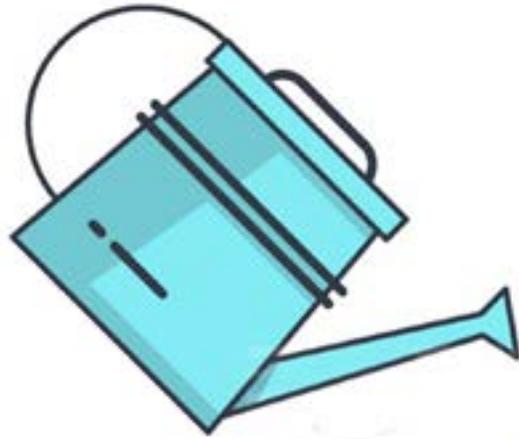
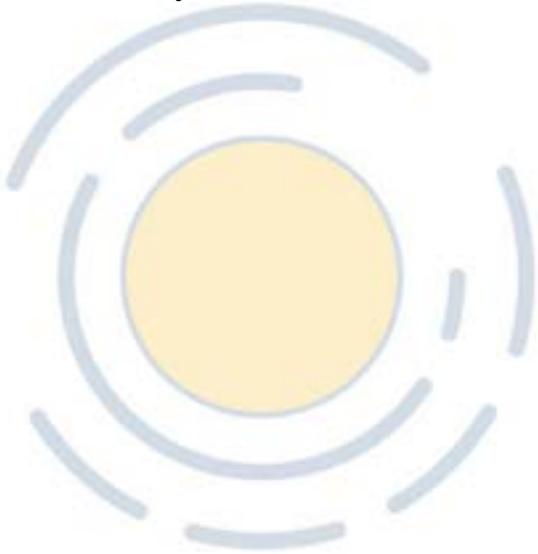




The Eastside  
Village VOICE

May 2020



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The Eastside Village VOICE is published monthly by Eastside Village PDX. EVPDX is a program of Villages North West, 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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# PLANNING FOR THE FUTURE OF EASTSIDE VILLAGE

As many of you probably know, Eastside Village is one among eleven Villages in the Portland Metro area that have been formed under the nonprofit Hub called **Villages NW**. Altogether, these eleven Villages have nearly 600 paid members.

Each Village operates independently to recruit members and volunteers, plan events, and provide services for its local members. Money collected from our membership dues goes to pay our costs for staff, office, events, and so on. A small percentage also goes to pay the overhead of the Hub.

Although membership in Eastside Village has been growing steadily, the world doesn't stand still. It's expected that future demand for services such as those our Village provides will grow exponentially, as more and more people retire. This is especially true now in the era of Covid-19 as economic and health concerns dominate all our lives.

We need to plan carefully for this next phase of our growth, and the EV Governing Council wants **your** input on that process at a virtual Town Hall meeting later this month.

You are invited  
to a virtual *Town  
Hall* on Friday,  
May 15<sup>th</sup>, at 3 PM.

At this meeting we hope to brainstorm ideas for managing our future growth and address ways that Eastside Village can thrive and help meet these increased needs.

Through their survey responses (see page 5), our members have spoken of the

importance of our Village's social programs and our staff and wonderful volunteers.

Among the specific topics that we would like to cover at this Town Hall are:

- Which social events and programs do you find most important?
- Are there social events and programs you would wish to add or expand?
- Which services do you find most important or would wish to add?
- When trying to recruit others to the Village, which programs and services do you emphasize?
- We now have 100 members. Villages NW speaks of 120 members as optimal for financing a Village's services. What do you see as optimal size for our Village?



EV's Governing Council needs *everyone's* input to brainstorm ideas for the future. We welcome your questions and/or comments in advance, which you can send to Jenny in the office.

None of us is as smart as **all** of us, so it's hoped that you will be there to add your wisdom to the discussion.

By Ann Kopel  
& Lee Lancaster

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## STAYING CONNECTED, EV-STYLE

As COVID-19 continues to spread throughout our communities, we are all adjusting to what it means to put our lives on hold. All of Portland's children, much of its workforce, and even seniors are connecting to their friends and families by video chats, texts, and emails. Life moves forward, but in a different way.

One component of Eastside Village's mission is to prevent social isolation and loneliness, so it was disheartening to cancel most of the events on EV's calendar. Fortunately, members of the Book Group (see screenshot of a recent "meeting" below) and the Mens' Group decided to continue to gather; we've even added weekly happy hours and coffee chats.

The difference is that we are now gathering using Zoom, a videoconferencing

service. Created for corporate webinars and meetings, it has become a lifeline for seniors and others who risk isolation during the coronavirus outbreak.

Joining a Zoom meeting is easy. All you need is a computer, tablet, or smart phone. If that seems too intimidating, you can simply dial in and join the meeting as you would any phone conversation.

Admittedly, it's not the same. Our virtual gatherings lack the same intimacy and kinship experienced in face-to-face gatherings. But it's important that we all stay connected and engaged. During this unpredictable and painful time, let's invent creative, meaningful ways of being together apart.

By Cary Hixon  
EV Member



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# MEMBER SURVEY: PART ONE

Our thanks to all you Members who have given us your thoughts and feelings about Eastside Village in your returned surveys! We truly appreciate your time and comments.

Looking at the responses of the 22 Full-Service members who responded, one unifying factor appears to be an appreciation of Eastside Village's office staff. Scores of 5 out of 5 were given by almost every respondent, often accompanied by remarks such as: "Jenny & cohorts are exceptional;" "Jenny is a loving, responsive person;" "Excellent, positive, knowledgeable, reliable;" "Very good. Takes time each time to talk to you."

It would seem that Jenny and those who work at the office are doing an excellent job. It is unclear if 59% or 70% of Full-Service members responded, since in the case of couples, one member may have responded for both.

Those Full-Service members who mailed back their surveys are using home services more than transportation. The home services they appreciate most are help with their computers and with small maintenance repairs. Volunteer drivers, who take members to medical appointments and to medical supply stores, are "life savers," as one member wrote.

Village-sponsored social events and programs get high marks for diversity and enjoyment. The responding members especially enjoy the Book Groups, including the children's book program; the nutrition



program; meditation and mindfulness sessions; the Climate Crisis Crew meetings; the sing-alongs; the Christmas potluck; the Men's lunches; and the poetry and play-reading group.

These activities earned scores of 5 out of 5 or 4 out of 5 from almost every respondent. Suggestions for new events were: board games, talent shows, reading children's books to members and their grandchildren, BINGO for prizes, poker games, scrabble games, dinners out, karaoke nights, Mardi Gras Party, BUNCO, St. Paddy's Party or event, the idea of a day used as service to others; Christmas caroling,

financial workshops, Halloween party, collage making; out-of-town day trips to Mount Hood, the Columbia Gorge, Oregon City, Astoria, etc.; home safety inspections; and movie nights or afternoons; current event discussions; lectures such as on Carl Jung; more video meetings, neighborhood teas, etc.

Almost everyone said they read the EV Newsletter on a regular basis. Members were very enthusiastic about it.

When asked for general comments about the Village, members responded: "I particularly like our conversations with exchanges on life  
Continued on Page 8.

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# COPING WITH CORONAVIRUS CABIN FEVER

If you're like most of us, you might have been struggling with feelings of loneliness and isolation brought about by the coronavirus lockdown. Many of us have turned to the Village's many virtual gatherings (as described by Cary Hixon on [page 4](#)). But others have come up with some ingenious ways to stay sane.

Member Roberta Badger-Cain interviewed several of our Members and Volunteers to see how they are weathering this "stay-at-home storm."



**Jon Feldhausen** takes walks regularly around the Reed College campus which has wide open spaces and is safer than walking on neighborhood sidewalks. He is also reading more, listening

to more music, and watching baking shows on TV for future use.

He does a lot of gardening, both at his community garden, and at his in-home container garden. He has gone back to doing some watercolor painting, but has spent much time exchanging fulfilling phone calls reconnecting with long-time friends from Europe to Singapore.



**Kait Skyler** made phone calls to all 18 members of her EV Eastsiders Circle when Covid19 became established. She worked at the EV Fix-It Fair and sent out over 40 Easter cards to friends.

She continues to spend her time checking on friends near and far via letters and/or phone calls, making it a mission.

She recently wrote a letter to her doctor and her nurse, thanking them and offering to lend an ear if they wanted

to talk. And her doctor called her back!

Kate watches much less TV and is focused on positive things.



**JoAnn Herrigel** has cut back her EV driving assistance, but is still providing rides for needed medical appointments, etc., while wearing a mask and gloves and having riders do the same while riding in the back seat. She also picks up and delivers prescriptions.

JoAnn especially enjoys Zoom Happy Hours with EV members and calling 8-10 EV people weekly. She also takes bike rides and walks in her neighborhood, listens to audio books, is taking an online Spanish class, and does creative cooking. JoAnn gets positive energy from helping others.

*Continued on Page 7.*

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Continued from Page 6.



**Cindy Bernert-Coppola**, a new EV volunteer driver, takes EV members to appointments and does grocery shopping for them as well. She also was one of the EV mask makers, having made 10 masks.

She is impressed by the distancing and sanitation measures of stores such as Trader Joe's on SE Cesar Chavez and the Portland Nursery on SE Division.

She enjoys biking, yard work, and putting in the family garden. She is happy when people stay safe using recommended precautions.

**Lindsey Fecteau** volunteers for EV and works from home. Despite the fact that a family member is high risk, Lindsey has offered to grocery shop for members and has done so, and is willing to make other important trips for our members.

She helpfully suggests that EV members and volunteers with some computer savvy get on the Fred Meyer "click list" to order groceries and pick-up in the designated place in their parking lot. Orders are usually ready the same day or one day out. Amazon Prime customers can get home delivery.

**Karol Kocksmeier** is doing a lot of gardening, walking and bicycling. She was also one of the EV volunteers who delivered masks. She is scheduled to pick up packages for an EV member.

Karol is nourished by nature, especially the light. She loves growing things, and notes that standing in lines at garden stores is well worth the effort. She is attuned to keep on growing and keep on going!

**Glenn Applegate**, a fix-it EV volunteer, can fix just about anything. Just before the isolation recommendation came down, Glenn replaced a faulty faucet for an EV member. Recently, he has delivered masks and has been making numerous phone calls to friends and relatives near and far.

He has also stayed active via Zoom events and is proud of his daughter who lives in Salt Lake who has set up Zoom for her University of Utah Hospital class for diabetics on what to eat and how to cook it.

How are *you* coping with the quarantine? We'd love it if you would share the things that help keep you sane. Drop a note to [editor@eastsidevillage.org](mailto:editor@eastsidevillage.org) and we might feature your coping strategies in a future issue.

## *PSSST!*

If you're reading this online (vs. from a sheet of paper), did you happen to notice something new? By popular demand, all "Continued on Page X" notes at the jump between one page and another are now actual links! If you click on them, you will be taken directly to the rest of the story.

Cool, hmm?

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# HOW TO USE THE EV MEMBER DIRECTORY

As members of EV, there's going to come a time when you're going to need another member's contact info. This information is all on the EV website and it's really easy to access.

The Membership Directory allows you to find the phone number, email and street addresses for members who choose to make their information available.

At the Eastside Village homepage, use the green **"Member Login"** button at the top right to log in

Click on the **"Members Only"** link in the toolbar (in the middle right side of the page)

A drop-down menu will appear, Click on the **"Membership Directory"** link

In the middle of the screen, there will be a box labeled **"Search"** with a yellow lightning bolt. If you click on

the **"Search"** button, you'll get a multi-page listing of ALL EV members.

Each page will show on a map where those listed below are located. These listings only show the person's photo (if they've uploaded one) as well as their contact information.

If you scroll down either to just below the map or all the way to the bottom of the page, you'll see a small box with **"Page 1 of 5"** surrounded by arrows. Use these arrows to move forward in the alphabetical listings.

If, however, you wanted to search for a *specific* member, type the member's first or last name in the **"Search Text"** box, then click **"Search."** This time, you'll only see that member's email and phone number.

If you would like someone's street address or other information about them (assuming that they've given permission for it to be displayed), you would just click on their picture to have it come up.

If you should wish to update your own listing, you'll notice small pencils to the right of the page. Click on one of them to include a brief biography to help us get to know you better.

By Jennifer Rockwood  
EV Office Manager



*Continued from Page 5.*  
events and skills." "I love my Village! I love our volunteers." "So grateful for so many, lovely, kind, respectful, educated folks who make my life better!" "Being a member of the Village has given me the ability to get to places I need to be. I am no longer driving and miss my independence and freedom of movement but the Village support is very helpful." "Very happy with Eastside Village drivers and providers of

services. All are excellent. Coordination is great – people go beyond the call of duty."

At least eight of the respondents are also vetted volunteers, as well as qualifying for services of their own.

In subsequent Newsletters, we'll be presenting the responses of our Social (Associate) Members and Volunteers.

By Judy Ringenson  
EV Member

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# EV MASK HEROES TO THE RESCUE!

In less than a week last month, Members and Volunteers of Eastside Village made and delivered **156 masks** (140 to Members, 16 to non-Member Volunteers).

The **Calling Team** (Claire Cofsky, Ellen Howard, Marilyn Lipko, Phyllis Wishnie, Susan McCall) started the process off by contacting every member and volunteer to see who needed masks.

They were followed by the **Material Donation Team** (Charlotte Sarlos, Derianna Mooney, Liz Dally & Jim Houser, Peg Farrell, and Sidne Lewis), the **Finance Team** (Carolyn

Hoffman and Vincenza Scarpaci), and the **Sewing Team** (Ann Gaffke, Carlotta Richard, Cathy Bear, Char McKay, Cindy Bernert-Coppola, Jenny Rockwood, Mary Beth Young, Peg Farrell, Sharon Grady, Teresa Barthelemy, and Wendy Orloff).

Next up were the **Delivery Team** (Doug McCanne, Glenn Applegate, Jim O'Connor & Vickie Lind, Judy Ringensen, Julie Moore, Karol Kocksmeier, Kit Siegel, Lucien & Anne-Marie Dallaire, Susan McCall, and Vincenza Scarpaci).

Way to go, Eastside Villagers!!



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# #GIVINGTUESDAYNOW

*GivingTuesday* was created in 2012 as a simple idea: a day that encourages people to do good. Over the past seven years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

*GivingTuesdayNow* is a global day of giving and unity that will take place on May 5<sup>th</sup> as an emergency response to the unprecedented need caused by COVID-19.

This new day is being held in addition to the annually scheduled *GivingTuesday* event that will still take place on December 1<sup>st</sup>. In partnership with *GivingTuesday's* global network of leaders, partners, communities, and generous individuals, this event is set to spark an increase in grassroots generosity, citizen



*You are welcome to join other EV Members and Volunteers in helping to support the Oregon Food Bank, a local and very hard-pressed organization working to keep people fed in this time of pandemic. All contributions sent to the EV office designated as "for OFB" will go into a special fund to be sent in its entirety to OFB on GivingTuesdayNow.*

engagement, business and philanthropy activation, and support for communities and nonprofits around the world.

People can show their generosity in a variety of ways to participate in *GivingTuesdayNow*. Whether it's helping a neighbor, advocating for an issue, sharing a skill, or giving to causes, every act of generosity counts. The movement is currently focused on opportunities to give back to communities and causes in safe ways that allow for social connection and kindness even while practicing physical distancing.

*GivingTuesdayNow* is an opportunity for people around the world to stand together in unity; to use their individual power of generosity to remain connected and heal.

[now.givingtuesday.org/](http://now.givingtuesday.org/)



## PERPLEXED IN PORTLAND

Like most of us, you got your ballot for the May 19th Citywide Primary Election in the mail recently and put it aside to look over later. If you had opened it, you might have been astounded to see 19 Mayoral candidates. **19.**

If this has you scratching your head, you might want to join Eastside Villagers for a virtual discussion of the Mayoral candidates and other races and ballot measures on Wednesday, May 6<sup>th</sup> at 3 PM. (Sign-in details at the EV Events Calendar.)

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## RAINBOWS IN WINDOWS

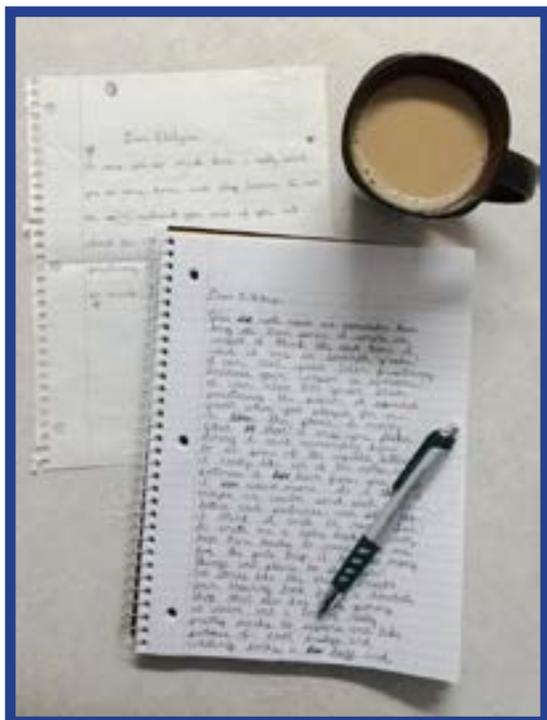
Have you seen them? Whether hand-drawn or colorfully printed, rainbows are popping up in windows everywhere. All over the world, right now, folks are coming together in spirit even while physically distanced to lovingly reassure one another with brilliant colors.

Rainbows in windows are beautiful and to see them alone is a joy, but they carry with them a promise.

The rainbows shine as a reminder of hope: we are in this together, the storm *will* end, and we will come out again on the other side.



## PEN PALS, ANYONE?



Recalling the days of Jane Austin or Benjamin Franklin, or even the Depression Era years of the '30s, the idea of pen pals kept coming to our minds. ("Our" in this case being the members of your Governing Council.)

What if, in this time of diminished social interactions and increased risk of isolation, we were to revive the old custom of hand-written letters between two people?

Regular letters, not those once-a-year holiday types. Ones that asked and answered questions, that fostered friendship and a sense of shared experiences.

Communications that depended on nothing more complicated than the availability of pen and paper.

Would anyone be interested in such a thing? Would you?

If you'd like to be part of our small experiment, please send a note (with "Pen Pal" in the subject line) to Wendy Orloff by May 8<sup>th</sup>. She will randomly pair you with another participant, send you each other's contact information, as well as some "tips for successful pen pal-ing."

# CALENDAR FOR MAY 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.

**6**

## EV Council Meeting

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

**7 & 21**

## EV Men's Lunch Bunch

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

**1, 8, 15, 22, & 29**

## Coffee Hour

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

**15**

## Virtual EV Town Hall

(R, MV) Help plan EV's future. 3 pm.

**4, 11, & 18**

## 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.

**30**

## 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.

**12**

## EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *Boston Girl* by Anita Diamant. 10–Noon.

