



**The Eastside  
Village VOICE**

August 2020



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The Eastside Village VOICE is published monthly by Eastside Village PDX. EVPDX is a program of Villages NW, 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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# It's TIME TO STEP UP: YOUR EV COUNCIL NEEDS YOU!

Every year at our fall Annual Membership Meeting, EV Members elect or re-elect a few of our fellows to membership on the Governing Council. Any interested EV members or volunteers may submit their names to the general membership for consideration.

This year is especially momentous because the Council not only has to fill two existing vacancies, but has decided to add three additional members to its ranks.

Who are these mysterious Council people? What exactly do they do? Is this something *you* could do?

At their heart, the answers are both quite simple and yet complex. Get comfy; here we go...

## *What is the Governing Council?*

The EV Governing Council is the body that manages the day-to-day business of Eastside Village. It is responsible for the long-range planning necessary to ensure EV's growth and sustainability. Its members have several collective responsibilities and each has an individual area of focus.

Eastside Village is one of 11 similar Villages that act as "spokes" to the "hub" of our parent organization, Villages NW (VNW), the actual legal entity providing us with our non-profit (501c3) status.

Each Village has its own, semi-autonomous Governing Council;

some have many members, some only a few, but all are elected by their respective memberships.

## *What does the Governing Council do?*

Here are the major tasks that EV's Council is responsible for:

- Attend monthly Council meetings and extra weekly meetings in times of crisis;
- Attend a monthly Affinity Group meeting with members of other VNW Villages;
- Contribute to the efforts of these groups to invigorate and strengthen the Villages;
- Find ways to secure the emotional and physical well-being of Villagers;
- Help secure the expertise needed for the recruiting and training of volunteers, funding needed for office staff, and other bedrocks of the Village;
- Ensure that Villagers can reach out to those in need outside of our Village;
- Support teams within the Village, such as Rain and Shine and Climate Crisis Crew that serve to the needs of acutely ill members and our planet;
- Serve as Chair for Council meetings on a rotating basis;
- Write newsletter articles as needed;
- Convene special meetings such as Town Hall or Annual Membership Meetings;
- Recruit members for projects as needed;
- Visit nearby Neighborhood Association Meetings to share news of EV.

Bright smiles and ideas are much appreciated, but not essential. A good heart is.

In general, Governing Council members feel grateful for the activities and friendships they've gained through their own membership in EV and

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are motivated to serve on the Council as a way to do what they can to ensure its future viability and growth.

While the above list can seem intimidating, taken in context of the friendships, thoughtful conversations, and frequent hilarity that can develop, serving on the Council is really not a burden.

### *What are these Affinity Groups?*

The best thing about the VNW “hub and spoke” organizational model is that each of the 11 Villages is encouraged to share ideas and learn from each other’s insights (and occasional setbacks). This sharing is done through several subject-specific groups that meet regularly.

These “affinity” groups include topics such as Leadership, Volunteer Recruitment/Retention, Membership Development, Marketing/Outreach, Resource Development, and Club Express (the underlying format for the Village’s website).

There is also the “Circle of Representatives,” which is designed to facilitate communication and interaction between the various Villages and members of the VNW Board of Directors.

In addition to the EV Council members who attend these various group meetings, others serve as the Treasurer and Secretary for the Council and as Editor of this Newsletter.

### *Who are the current Council members and when do their terms expire?*

The EV Governing Council is currently composed of the following EV members:

- Craig Johnson (3-yr term expires Fall 2021)
- Judy Ringenson (3-yr term expires Fall 2021)
- Lee Lancaster (3-yr term expires Fall 2022)
- Lucien Dallaire (2-yr term expires Fall 2020)
- Peg Farrell (2-yr term expires Fall 2021)
- Wendy Orloff (2-yr term expires Fall 2021)
- Unfilled position (2-yr expires Fall 2020)

As mentioned earlier, the Council not only must fill the two soon-to-expire seats, but would like to add three

more to help us better manage our growing membership.

### *What happens now?*

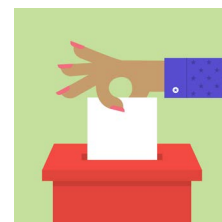
The Council will be actively recruiting new candidates during the month of August. If you think you might have the moxie, humor, patience, concern, curiosity, energy, and time needed to serve, please don’t hesitate to reach out to Jenny in the office or one of the Council members.

The new slate of candidates will be introduced in the September Newsletter, with voting to take place at our Virtual Membership Meeting later that month.

### *One last thing... Please VOTE!*

Speaking of voting, are *you* registered to vote in November’s general election? If you have an Oregon driver license or state ID card, you can update your information entirely online ([secure.sos.state.or.us/orestar/vr/showVoterSearch.do?lang=eng&source=SOS](https://secure.sos.state.or.us/orestar/vr/showVoterSearch.do?lang=eng&source=SOS)) or register to vote if you haven’t done so already ([secure.sos.state.or.us/orestar/vr/register.do?lang=eng&source=SOS](https://secure.sos.state.or.us/orestar/vr/register.do?lang=eng&source=SOS)).

Please be sure that your voice is heard!



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## EV READS: ELLEN HOWARD

Join your fellow Villagers at 2 pm on Thursday, August 13<sup>th</sup> as our very own Ellen Howard reads from her book, *The Cellar*.

Ellen is the author of eighteen books for children and young adults. When she was a child, her grandmother and her great-aunt Ruth often told stories of their long-ago childhood at the end of the Nineteenth Century. These stories, along with family papers,

memoirs, and poems inspired Ellen's eighth book, *The Cellar*.

It often seems to Ellen these days that we need to find the courage to enter dark places and retrieve from them what joy and goodness we can find.

*The Cellar* is a story of a little girl who discovers she has the strength to go into a scary place and not be afraid.

Please check the online calendar or the office for login information.

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## IT'S ALL ABOUT THE BEES

Join your EV friends and neighbors via Zoom on August 27<sup>th</sup> from 1-2 pm to meet beekeeper and gardener, Glen Andresen of Bridgetown Bees LLC. He'll discuss his beekeeping business, show us his hives, and answer questions.

Glen has been keeping bees in his Portland backyard since 1992 and in other people's backyards since 2002. He teaches backyard organic beekeeping classes through Portland Community College, Garden Fever Nursery in Northeast Portland, and others. He is also the host of the long-running, hour-long edible gardening show, "The Dirt Bag," heard the second Wednesday of each month at 11 am on community radio station KBOO, 90.7 FM. Since 1994, Glen Andresen has been Metro/OSU's lead natural gardening educator, offering presentations and information on how to have healthy yards and gardens without the use of pesticides.

The price of admission for this special class is the cost of one small jar of honey (\$4.75), which will be delivered to your home. Larger jars available on request. Subsidies available where necessary. Registration is required. Please contact JoAnn Herrigel for details.



Although Glen has degrees in economics and music, he still would rather play with his bees.

~ By JoAnn Herrigel  
EV Member

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# NEWS FROM EV & KAISER PERMANENTE

## EV & KP's Northwest Community Network



Our Village is exploring the possibility of participating in a Kaiser Permanente initiative called the “Northwest Community Network.” EV Member Sherry Hall has volunteered to be our liaison for this program and is looking forward to next steps in helping us test it out.

The NW Community network is designed to allow online referrals to address unmet social service needs for individuals and families. Organizations can send referrals out and receive referrals into their organization. We would begin our participation as an organization that only sends referrals out.

This Kaiser project was kicked off in December 2019. There are now over 60 organizations participating.

Eastside Village’s leadership is eager to see how the program works and if it can help meet the needs of some of our Village members. Categories that may be of interest to our membership are: Individual & Family Support, Social Enrichment, and Transportation.

We’ll keep you informed.

## KP Supports Healthy Aging at Home

Kaiser Permanente has embraced Villages NW with a gift of \$10,000 to help our 11 Villages carry on their work to provide a holistic approach to healthy aging that’s an affordable alternative to retirement communities and assisted care.

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.

Our mission complements Kaiser Permanente’s nearly 75-year history and mission of improving the health of not only its members, but the community it serves. Kaiser Permanente is proud that so many

employees give generously of their time to volunteer. To celebrate that volunteerism, they established the *Kaiser Permanente Gives – Volunteer Grant Program*, which donates to organizations where employees and clinicians give their time.

“Kaiser Permanente has been a great supporter and partner of Villages NW,” says Charlie Meyer, Board President, “They exemplify their commitment to the mental, physical, social, and emotional well-being of older adults in Oregon and SW Washington by providing these grant funds and encouraging their employees to volunteer which for us has included former Board President Alison Bahr and current Vice President Althea Ender.”

The generosity and belief in our Village Movement has made it possible for Villages NW to grow from one Village with 30 members five years ago to 11 Villages with more than 600 members and a comparable number of volunteers.

In 2020 we have transitioned from in-person gatherings to more than 90 virtual gatherings a month; instituted regular phone calls to members and volunteers to stay in touch; and continued to help with grocery delivery, yard work, technology, and rides to medical appointments.

For more information, visit [villagesnw.org/](http://villagesnw.org/) or call 503-515-1948.

## GERRY & MICKIE MACNEILL

Gerry and Mickie Mac Neill have been known for many years, during the holiday season, by an alias: "Santa and Mrs. Claus." Every Christmas, they donned their distinctive red costumes (Gerry's enhanced by his luxuriant white beard) and entertained children and adults at parties, in hospitals, nursing homes and hospices, and for the Down Syndrome Society in several states. It was just one of the ways this generous couple spread joy to those around them.

Now, lured to the West Coast by three of their daughters, they have brought their open hearts and ethic of service from Bristol, Rhode Island to Portland, Oregon, and to Eastside Village. Their other children live coast to coast, in Massachusetts, New York, Virginia, Georgia and Nevada. Theirs is a blended family, formed 41 years ago when, as single parents, they met and married.

Today, in addition to their eight children, they boast 19 grandchildren,

one great-grandchild and another on the way.

Mickie has worked as a secretary in Rhode Island's Welfare Department and in various dental and medical offices. Gerry has had a varied career. Among other positions, he worked for 20 years as a research scientist at MIT, studying Tribology, the science of interacting surfaces in relative motion, or as he puts it, "things rubbing together." His lab developed navigation systems, among them one for the Apollo Program.

At the same time, and after retirement, both have served others in a number of interesting ways. For instance, for 22 years, Gerry was the appointed "Town Crier" for Bristol's Fourth of July parade. This is the oldest ongoing parade in the U.S., celebrating its 235th birthday this year. In 1994, he and Mickie were chosen the Chief Marshals of the parade, the highest honor awarded to a Bristol citizen.

Mickie and Gerry have served as hospice volunteers, visiting *Continued on page 9.*



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# HAPPY LEFT-HANDERS DAY!

Wait... *what?*

We here at the *EV Village VOICE* world headquarters decided that the time had come in this interminable year to think about something not Covid-19, not political, and most decidedly, *not* serious. What better thing to do than celebrate the sinister members of our community?

International Left-handers Day was begun in 1976 as a way to honor the achievements and unique contributions of the Lefties among us. So here's a shout out to the Lefties!

**Fun fact:** The English word "sinister" comes from the Latin "sinistra," or "from the left side." Its counterpart, "dextra" ("coming from the right side") has become "dextrous."

No one has come up with a definitive reason for why 13% of the world's population is left-handed, but it is thought to be genetic. Researchers have recently located a gene they believe increases the likelihood of a child being left-handed. Then again, another recent study found that right- or left-handedness may have nothing to do with the brain, but instead could be determined by gene activity in the spinal cord while you are in the womb.

Interestingly, being left-handed is more common in twins: one study found that 21% of twins are left-handed.

**Fun fact:** Eight of our 45 Presidents have been Lefties (James A. Garfield, Herbert Hoover, Harry S. Truman, John F. Kennedy, Ronald Reagan, George H.W. Bush, Bill Clinton, and Barack Obama), a much higher proportion than in the general population.

It's long been known that each of the brain's hemispheres has control over different tasks. The left side of the brain is responsible for controlling the right side of the body. It performs tasks that have to do with logic, such as in science and mathematics. On the other hand, the right hemisphere coordinates the left side of the body, and performs tasks that have to do with creativity and the arts.

This brain dominance makes left-handers more likely than right-handers to be creative and visual thinkers. This is supported by higher percentages of left-handers than normal in certain jobs and professions, such as music and the arts, or media in general.

**Fun fact:** There have been many famous Lefties over the centuries: Artists (Da Vinci, Michelangelo, Toulouse-Lautrec, Rubens, Holbein, Escher, van Gogh); Innovators (Aristotle, Bill Gates, Steve Jobs, Mark Zuckerberg, Alan Turing); Musicians (Cole Porter, Jimi Hendrix, Paul McCartney, Sting, David Bowie); Sports Stars (John McEnroe, Martina Navratilova, Babe Ruth, Pelé, Lionel Messi); and others (Whoopi Goldberg, Julia Roberts, Brad Pitt, Friedrich Nietzsche, Oprah Winfrey, Steve Forbes).

Left-handers are usually better at three-dimensional perception and thinking. This can be seen in the fact that there are more left-handed architects than one would expect.

Some may consider left-handers to be clumsy and awkward, but in fact they must overcome the necessity of having to use right-handed tools and machinery which are completely back-to-front for them.

Left-handers have had to adapt to less-than-ideal circumstances throughout their whole lives. For example: Nearly all instruments and machines have been built by and for

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# EASTSIDE VILLAGERS, LET'S HELP MEALS ON WHEELS

For decades, thousands of Portlanders—including some EV members—have relied on volunteers with Meals on Wheels Portland (MOWP) to deliver healthy food, friendly conversation, and basic wellness checks to their homes.

When COVID-19 arrived, demand for MOWP food-delivery services doubled in just two weeks. MOWP adapted quickly to the pandemic conditions and increased demand by providing their clients a week's worth of pre-packaged food just one day a week. Sadly, the new "limited contact" restrictions mean that the delivery drivers can't give that all-important interpersonal contact, so social isolation was a primary concern.

But the Meals on Wheels people have found a way past this, and we can help.

With their guidance, volunteers from the VillagesNW community—including Eastside Village—can provide that vital connection through a new MOWP virtual system, checking in with our fellow Portlanders by phone and ZOOM. With this simple

system, we can conduct either a "Friendly Chat," which provides socialization and human interaction, or a "Wellness Check," a structured safety call to check in on a client's welfare.

When you sign up as a MOWP caller, you'll receive an overall orientation (½-hour), and an additional ½-hour training for each kind of call. You'll get a volunteer guide (which includes a script) and the link to the training video, which you can access at any time.

You can volunteer one or more days per week, calling from a random list of MOWP clients throughout the Portland Metro area.

You'll need a smartphone and must be able to download and install a mobile application into which you'll enter information from each call. For more information, please contact Jenny Rockwood in the Eastside Village office.

Let's help our neighbors stay safe and healthy!

~ Marnie McPhee  
EV Member



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dying patients and sometimes taking along their certified therapy dogs. They can recount heartwarming stories of the positive effects of these visits, including a time that a woman, mute since she entered hospice, spoke for the first time in response to a therapy dog.

After Hurricane Katrina, they visited Rosie O'Donnell's Renaissance Village in Baton Rouge, Louisiana to bring Santa and Mrs. Claus to thousands of displaced children. They have hosted young people from all over the world as part of the "Up With People" program.

In short, they have done what they could to alleviate suffering and bring joy and comfort to those who needed it.

"If I haven't left something in someone's heart," Mickie says, "I haven't lived."

~ Ellen Howard  
EV Member

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## NEED AN EXTRA HAND? OPI CAN HELP

Do you or someone you know need help for some of the activities of daily living? Oregon Project Independence (OPI) was created to assist individuals over the age of 60 with services to help them stay in their own homes. To qualify for OPI you must need in-home assistance based on an assessment and not be receiving full medical coverage through Medicaid, such as the Oregon Health Plan.

You and an employee of the local Area Agency on Aging and

Disabilities will complete an assessment. The assessment will help you and the employee develop a plan to assist you with activities such as walking, getting in/out of a chair, bathing, dressing, personal hygiene, taking medications, housekeeping, meal preparation, shopping, transportation, and laundry.

In some cases, you may be asked to pay a fee for a portion of the services you receive. If your income is low, you will only pay a small amount.

Contact the Area Agency on Aging and Disabilities at 503-988-3646 or email [adrc@multco.us](mailto:adrc@multco.us) for more information.

~ Lee Lancaster  
EV Member

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## THE SENIOR LONELINESS LINE IS THERE TO LISTEN



Social connections can help keep people healthy. If you are feeling alone or have difficulty making connections, the Senior Loneliness Line (503-200-1633) there for you: a 24/7 crisis line offering help to older adults and their loved ones in Multnomah County.

The Senior Loneliness Line is a statewide partnership between Lines

for Life and Oregon Health Authority, is a free statewide call service for Oregonians 55 and older. Its team of volunteers and staff are specially trained in working with older adults and can provide ongoing support, connect you with resources, or just listen. Your information is completely confidential, and no one will follow up with you unless you request a call.

Any aging adult who is experiencing loneliness, isolation, depression, or anxiety can benefit from a confidential phone call with the Senior Loneliness specialists. Sometimes knowing there is someone who cares and wants to listen can be of great help.

Call 503-200-1633 or visit their website, [www.linesforlife.org/blog/announcing-the-senior-loneliness-line/](http://www.linesforlife.org/blog/announcing-the-senior-loneliness-line/) or find them on Facebook at [Facebook.com/SeniorLonelinessLine](https://www.facebook.com/SeniorLonelinessLine).

If you are interested in volunteering to answer calls, please contact [BillF@linesforlife.org](mailto:BillF@linesforlife.org).

~ Lee Lancaster  
EV Member

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# EGGS, MILK, CAT FOOD, EASTSIDE VILLAGE?

Did you know that every time you shop for groceries, flowers for your garden, or even cat food you can be helping Eastside Village? The Fred Meyer Community Rewards program donates a small percentage of your everyday purchases to the community organization of your choice, in this case, Eastside Village.

It starts with making a digital account at <https://www.fredmeyer.com/i/community/community-rewards>. Once there, you can link your Fred Meyer Shopper's Card to this account and choose your local store. If you don't have your Shopper's Card handy, you can also enter the 10-digit Alt ID number you use when checking out in-store (Don't have a Shopper's

Card? Ask the cashier for a form the next time you're in your store.)

Next, look for "Community Rewards" in the menu to the left. From there you can search for either "Villages NW fbo Eastside Village" or KG758, our organization number. Click "save" and you're all set.

Admittedly, it's only a small percentage of each purchase, but if we all did it when we shopped, it could add up rather quickly.,

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right-handed people. Think school desks, power saws, serrated knives, scissors, most computer mice, and toothpaste tube caps, to name a few.

Handwriting can be particularly hard for lefties, especially if they are taught by a right-handed person, as the grip of the pen and formation of letters are different. Teaching left-handed people to write the same way as right-handed people can make handwriting slow, uncomfortable, and messy.

**Fun activity:** How left- or right-handed are you? Take these three tests for an insight into your brain's workings



([www.anythingleft-handed.co.uk/lh\\_tests](http://www.anythingleft-handed.co.uk/lh_tests)).

Thanks to cultural and social pressures, many left-handed children used to be forced to write and perform other activities with their right hand. This conversion can cause multiple problems in the developing left-handed child, including learning difficulties, dyslexia, and stuttering and other speech disorders. Thankfully, this cruel practice has nearly passed into history.

*This Covid-respite has been compiled for you by your "Lefty and proud of it!" Editor.*

*Take a moment next week to celebrate the amazing Lefties in your life!*

# CALENDAR FOR AUGUST 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 link.

## 3, 10, 17, & 24

### Happy Hour

(MV) Share stories and chat with fellow EV members and volunteers. 5 pm.

## 4, 18

### Current Events Luncheon

(R, MV) Join us for lunch and a great discussion. (See p. 5.) 12-2 pm.

## 7, 14, 21, & 28

### Coffee Hour

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

## 8

### Virtual EV 101

Want to learn more about Eastside Village? Join a virtual introduction. Please sign in with the Office to get the link. 10 am-12 pm

## 11

### EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *There, There* by Tommy Orange. 10–Noon.

## 12

### EV Council Meeting

(R, MV) Please contact the office if you wish to attend. 1–3 pm.

## 13

### EV Reads

(R, MV) Join us for a short reading by Ellen Howard and subsequent discussion. (See p. 10.) 2-3 pm.

## 22

### 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. Noon–2 pm.