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A Membership Organization

When asked to describe Eastside Village, I always begin by saying, "Well, it's a membership organization that helps older and/or disabled adults form a community that supports our continuing to live in our own homes as long as possible."

Recently, I've been thinking about what it means to be "a membership organization."

Of course, it means that we become members of the Village. We pay a yearly fee in order to take part in its activities and take advantage of its services.

But I think it means more than that. It means that Eastside Village is *OUR* village. We, the members, determine what activities and services it will offer. *WE* own it!

This is important, I think. It means that if the Village is

not serving us well, we can do something about it. We can help determine what it will be.

So the next time I find myself thinking, "I wish the Village offered..." or "I wish the Village did...", I plan to contact the office and offer to organize or work on whatever I think is lacking or help change what I want to be different. And I'm resolving to keep track of and participate in as many activities as interest me.

I'm only going to get *FROM* Eastside Village as much as I *PUT INTO* it.

So will you.

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

Portland's Senior Studies Institute

The Senior Studies Institute is made up of more than 300 Portland seniors who are dedicated to learning—about everything. Its members present forty classes per quarter, three quarters of the year, plus poetry and play readings, current events discussions, and social events at eight sites in the Portland metro area. Although affiliated with PCC, it is self-funded and staffed entirely by volunteers.

Class presenters range from the Institute's own members, who research topics themselves, to others in the community who have special knowledge in many different fields.

Anyone can become a member, not just seniors, for a small annual fee of \$40/year for individuals, \$70/year for couples. [Membership forms can be downloaded from the SSI website, ssipdx.org]

SSI has two SE Portland sites where classes are presented (one near OMSI and the SMILE Station in Sellwood). Current events discussions are held at PCC's NE Metro and SE (82nd Ave) campuses.

SSI classes are held four days a week for ten weeks during each of the fall, winter and spring terms. The dates coincide with the terms of Portland Community College.

There is no registration process for SSI classes: just show up at the right time and place to take any class.

February's classes include the following topics:

- » Racism and Tax Policy
- » The Art of Dale Chihuly
- » Living with Purpose and Joy
- » A Glimpse of the Gulf Coast
- » Speech Communications
- » Rights for All?
- » Demystifying Hospice
- » Lake Baikal and Laurentian Lakes
- » Leadup to the Iraq War
- » A Holocaust Survivor Speaks
- » Living in Space and Getting to Mars
- » Homelessness in Portland, Part 3
- » The Opioid Crisis in Oregon
- » A Great Lakes Voyage



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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Member Stories: Marilyn Harlin

No one wants to be abruptly forced out of their home because it no longer works for them. Yet it happens all the time due to sudden life-changing, age-related events like falls, accidents, stroke, disease, and cognitive or physical decline. Things most people don't think will ever happen to them. Proactive remodeling can prevent unplanned moves and allow seniors to stay in the homes they love.

It's never too early to prepare for something you hopefully won't need, but it's too late (or far more difficult, inconvenient, and costly) to prepare after you need it. Eastside Village member Marilyn Harlin decided to take a proactive approach to remodeling so that she can stay in her beloved home.

~ Cary Hixon

In the year 2000, I retired as a Marine Botanist from the faculty at the University of Rhode Island and moved to Portland, midway between the homes of my two adult children in Olympia and Hood River. Having grown up in the Pacific Northwest woods myself, with a nearby creek and a swimming hole, I picked the most woodsy place I could find in town where I could still catch a bus or a cab.

My wonderful home faces Laurelhurst Park on one side and a magnificent 300-year-old oak tree on the other, complete with its resident tribes of squirrels. The old house had already been altered multiple times. But I needed a place where I could remain safely for the rest of my life, which required making a few changes of my own, beginning with a new bedroom, consistent-height steps, and more insulation.

By 2018, I'd already had my share of falls, fractures, and hospitalizations. In a person's upper 80s, the choice becomes either to move to assisted living

or to update one's home to accommodate a live-in caretaker, if it comes to that.

In my case, I had a large room in the basement that, combined with the existing bathroom on that floor, could serve as guest/live-in quarters. The problem was that the room wasn't built with an outdoor egress, either directly from the room or through the garage (if its electric car-door failed to work).

With the help of my contractor, Jim Kitchen of Interworks, I decided to install an escape window in the bedroom in case of fire, and to exchange the double-size roll-up garage door for an easier-to-use single car door with a person-door next to it.

So now, in the highly unlikely event of a fire, one can escape the below-ground room by stepping onto a reading bench, grabbing vertical handbars, then scampering through the window and up a short ladder

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that's bolted onto the cement wall of the window well. One photo shows the inside as I attempt an escape. The other shows me in the window well climbing up the iron ladder. My son added bamboo and a bird sculpture to the window well so the view from the inside would look natural. The garage's new person-door allows a wheelchair to easily enter. I'm told that stair elevators can be added to my stairways if they become needed.

Is such a project worth its considerable expense? That may be an individual decision depending upon personal choice and finances.

For my part, I would much rather age inside my home than ever move out of it, and this might someday require a live-in helper. For that reason, I needed a safe and convenient space for this person to eventually stay. The time to make the needed changes was now, rather than when I'm in whatever state I'm in when the true need arises.

Today I can still revel in my native trees and shrubs around the house and in the historic city park across the street. I can hang onto my books from various eras and collections from both career and traveling. I can still interact with neighbors and their dogs even though I can no longer manage a pet of my own. For my part, the answer is yes, it was worthwhile.

~ Marilyn Harlin



Portland's Winter Light Festival

Downtown will be alight and ablaze at the Fourth Annual Winter Light Festival, Feb 7-9, 6-11 pm each night. It's a city-wide event showcasing illuminated art installations, vibrant performances, and stunning kinetic fire sculptures throughout our city. The festival is fully committed to keeping the Portland Winter Light Festival family-friendly, free to attend, and open to everyone.

So bundle up and celebrate the power of light and community. For more information and to check out the schedule, see www.pdxwlf.com.

The Art of Dying Well: A Practical Guide to a Good End of Life

Advancements in modern medicine are helping us live longer and longer. Yet we're losing touch with ways to handle the serious illness or death of a loved one—and how to plan ahead for our own dying. Most of us say we want to die at home as our ancestors did, at peace spiritually, and comforted by friends and family. But nearly two-thirds of us take our last breaths in sterile hospital rooms to the soundtrack of beeping monitors, or in impersonal institutions like nursing homes.

In *The Art of Dying Well*, Katy Butler offers practical, medical, and spiritual guidance for later life and serious illness. This savvy, thoroughly researched, and reassuring guide shows readers how to thrive all the way from “young” old age to final breath. It delineates seven stages of later life, each requiring a pivot in one's relationship to one's body, spiritual life, and medical care.

Worrying about the future does no good, but planning relieves worry. Butler provides those in their 50s and 60s with a road map to continued thriving by building physical, social, and spiritual reserves, finding a medical advocate and signing advance directives with special wording to cover dementia. For those in their 70s and 80s, there's practical advice on reducing fragmentation in medical care, avoiding overtreatment and overmedication, and planning emotionally and financially for future vulnerability.

Throughout, the book provides insider information critical to successfully navigating a medical system poorly designed for people in later life. Butler suggests pausing before

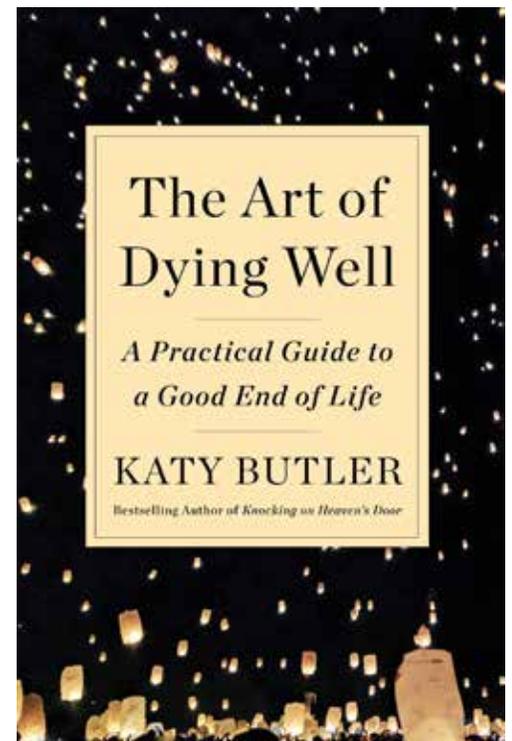
making major medical decisions when faced with a terminal diagnosis. She discusses when not to seek a clinical trial, and how to coach doctors to be more forthcoming about what the future holds.

In the frail stage, which Butler names the *House of Cards*, she suggests ways to get medical care at home, avoid risky trips to the ER, and organize a “tribe” of helpful friend-volunteers. The final chapters cover the pluses and little-known minuses of hospice, describe the five emotional tasks of preparing to die, and lay the groundwork for a “good-enough death,” framed as a sacred and honorable rite of passage rather a medical event.

The Village “Connection”

Katy Butler is a huge fan of the Village Movement: one chapter of her book focuses on the Village Movement. She will read from her new book at Powell's Books (1005 W Burnside), on Sunday, February 24, at 7 pm. In her talk, she has invited us to have an information table and possibly meet some new members and volunteers.

Please let the office know if you are planning to drive to this event; there are many who would be interested in carpooling with you.



LUNCH BUNCH

It's no wonder foodies from all over the country flock to Portland, where there's an overwhelming abundance of local, innovative restaurants that you can't find anywhere else. So let's get out and enjoy the bounty, shall we?

Eastside Village would like to launch *Lunch Bunch*, a monthly gathering for foodies who would like to explore local restaurants. The group will operate much like the way the Eastside Village Book Group does, which means it will be member-driven (i.e., leader-less).

So how will this work? *Lunch Bunch* members will take turns choosing the restaurant and making a reservation. That way all the responsibility for planning doesn't fall to one person, which makes it feel much more Village-y.

Ground Rules:

1. Members must RSVP. You can RSVP on the Eastside Village website or by calling the office.

2. Calculating the tab can be a nightmare, especially when the

restaurant isn't willing to split the check. To make settling up easier for everyone, members should bring cash, preferably small bills.

3. Restaurants must be within Village boundaries. But, don't worry! That restricts us to only about 10 billion options!!

4. All members will take a turn at hosting, which involves selecting a restaurant and making a reservation. If the chosen restaurant doesn't accept reservations, the host should plan on arriving a bit early to secure a table.

Seriously, this isn't a big deal: if we have eight members, each member will host one month and get to coast the other seven. Cary Hixon has volunteered to be our first host.

Pretty simple, right?

The first lunch will be at *a Cena*, 7742 SE 13th Avenue. We will gather on Wednesday, February 20th, at noon. *A Cena* is a warm and inviting Italian restaurant in Sellwood. They focus on fresh ingredients from Portland area farmers, handmade pastas and cured meats, daily prepared breads, and they have a nice wine list.

~ Cary Hixon

Eastside Village Voice

The Japanese Garden on a Rainy Day

The Bagdad Branch visited The Japanese Garden as a January activity. We began with a visit to the Umami Café where some of us were introduced to the Umami flavor. Unlike sweet, sour, bitter, salty, the umami flavor has a savory taste. Servers were most gracious and told of their lessons in Japanese cultural history.

Leaving the café, we enjoyed the display of hariko folk toys that light up the Japanese New Year. We examined the photos chartering the history of the Japanese Garden and its designers.

Fortunately for us the tour of the several gardens of the Japanese Garden was beginning as we strolled toward a favorite bonsai tree. Despite the rain, we agreed to join the guide. The very courageous Sue Ayer took out her cane and headed down the slippery stone pathway along the moss and across the zig-zag bridge.

The enthusiastic guide told us of the spiritual benefits of walking through the Natural Garden, the Strolling Pond Garden, the Sand and Stone Garden and the others. She spoke of the early designing of the Heavenly Falls in which stones were placed to enhance the sound.

We learned how various trees were chosen to help express the season of the year. The Japanese pines told of the beauty of winter in Portland and we await the cherry tree flowers to usher in spring. Flowers are otherwise considered a distraction in the gardens and are clipped back.

Volunteer positions are awaiting Eastside Village members! Being a tour guide or learning how to maintain the moss and trees as a gardener are some of the delights in store, as well as office chores.

Many educational and cultural opportunities come with garden membership. As Deborah Kogan said during our visit, it is so enriching an experience simply to sit in the Umami Café and sip the tea and enjoy the spectacular view.

~ Judy Ringenson



The Bagdad Branch is one of four smaller neighborhood groups within Eastside Village. Others include the Sandy Branch, the Eastsiders, and the Circle. Not sure which one includes your neighborhood? Give the office a call and they can tell you.

Reasons to Get Out in February

› **Dumpling Week**

The Oregonian/OregonLive's Dumpling Week returns for its fifth year starting this weekend, and it's the biggest Dumpling Week yet. Thirty-six Portland restaurants (and even more locations) have signed on. Feb. 1-9. (dumplingweek.com)

› **KidFest**

A festival designed for kids and their parents (and grandparents, too!). Storytelling, innovative games, healthy and delicious foods, and lots of fun. Sat, Feb. 16, Expo Center. (kidfestnw.com)

› **Zwickelmania Portland**

If you're a fan of craft beer, this is your day: Most of the Portland Breweries will be taking part in this tour. Participating breweries offer events like meet-the-brewer, beer tastings, brewery tours and food & beer pairings. Sat, Feb. 16. (oregoncraftbeer.org/brewery-event/zwickelmania-2019-portland-metro-breweries/)

› **Portland Home & Garden Show**

Get inspired! See the most up-to-date garden designs, color trends, rockwork, home renovations, and more. Feb. 21-24, Expo Center. (homeshowpdx.com)



› **PDX Jazz Festival**

Some of the best jazz musicians in the world will be playing in venues across the city. Feb. 21-Mar. 3. (pdxjazz.com)

› **Wizard World**

This traveling comic convention brings out the cosplay in pop-culture fans. Not sure what cosplay is? Check it out! Feb. 22-24, Convention Center. (wizardworld.com)



February COFFEE BREAK: Iceland

Tour Iceland from the comfort of home at 10:00 on February 22nd, as Judy Ringenson takes us to the land of fire and ice and tells us about the Road Scholar (formerly Elder Hostel) trips she has made there. You can pour a cup of coffee, settle into your favorite chair, and click the link you'll receive as a COFFEE BREAK registrant.

Join other Eastside Villagers for our (kind of) monthly virtual meeting available via computer, laptop, smartphone, or telephone.

Please register in advance with the office or via the link for this event at the Eastside Village calendar. First-time COFFEE BREAKers will receive a free Village coffee mug!



Just Dinner With Friends

This happy group gathered for dinner recently at one member's suggestion. Any member or volunteer can organize an afternoon at the movies, an informal get-together like this, or any other activity: simply post the invitation to the Forum at the Village website (or ask help from someone at the Office). You're bound to meet some new faces and get better acquainted with those you already know.



February 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. Event schedules do occasionally change; visit [Library Events](#) for current information.

Belmont Library

1038 SE Cesar E. Chavez Blvd

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.

Saturday, February 2, 2-4 pm (waitlist open)

Japanese Stab Bound Pocketbooks

Learn how to bind your books through Japanese stab binding. This non-adhesive binding makes gorgeous decorative patterns on the spine of the book. We'll go over four different styles and techniques; you'll leave class with four little notebooks handmade by you!

Saturday, February 16, 2-5 pm (waitlist open)

Blogging with WordPress

Blogging is a fun way to share information, ideas and projects, and can also be used for starting an online business. By the end of this class, you will have your own WordPress blog account, have posted your first blog entry, understand basic copyright rules, and know where to go for help.

Sunday, February 10, 11 am-1 pm (registration open)

Gregory Heights Library

7921 NE Sandy Blvd.

Garden Planning

Learn the basics of how to plan a successful garden and create your own garden calendar and checklist. Subjects will include choosing crops, setting goals, creating a garden calendar, and preparing the garden beds.

Sunday, February 10, 3-4:30 pm (first come, first served)

Holgate Library

7905 SE Holgate Blvd.

Festive Floral Arrangement

Create a festive fresh flower arrangement with the florist-designer Margarit Petrosyan. Learn the refinements of flower care and arranging.

Saturday, February 2, 11 am-1 pm (registration open)

Cooking Around the World Club: Digital Edition

In celebration of Lunar New Year 2019, come for a virtual trip around Asia! We will explore online resources about Asian cuisine. Come prepared to learn and share what resources you use when looking up recipes online and sample Asian food and drink.

Saturday, February 9, 3:30-5 pm (first come, first served)

Midland Library

805 SE 122 Ave.

Celebrate Black History with Gospel Music Timeline

Travel with us from the 18th century to the today as we journey through song in this music timeline with Andrea "Onnie" Allen.

Wednesday, Feb. 6, 6:15-7:30 pm (first come, first served)

Stay Safe Out There

EV Members at the neighborhood Circle get-together on January 4th had a discussion about scammers who were able to get basic information by faking online requests that appear to come from your bank, credit card companies, or other businesses. By getting you to verify your account information, they can infiltrate your accounts and steal money from you.

Getting all this fixed is expensive and very time consuming.

The FTC (the U.S. Federal Trade Commission) suggests that you “lock” your credit bureau information. This will lock out anyone trying to use your information to apply for new credit cards or purchases.

You can read more about how to do this at the FTC website, www.consumer.ftc.gov/articles/0497-credit-freeze-faqs.

Stay safe!



Medicare 101 Workshop

This presentation is intended to not only provide attendees new to Medicare with information on the Medicare basics but also additional clarity on how the Medicare program operates for those who are already enrolled in Medicare and looking for more information.

Friday, February 8, 11 am-12:30 pm (registration open)

Africa to America: Adjusting to a New Life

New Americans from the African Diaspora discuss what it means to be a Black immigrant, and to navigate questions of identity, race and belonging.

Thursday, February 28, 6-7 pm (first come, first served)

YouTube Basics

YouTube is fun and informative! Learn about searching YouTube, creating YouTube playlists, and why you might want a YouTube account. This class is for beginners, but you must be comfortable using a keyboard and a mouse.

Tuesday, February 19, 2-4 pm

Photo Editing Basics

Explore your creative side with digital photography by editing your photos for social media, flyers and invitations. Come learn about lighting, filters, layers, file management and more. We will explore free apps and software for mobile devices. Bring your mobile device to follow along.

Tuesday, February 26, 2-4 pm (registration opens February 5)

Sellwood-Moreland Library

7860 SE 13th Ave.

Photo Editing Basics

Explore your creative side with digital photography by editing your photos for social media, flyers and invitations. Come learn about lighting, filters, layers, file management and more. We will explore free apps and software for mobile devices. Bring your mobile device to follow along.

Tuesday, February 12, 10-11:30 am

Woodstock Library

No special events this month.

FEBRUARY VILLAGE EVENTS

R = Register online or with office.

MV = Attendance limited to Eastside Village Members or Volunteers.

1&15 COFFEE @ TABOR SPACE

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

12 EV BOOK GROUP

(R, MV) Join us for a discussion of *The Botany of Desire* by Michael Pollan.

13 BREAKFAST @ TOAST

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

16 EASTSIDE VILLAGE 101

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

19 CONVERSATION & ART @ PAM

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

21 MEN'S LUNCH WITH ADULT BEVERAGES

(R) Meet up at Dot's (2521 SE Clinton) 12-2 pm. (See the online calendar for details about the pre-lunch neighborhood walk.)

22 COFFEE BREAK

(R, MV) And we're off to Iceland with Judy Ringerson! Join us! 10-11 am. First time COFFEE BREAKer? After you register, host Linda Safran will be in touch to schedule a 10-minute practice session. Please register [online](#).

24 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. Please register for location.

24 KATY BUTLER

Come hear Village Advocate Katy Butler speak about her new book, *The Art of Dying Well*. 7 pm. Powell's on Burnside. (See p. 3 for more information.)