong groups.

To make EV even better, Lucien sees the need to encourage new members to join EV and a Neighborhood Circle, as attrition is a regular occurrence in all organizations. He also wishes to inspire EV members to generate activities they would like to see.

Anne-Marie would like to encourage more integration among the general membership with all social groups. Like the giving and receiving between this loving couple, EV is fortunate that Lucien and Anne-Marie have a like relationship with EV/RISE Circle.

*By Roberta Badger-Cain
EV Member*



“ZOOM” IN ON THESE EV MEETINGS

Check out all the ways you can “Zoom” into your usual Eastside Village groups via this easy-to-use online meeting software. You can call in with a standard phone and hear everyone else. Or if you have a table/laptop or computer with a camera, you can connect and see everyone there.

More information on how to connect with Zoom can be found at the [Virtual Gatherings](#) page at the EV website.

Here’s what’s coming this month:

- Linda Safran will host a **Happy (Half) Hour** on Monday (4/6, 4/13, 4/20, & 4/27) from 5-5:30 PM.
- Similarly, Judy Ringenson is hosting a non-TaborSpace **Coffee Hour** on Fridays from 9:30 to 10.
- The **Men’s Group** meets for lunch on the first & third Thursday (see p. 10).
- Join the **Climate Crisis Crew** last Saturday each month.
- And the **Bookies and PageTurners Book Groups** will be discussing *Mama’s Last Hug* on Tuesday, April 14th.



Calling all Village Members and Volunteers! Do you recall receiving a big envelope from Eastside Village back in February? Inside was a satisfaction survey for our members and volunteers. The results of this survey are an integral component of the grant we received last year from the Irwin Foundation.

If you’ve misplaced your copy and would like another, please contact the office. If it’s just hidden at the back of your desk or counter, please do dig it out and complete it. We’ve even provided the return postage! If you’ve already returned your copy, stand up and take a bow: you are our hero!

GOT MEDICARE BILLS? FREE REIMBURSEMENT HELP NOW AVAILABLE

Meet Merry Schiff, a new volunteer with Villages NW. Merry is a retired Certified Healthcare Reimbursement Specialist with more than 50 years experience in medical billing. Merry is an expert in helping Medicare clients navigate the complicated process for reimbursement.

Merry is offering her services for free to anyone with Medicare and supplemental insurance questions. Merry is not selling or promoting any insurance policies, she's just available to answer questions. To chat with her call 503-347-0124 or

email her at Email: merry@nebazon.com.

Merry learned about the Village Movement more than 10 years ago when her nephew became the executive director of a Village in Berkeley. Merry lives in King City where she is anxiously anticipating the opening of a Village near her soon.

*By Lyn Trainer
Villages Northwest*

BEAUTY AND THE STRUGGLE

What good things can come from struggles such as those we are facing today?

Some speak of the struggles that produce the beauty of the butterfly. Some refer to the closeness that soldiers experience when facing death in order to defeat fascism or another devil. Unfortunately, with the Covid-19 crisis we must remain separate from others, even while we struggle. But we can connect by word, voice, and vision thanks to our new technologies.



Touch is denied. Still, the isolation we have in the Eastside Village may be safer than life in the close quarters of many retirement communities.

In the Village we even have a reserve of capital to pay for Full-Service membership costs for those who may have lost economically in the crisis (scholarship funds from the Irving Foundation).

So let us find beauty in taking out ebooks and audiobooks from the library via our computers, or in rereading our favorite books and discussing them at our virtual book groups.

Together we can sign petitions, write letters, and take other actions to save our wondrous planet from a climate catastrophe.

Yes, we can. We Villagers can!

*By Judy Ringenson
EV Governing Council*

EV MEN'S GROUP ZOOM LUNCH



Well, this COVID-19 has certainly made us stand still and rethink our lives, hasn't it? But since these feelings of inadequacy and isolation aren't great, let's Do Something About It.

Starting on Thursday, April 2nd, at 12:00PM, you are invited to join our *Eastside Village Men's Group Zoom Lunch*. Let's plan to hold these every First and Third Thursday of the month until this Apocalypse has run its course.

Bring a lunch and your favorite adult beverage and sit in front of your favorite computer/tablet/smart phone and click into the Zoom meeting link you've been sent by

our emails or by our calendar link on the EV website.

We'll start the meeting with a check-in to see how you and your close ones are doing and then move on to a discussion of unique topics.

As a starting point let's try this:

1. Download the free "Google Arts & Culture" app.

2. Go to the Isabella Stewart Gardner Museum, in Boston, MA.

This beautiful and wonderful place, modeled after a Venetian palazzo, houses one of the world's most remarkable art collections.

3. Take the tour of "Thirteen Works: Explore the Gardner's Stolen Art," a story of a grand theft valued at \$50-\$80 million with a \$5 million reward still offered.

4. Note the things that made an impression on you and bring them to the lunch discussion.

Let's also get our thinking caps on for other sources (such as Ted Talks, etc) for our next meetings. Or it could be any contemporary subject that we can all look at / listen to / read and then discuss. Please email me with your alternate ideas and I will put them on the calendar.

*By Lucien Dallaire
EV Member*

LIBRARY MAY BE CLOSED, BUT OPTIONS ABOUND!

While it is closed during this time of social distancing, you can still access Multnomah County Library's electronic resources from home with a current library card and an internet connection. There are thousands of e-books, audiobooks, streaming media of all types, and much, much more, all available now. You really should check it out! (That's a Library joke.)



FEBRUARY GOVERNING COUNCIL MEETING MINUTES

The council welcomed JoAnn Herrigel's evaluation of Jenny Rockwood and approved a retroactive raise.

Peg Farrell explained how the Board wishes to increase volunteers and new members by speaking to neighborhood associations, as was done with Laurelhurst and Montavilla Neighborhood Associations. Villages NorthWest has sent someone to study our training and outreach programs.

Donations over the end of the year brought up our balance. Wendy Orloff will soon be our treasurer.

We have 97 members: 24 service individuals including one on scholarship, 12 service couples, 33 social individuals, and 28 social couples. Other villages have had more success than we have in recruiting low-income service members, even

though we can cover most of their fees through our grant from the Irving Foundation.

We are planning for the April 25th celebration of members and volunteers.

We discussed meetings for non-members. The Board opposes allowing volunteers to attend Village social events.

We granted the Climate Crisis Crew a place on our website. Jenny will put up pages for their four task groups. Peg suggested we invite a group to speak on uniting against hate. JoAnn and Jenny are planning a silent auction fundraiser.

By Judy Ringenson, Secretary

CALENDAR FOR APRIL 2020

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

Please note: ALL Eastside Village events will be held via the virtual Zoom online meeting platform. See the Events Calendar for each event's specific link.

1

EV Council Meeting

(R, MV) Space is limited; please contact the office if you wish to attend. Noon–3 pm

2 & 16

EV Men's Lunch Bunch

(R, MV) See page 10 for more info on our virtual format. Noon–2 pm.

3, 10, 17, & 24

Coffee Hour

Join your friends and neighbors for coffee and conversation. 9:30-10:30 am.

25

EV Climate Crisis Crew

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

10

EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *Mama's Last Hug* by Frans de Waal. 10–Noon.

6, 13, 20, & 27

Happy (Half) Hour

Join your host, Linda Safran, to start the week off right! Share stories and chat with fellow EV members and volunteers. 5-5:30 pm.

