



The Eastside  
Village VOICE

July 2020



 **RESET**

The word "RESET" is written in a bold, sans-serif font. To the left of the text is a grey icon consisting of a vertical bar on the left, a horizontal bar at the top, and four horizontal lines of varying lengths extending to the right, resembling a computer keyboard key.

*Is It Time for a Quarantine Reset?*

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## Is It Time For A “RESET”?

Writer and proud “Neatnik” Nicole Anzia has developed a technique for dealing with the highs and lows of the quarantine lifestyle she’s calling the “**Quarantine Reset.**”

We all feel it. Some days are productive and positive, some days feel overwhelming and totally unmotivated.

From everyone I’ve talked to over the past few weeks, we’ve all had these moments: when we’ve read or watched too much depressing news, we feel like there is no end in sight, our kids or families are driving us crazy, leaving us feeling overwhelmed and stuck.

The **Quarantine Reset** is a set of action steps to be taken at any time to help you feel “unstuck,” renewed, and like you’ve turned the page. These steps have been reviewed and vetted by mental health professionals and are backed by studies that show their efficacy.

The entire reset shouldn’t take more than about 30 minutes and are designed to be easy and elevating, but without taking a huge amount of energy or time.

Here are the five steps:

### **Shower**

Take a shower and wash your hair. Finish the shower by turning the water all the way to cold and stand under the cold water for at least a few seconds.

The cold water produces a host of positive physical responses, including increased production of endorphins and norepinephrine in your brain and a boost to your immune system.

### **Change Your Clothes**

Get out of the old sweats and put on some clean clothes. Or try putting actual pants and a casual shirt! If you normally wear make-up, consider applying some lipstick. As Audrey Hepburn once said “On a bad day, there’s always lipstick.”

### **Make Your Bed**

Making your bed marks a new beginning. Doing this small task not only helps to create a calmer

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## How Has EV Supported You During The Coronavirus Quarantine?

We know that the past few months have been difficult for our Members. Most of us have been quite literally isolated and, in many cases, alone. And all the many “Village” things that we enjoy and rely upon—coming together for a movie or a potluck dinner; getting a ride to the store or help with clearing some overgrown shrubs—have suddenly been put on an indefinite hold.

We began to wonder: at a basic and existential level, were we even still a Village?

To find out, Jenny Rockwood asked our Members and Volunteers to share with us how Eastside Village has supported them during this time. Here are some of their responses.

### **From JoAnn, Member**

Over the last month I have suffered from tendonitis and have been feeling very low. Eastside village members were very supportive: bringing me flowers, calling to see how I was, and even delivering an arm sling for me!

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### *From Ellen, Member*

This is my take: Eastside Village has supported me during this time of Covid-19 in just the way any close-knit community supports its members. Every week, I talk to Village friends on the phone. I attend the Zoom meetings of my Circle and of the Book Club.

I know the Village will be there if I have needs, and it makes me feel good to be able to help other members when they have needs I can fill.

Other Village members alert me to opportunities, like the plant sale for the benefit of a food bank and the Car Caravan for Justice I was able to join last evening on the recommendation of another member.

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and cleaner bedroom environment, but it also marks one easy accomplishment and sets the tone for you to feel like you can check other things off your list.

### *Tidy for 10 Minutes*

Set a timer and spend 10 minutes cleaning up, putting things away, and decluttering. You can get a lot done in 10 minutes, and tidying will make you feel more relaxed once you're in a less messy environment.

I always say "inner order = outer calm" and it really is true. The clutter makes you feel unconsciously stressed: it's a lot of unmade decisions staring you in the face.

Focus on tasks that can be completed quickly, such as going through your mail, recycling old newspapers and magazines, cleaning off a counter or throwing in a load of laundry.

### *Get Fresh Air*

Stepping outside to take a few deep breaths of fresh air can make us feel renewed, and the sun on our skin helps our bodies produce vitamin D, which has numerous brain and mental health benefits.

And according to the American Heart Association [\*website\*](#), a study shows that "nature presents scenes that gently capture your attention instead of suddenly snatching it, calming your nerves instead of frazzling them."

With so much out of control, the *Quarantine Reset* provide intentional steps to change your mind-set and change the tone of your day. It gives you a way to focus on your mental health in a way that I hope feels realistic and manageable.

*Nicole Anzia* moved to Washington, DC in 1995 after graduating from the University of Wisconsin. She founded her professional organizing company, Neatnik, in 2007. Nicole has written for *The Washington Post*, *InStyle*, *Refinery 29*, *Real Simple*, *Martha Stewart*, *Wirecutter*, *Apartment Therapy*, and others. [www.neatnikdc.com](http://www.neatnikdc.com) / Instagram: @NeatnikDC / Facebook: NeatnikDC

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# JULY CURRENT EVENTS LUNCHEONS

Please join us for the next *Current Events Luncheon*, the second in our series of bimonthly luncheons, held on the first and third Tuesday of the month, noon to 2 pm.

The July 7th Luncheon will continue our previous discussion about how we can participate in causes and organizations focused on social justice and expand it to include Oregon/Portland Black history and exhortations from members of the local Black community.

Prior to this event, we suggest that participants:

- Listen to Cameron Whitten, the Director of the Coalition of Communities of Color, give his *message to the First Unitarian Church, Portland*.
- Watch the OPB documentary *Local Color* about Oregon's African-American History.

For more on Portland history, you can also watch the inspirational *PBS documentary* about Beatrice Morrow Cannady, a Portland civil rights advocate.

Between now and July 7th, we welcome your links to articles, videos, and other sources that highlight current events. Please post your links on Forum on the Eastside Village website under the title, "Current Events." Call Jenny in the EV Office for help in doing this. Also contact us and Jenny for help accessing the links listed here.

Suggested new topics for discussion at the July 21st luncheon include the choice of Biden's Vice-Presidential candidate and voting by mail and the fate of the USPS.

We remain open to other suggestions and are eager to hear from you.

*By Vincenza Scarpaci,  
Roberta Badger-Cain, and Judy Ringenson*

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It gives me folks to talk to when I need to talk. It is always there for me; I have only to reach out and ask.

## *From Gene, Volunteer*

I've done a few volunteer gigs during these unusual times. Of course, the primary outcome is providing services to the members.

But I get something out of this too: a chance to actually meet (masked and distanced of course) and chat with people!!!

And even before Covid-19 I always felt that I received benefit as well as providing benefit.



## *From Lee, Member*

My wife Ann and I are "social" members, meaning I have met some of the most interesting and caring people to share interests and stories.

I have had more meaningful conversations since becoming involved in EV than for decades before that.

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It is very rewarding to help others out and in the process get to know them and find valuable friends.

It is wonderful to belong to a community. We have each other's backs.

EV has "disrupted" my plans for getting old. Instead of decline and seclusion I have become more inspired and engaged.

We are so lucky to be able to stay in our home during the pandemic. I hear stories about people who are in retirement homes and are now restricted to their rooms with no visitors. So sad. The value of being in a real community with others is truly great.

I miss seeing people in person, but our virtual get-togethers are so easy. It is good to see and hear my friends and meet new folks.

### ***From Mary Lee, Member***

A critical service that has been on going for me despite the pandemic is the invaluable service of reading that has been provided by JoAnn Herrigel. I forward email that needs attention and she reads and completes items for me. I estimate that we read 1-4 hours about every few weeks.

I would need other services but recently reorganized my house so that I could have a renter who is willing and able to do the grocery shopping for us and drive me to appointments that I can't walk to independently.

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## **REACHING OUT THROUGH OUR VIRTUAL VILLAGE**

One reason we as retirees wish to join a virtual village, such as Eastside Village, is that we wish to continue to serve our community, often through meaningful contacts with younger individuals.

One of our Eastside Villagers has spent her life helping the visually impaired, following her own beginnings as a premature baby exposed to excess oxygen in the incubator.

Others have formed groups to try to save our planet from plastics, gases causing climate change, and other issues, often connecting to actions and movements activated by the young.

One Villager, who earlier worked in Washington D.C., has encouraged others to tackle problems related to gun violence.

Many have been active in promoting voting by mail during this pandemic.

Some have gotten into their cars and joined in protests against police violence during the pandemic.

Better to reach out in action than to sink into the armchair.

*By Judy Ringenson  
EV Member*

## **EV DOES IT AGAIN!**

Eastside Villagers once again joined forces for a yard art and plant sale on June 6th raising **\$2500** to benefit the POBC Food Pantry, an adjunct to the Oregon Food Bank.

POBC Manager Betty Brown said that this was the largest amount the pantry has received to date. She was grateful for the support as food needs for the local community have continued to grow due to the pandemic and resulting business closures.

*By Ann Gaffke  
EV Member*

# DOING THEIR PART, SAFELY

Several EV members wanted to add their voices to those protesting police brutality against our Black neighbors but were concerned about the mix of coronavirus and crowds. They recommend their very different solutions to other concerned citizens.

Every Wednesday evening between 5-6 pm, you'll find Linda Safran sitting on her walker at the corner of Sandy and NE 16th. Properly equipped with sign, sunglasses, shield, and mask, she gets lots of honks and "thumbs up" from passing vehicles.



"I encourage everyone to find a corner nearby and add their voice."

Others have taken a different route by joining up with the Portland Car Caravan Protest, which takes place every Wednesday and Friday evening at

6:30 pm. As many as 100 cars adorned with protest signs meet up in the back parking lot of PCC's Cascade Campus to travel through different neighborhoods, sounding their horns and flashing their hazard lights in solidarity with the Black Lives Matter movement and other civil rights organizations.

Last Friday, Ann Kopel and Lee Lancaster traveled in one car and Peg Farrell and Ann Gaffke traveled in another. Peg observed, "It's always wonderful to see the hundreds of people, Black and White, who are clapping and shouting their encouragement and giving peace signs and fist bumps as we pass by.

"But the hardest part for me, as a white woman, are the older Black men and women who call out 'thank you!' as we drive by. Thanking us for acknowledging the struggles that they face each day of their lives and that we have been blind to!"

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Yes I have a list of other items that will be needing attention but they will just have to wait.



## *From Judy, Member*

During the Pandemic, I have been greatly helped by being in Eastside Village with the masks and the Zoom meetings especially. Fun to wear those colorful masks!

Look forward to the smiles, laughs, and encouragement that comes to me from the lovely people who join the Happy Hours, the Coffee Chats, the book groups, the Climate Crisis Crew, the current events discussions and other zoom events.

Talking with Hester Turner across the continent was a thrill. How many times do you get to invite to your meeting one of the first women recognized as a Board member by national organizations and a university and who enjoys being 104 years old?

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***From Peg, Member***

Eastside Village has kept me connected (through its various Zoom meetings) in a meaningful way with my EV friends, at a time when it would be all too easy to withdraw and disengage. Seeing their faces has helped to keep the loneliness at bay.



***From Monica, Member***

I have received help from Volunteer Al Luchini in my garden. In addition to some weeding he has twice trimmed a rhododendron and brought bags of potting soil and mulch which I could not have obtained in my car-less state. I appreciate his help and his always friendly manner. One day he returned just to help me empty into the green barrel some yard debris that was too heavy for me to lift.

I have participated in a couple of Zoom meetings and know that

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# JUNE 2020 GOVERNING COUNCIL MEETING MINUTES

Welcome & Call to Order by Judy Ringenson. Present were Craig Johnson, Jurie Lewis, Lee Lancaster, Lucien Dallaire, Peg Farrell, Wendy Orloff, and Jennifer Rockwood, acting as secretary while Judy moderated.

1. Minutes from May were approved.

2. Council Reports

a. Circle of Representatives: Lee reported the COR discussion of the Coastline Village's informative and commonsense "Guidelines for Coming out of Quarantine." Anyone interested in taking part in the Villages Northwest (VNW) Resources for Re-Opening Document Committee should contact Althea at VNW. Transparency between VNW and the Villages continues to be implemented. Lee forwarded to VNW our Village's priorities, as assessed by survey. He suggested the EV Council also carve out time to discuss our Village's priorities. Village partnerships, such as the partnership between Pacific University, Habitat for Humanity and Viva Village, were discussed. Lee suggested Eastside Village (EV) start thinking about similar partnerships. Lastly, Lee spoke about a VNW Personnel Policies and Employee Handbook. EV member Mary Beth Young will work with VNW on developing this document.

b. Volunteers: Jenny reported that we now have 53 volunteers, of which 23 are members. No volunteer Training this month. We are still offering such services as rides to medical appointments, grocery shopping, prescription pick-up and yard assistance. This fact will be reiterated in the "Council Responses to the Stay-at-Home Order."

c. Finances: Wendy reported she is still unraveling the mysteries of the finances, but that "we have money." Jenny offered to share documents and login information. (Since the Council meeting, Zilda from VNW has offered to attend an upcoming Council meeting to clarify any outstanding questions.)

d. Office Operations/Club Express: Jenny reported the office is still on a four-day schedule (Monday-Thursday 10 a.m. to 2 p.m.).

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# THANK YOU, VOLUNTEERS!

Our EV Village community has an abundance of wonderful volunteers. We are full of gratitude for all of them. During this crisis, some of our volunteers need to practice self-care and shelter in place themselves. However, we still have many volunteers who have taken the necessary precautions and continue to deliver service with a smile to our members.

We would like to say a special “thank you” to the volunteers providing properly masked, sanitized services to our membership. We know who you are and we appreciate you.

*By Anne-Marie Dallaire  
EV Member*

Thank You!

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e. Marketing/Outreach: Lucien discussed the marketing poster he is developing with the cooperation of Mickie and Gerry MacNeill. He recently donated \$640 to the Oregon Food Bank at the suggestion of Vincenza Scarpaci; he used a photo of Jenny and Vincenza making the donation as part of marketing material on Facebook and NextDoor.

f. Membership: The Membership Affinity Group did not meet. Jenny got Council approval for a new scholarship member. We are currently using three of the Irwin Family Foundation grant scholarships.

g. Resource Development: It was decided to ask EV member Sheri Hall to represent EV with VNW and the NW Community Network. (She has subsequently said yes.)

### 3. Old Business

a. VNW Planning for Growth work group: Lee will keep the council apprised of any developments.

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there are more that I could join if I could just find the time! I don't like to spend a lot of time on the computer, but Zoom does help to fill some lonely spots.

In pre-pandemic times I received many rides to a variety of medical appointments, all of which are on hold for now. I am compiling a list of small household tasks for when it is safe to ask volunteers into my house. I wonder if that will ever happen.

It is helpful just to know that there are kind and helpful people to call upon when I just can't manage some task by myself.



*From Ann, Member*

Connections with EV have been even more important during the pandemic. I have participated in the coffee break, the happy half hour, book group, and the Food

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as Medicine course (which is a fantastic resource!) and climate crisis meetings via Zoom.

We have had neighborhood Zoom meetings and EV members helped make the plant and yard art sales benefiting the local food pantry a remarkable success. Telephone calls with other members have also increased connections.

Above all, it has helped to talk with others about the rapid pace of events with both the pandemic and the protests and discuss how we are processing this and ways to cope.

EV has been an invaluable resource!



*From Annette & Wilbur, Members Eastside Village* has been a great help to us, grocery shopping and picking up prescriptions, rides to doctors and a porch cleaning.

Spreading good cheer, as in Jenny's May Day bouquet.

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## CIVICS 101 Is BACK

Sponsored by SAGE (Senior Advocates for Generational Equity), JoAnn Herrigel, former Deputy Director of Elders in Action and EV Member, will host a virtual Civics 101 class via Zoom on July 7 from 1 to 3 pm.

Participants in this free, one session training will learn about the structure and operation of city, county, and regional government, engage directly with elected officials, and learn to advocate for issues of concern. Multnomah County Commissioner Sharon Meieran will be the guest speaker.

Attendance for this event will be restricted to ten people. Contact JoAnn now to reserve a spot.

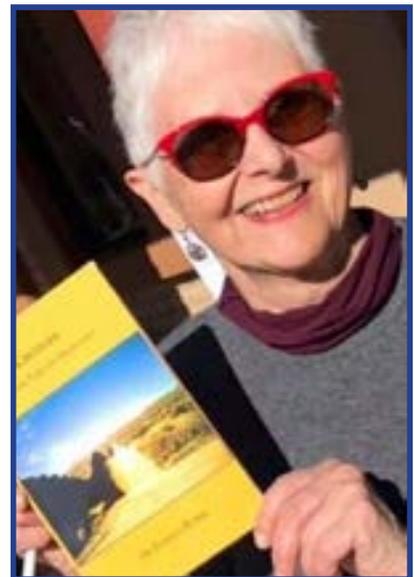
## EV READS: AUTHOR PAT RUMER

July's *EV Reads* program features Pat Rumer, author of *Choices: Death, Life and Migration*, is a social justice activist with fifty years' experience focused on Guatemala and immigration issues in the United States.

Her journey began as an AFSC Visa volunteer in Guatemala. Her book shares intimate stories of the people and places that have affected her justice journey.

One reader has said, "She lifts up the voices of people she has encountered along her way." Pat speaks to book groups and organizations interested in Central America, the current migration situation along the southern border of the United States, and the actions each of us can take to advocate for a more humane immigration policy.

Thursday, July 9, 2-3 pm.



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b. Survey responses: Judy is still discussing training for volunteers and members with Derianna Mooney and has Council approval to move forward on such training. Jurie is developing a Diversity training to be available to volunteers and members.

#### 4. New Business

a. Village Town Hall, Recruitment: Judy expressed the need to call all members once again with the double purpose of a check in, as well as recruitment. Jenny suggested the quotes she has gathered (How has EV supported you during the pandemic?) be used for recruitment.

b. Brief discussion of equitable inclusion: Jurie reminded us that our actions and statements are being observed by all, especially now.

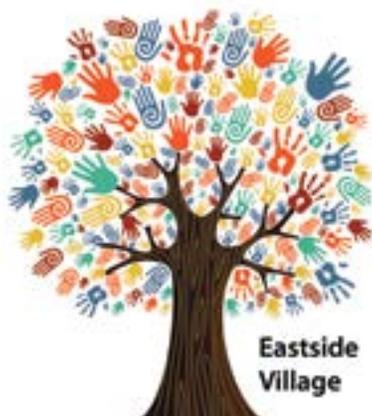
c. Zoom get-togethers: Judy reported we now have added a "Current Events Luncheon" which will meet on the second and fourth Tuesday each month. We also have a new "EV Reads" event that will be offered monthly, or possibly twice a month.

d. Silent Auction Fundraiser via Zoom: The Council discussed the kinds of things that might be auctioned and how a Zoom auction might be implemented.

e. Volunteer rewards: A suggestion by Vincenza Scarpaci to reward volunteers of longstanding with membership was discussed with no conclusion reached.

5. Adjourn. Craig Johnson will moderate the next Council meeting on July 8 from 1-3 p.m.

*By Jennifer Rockwood  
Submitted by Judy Ringenson*



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#### *From Derianna, Member*

I have found the extra times we have met via Zoom to be especially sweet and time worth being spent. Conversations in small groups are really special and we can help each other by reaching out.

I love how we help each other. The people who have come by are masked, share the same kind of preventative health steps I take, and we commiserate about our isolation.

I am fortunate to have a house mate who fills some of my isolation experience, yet it is peers of my close age group who mean so much more.

EV has certainly come to my rescue more than a few times by just being present with an EV member.

Thanks for asking. I feel I get services from our gatherings and the services I get from volunteers means so very much to me.

Hugs to all, Derianna.

# CALENDAR FOR JULY 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.

## 2 & 16

### EV Men's Lunch Bunch

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

## 8

### EV Council Meeting

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

## 3, 10, 17, 24, & 31

### Coffee Hour

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

## 9

### EV Reads

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

## 3

### RISE Circle Zoom Meeting

(R, MV) Join us for a discussion of different ways to carry on and stay in touch in our new world. Noon.

## 14

### EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *Little Fires Everywhere* by Celeste Ng. 10–Noon.

## 6, 13, 29, & 27

### Happy Hour

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

## 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. Noon–2 pm.

## 7, 21

### Current Events Luncheon

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

