

Eastside Village Voice



October 2017

MARK YOUR CALENDARS FOR THE EV ANNUAL MEETING

By now you should have received the notice about the **Eastside Village Annual Meeting** to be held on Saturday, October 7th, from 1-3 PM at Tabor Space on Belmont. This is an important opportunity for all members of our Village to hear where our money goes, vote on changes to the bylaws, elect new Governing Council members, and hear stories from your fellow members of their volunteer experiences with Eastside Village.

On top of all that, it will just be a wonderful chance to visit with friends and meet new members.

While we have a nearly full slate of wonderful members who have volunteered to serve on the Governing Council during the coming year, one important piece is still missing: a Treasurer. You need not be an accountant to apply as the duties are fairly standard: documenting incoming checks; preparing check requests for Village NW; and working with the Governing Council to draft and approve the annual budgets.

If you think you might be interested in serving as Treasurer, but need more information, please feel free to contact Mary

Bedard (maryb.cdp@gmail.com) or JoAnn Herrigel (herrigelj@alum.mit.edu).

Speaking of the Treasurer probably got you thinking about your dues. Have you ever wondered what your dues pay for? If the Village is a volunteer-based organization, why do we have to charge annual fees? We're glad you asked.

Here are just a few things your annual fees pay for:

- Rent and utilities (phone/internet) for our office at Cora Street
- The salary for our 20 hour/week office staff
- Insurance to cover our Governing Council officers and our volunteers
- Fees for our database
- Office supplies, stamps, and printing costs
- Advertising and outreach materials
- Event space rental

So mark your calendars and join us. If you need transportation, please contact the office by October 4th to ensure that we can fill all requests. See you there!

Atul Gawande Event a Success

Over 60 people from Northeast, North Star, and Eastside Villages attended the live-streamed talk by [Atul Gawande](#) at the PCC Workforce Training Center on September 25. Nearly 200 Villages and over 7,000 viewers from all over the U.S. and across the world celebrated the 15th Year anniversary of the Village Movement by participating in this event, streamed live from Boston.

Prompted by interviewer Robin Young of NPR's [Here and Now](#), Dr. Gawande shared stories about senior communities and Villages from across the U.S. that "enable wellbeing" rather than simply ensuring "health and survival." Referring to parts of his book, *Being Mortal*, Gawande told of unique housing models designed by [Dr. Bill Thomas](#), as well as one community that gave each resident an animal, bird, or plant to care for in order to instill purpose into their lives.

As one Village member shared, "Atul Gawande was inspiring and really gave our members a great sense of being part of something important! Beacon Hill Village's willingness to share this event speaks to the heart of the Village movement ... helping each other is what growing older and growing Villages is all about."

Many thanks to NE Village Chair, Margaret Baldwin for facilitating the live stream technology for this event!

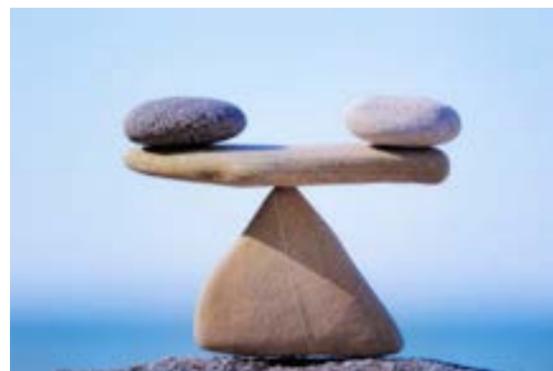
Women's Discussion Group

Members of Eastside Village Women's Support/ Discussion Group invite newcomers to join them for their next meeting.

The group meets once a month for two hours at a member's home and discuss topics of interest, e.g., our own aging process, or other individual personal challenges. We listen to each other with respect and compassion and learn from each other as life happens around us.

We have no formal leader and our discussions encourage friendship and TLC. We hope to evolve as more members join and share their thoughts about what works best for them.

Our next meeting will be Monday, October 23rd, at 2 PM at Vincenza Scarpaci's house. Please call with questions (503-384-2381).



Meditation and Mindfulness

EV member Janice Roggenkamp has offered to lead a monthly Meditation and Mindfulness gathering for Eastside Village members. A time of sitting in silence will be followed by dialogue, deep listening, and discussion of the book *The Grace in Aging*, by Kathleen Dowling Singh. We sit together to find our own inner place of security, equanimity, wholeness, and self-acceptance.

An EV member who participated in this group in the past says: "The class helps create peace of mind and put me in touch with divine infinite possibilities as well as draws her closer in community to the class leader and all participants."

The group will meet on the 4th Monday of each month from 9:30 to 11:30 at Janice's home. Members are asked to call beforehand if interested in participating.

Janice Roggenkamp is a retired psychologist and is a trained and certified spiritual director. She has also received training in mindfulness meditation and centering prayer, and has led a number of meditation and contemplative prayer groups and retreat groups.

New Speaker Series

Eastside Village is beginning a new educational series to be held each month at Impact NW, SE 46th and Belmont. We will kick off the series on October 19 with a presentation by the Providence Stroke Center on "Signs of a Stroke." The talk will begin at 10 AM and will be held on the lower floor of the building. An elevator is available on site.

Future talks will include such topics as the benefits of hearing tests, fraud and scam prevention, and the new HomeShare program hosted by Ecumenical Ministries.

Got a topic or a speaker you'd like to propose...? Call the office or send an email to [JoAnn](#).



Derianna Mooney generously offered her backyard for September's potluck. An abrupt end to summer shifted our backyard gathering indoors. Good conversation and delicious food were on hand.

Aging Well Conference

The 2017 Aging Well Conference: Toward Resilience will be held on October 21 from 9 AM to 4 PM at the University of Portland's Buckley Center at 5000 N Willamette Blvd.

Sponsored by [Age Friendly Portland](#) and Multnomah County, this free event will include a panel on Villages in the Portland metro area as well as sessions focusing on emergency preparedness, accessible transportation, and managing chronic conditions. Visit [Aging Well Conference](#) for more information and to register.



Member Spotlight: Fran Daggett

Cary Hixon recently sat down with the charming Fran Daggett to discuss her life and her thoughts about Eastside Village.

How did you first hear about Eastside Village (EV)?

I attended an open house when Eastside Village was still in the early stages of development. At the time, its southern boundary was at Powell and my husband, Rod, and I lived south of Powell, outside of the boundary. My neighbors and I decided to organize and create a second village that would service our neighborhood and others who were south of the Eastside Village boundary. One neighbor who was instrumental to our success was Jin Darney.

I hosted several gatherings but it was really Jin that I credit with our success. She is the one who made things happen. The group decided to name it *Rise Village* (for Reside in SouthEast). We got some nice coverage from local news outlets and that generated a lot of interest, but eventually we decided our best option was to merge with Eastside Village, resulting in one larger village that extends from I-84 all the way to the Clackamas County line.

Although my term is about to expire, I have served on the EV Governing Council as Member at Large for the area that was originally RISE Village.

What interests you about the Village?

The mission. Like most, I love the idea that we can stay in our own homes while we age. But more importantly, I have enjoyed the social activities and appreciate that Eastside Village is really becoming a community. It's that sense of community that keeps me engaged.

What are your interests? What activities and/or groups are you active in?

I love to read and enjoy music and playing bridge. I like going out to breakfast, so I host the monthly breakfast gatherings at Toast. I try my best to exercise regularly.



I also enjoy having Village events at my home and host the monthly General Council Meetings.

How long have you lived in Portland?

I've lived here for 42 years total, 28 of which were in the home I shared with my husband on Tindall Circle. I just downsized a couple of months ago and moved to Calaroga Terrace, a move that Eastside Village made so much easier. Moving is never easy but volunteers from Eastside Village made this move much easier.

What else would you like EV members to know about you?

I was a social worker for DHS for Multnomah County for 14 years, where I worked with children in foster care. I have two daughters: Robin lives in Portland and is in graduate school; Leslie lives in Kansas City, Missouri, and is a realtor. I have five grandchildren, including a set of triplets!

October Library Events in the Eastside Village PDX Neighborhood

To register, call 503-988-5123. All events are free of charge

Belmont Library

1038 SE Cesar E. Chavez Blvd.

Anti-Aging Lifestyle Workshop

Learn how to improve your physical and mental well-being with the health secrets of functional and natural medicine. The lecture includes the scientific principles of nutrition and lifestyle for optimal health and longevity.

Wednesday, October 18, 6:30-7:30 PM

(registration opens September 27)

Stewardship Conversations to Help Younger and Future Generations

SAGE Stewardship Conversations are informal get-togethers to spark a meaningful discussion about our communities' future. We ask guests to share a little background about their own lives, opportunities they had when they were younger, and any concerns they have about the challenges facing younger and future generations. The group then explores solutions, including causes and initiatives that align with each guest's interests and concerns.

At the close of the conversation, SAGE highlights meaningful volunteer opportunities with local nonprofits that work on issues of importance to future generations. When learning about one another's interests and concerns, guests may forge a deeper connection with friends and neighbors to share ideas about giving forward. Our only expectation is that guests feel comfortable sharing their personal stories and views in a cordial and supportive atmosphere.

Sunday, October 22, 2-4 PM (register online with [SAGE](#))

Holgate Library

7905 SE Holgate Blvd.

Medicare Workshop

The 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. Come, get informed and ask questions to get more comfortable with Medicare insurance.

Sunday, October 15, 12:15-1:45 PM

(registration opens September 24)

How to Plant Terrariums

Come learn the history, the science and the art of high humidity, totally enclosed terrariums and leave with a beautiful terrarium of your own.

Monday, October 16, 12-2 PM

(registration opens September 25)

Midland Library

805 SE 122nd Ave

West Coast Hurricane: The Great Columbus Day Storm

The greatest natural disaster to hit the region, this extratropical cyclone devastated the Pacific Northwest in the fall of 1962. The widespread destruction and long, costly recovery left memorable stories of survival and resilience and important lessons for the future. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Sunday, October 1, 2-3 PM (first come, first served)

Thousand Star Hotel with author and poet Bao Phi

Poet and former slam champ Bao Phi will read from his second book of poems, *Thousand Star Hotel*, at once a resistance to the erasure of Asian Americans and a loving time capsule to his daughter.

Saturday, October 7, 2-4 PM (first come, first served)

DIY Insulation Workshop

Learn how to weatherize a flat attic. This workshop covers all stages of the insulating process.

Saturday, October 14, 10:30 AM-1 PM

(registration opens September 23)

Felted Acorns

Make a festive garland of felted acorns. The acorns will be wet-felted wool balls attached to real acorn tops.

Wednesday, October 18, 6-8 PM (first come, first served)

Anti-Aging Lifestyle Workshop

Learn how to improve your physical and mental well-being with the health secrets of functional and natural medicine.

Saturday, October 21, 11 AM-12 PM

(registration opens September 30)

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The Ernest Harps Mystery: A Portland Ghost Story

Eleven-year-old Ernest Harps appeared on the front page of newspapers in 1909 due to the unexplainable happenings that swirled around the child. This paranormal history lecture will focus on this seven-day wonder, or perhaps his poltergeist playmate. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Saturday, October 28, 2-4 PM (first come, first served)

Sellwood-Moreland Library

7860 SE 13th Ave.

Make Yourself a Hat!

Sew yourself a warm hat for this winter! Artist LeBrie Rich will bring five sewing machines along with hand-sewing supplies. We'll have patterns and fabric ready for you. Extra hats that we make will be donated to those in need. Let's craft together! No experience necessary.

Saturday, October 14, 2-4 PM (registration opens September 23)

Woodstock Library

6008 SE 49th Ave.

Weatherization Workshop

Anyone can make weatherization improvements at home—whether you own or rent, whether you're in an apartment, mobile home or house—you can make basic improvements to make your home more comfortable by saving energy and money. Learn how to implement simple measures to lower home energy use by installing effective weatherization materials using basic tools such as scissors and a screwdriver. Each participating income-qualified Multnomah County household receives a free kit of materials. The kit includes reusable vinyl storm window kits, door weather stripping, pipe insulation, rope caulk, and more.

Tuesday, October 24, 5:30-7:30 PM

(register online with the Community Energy Project)

Note: In the event there are not enough people pre-registered, the program will be cancelled.

Anyone's Domain: A Writing Workshop

Poetry is not the domain of just a few. It's as natural and accessible as heartbeat and breath. Writing poetry requires nothing more than a love of words and a willingness to let your pen move across a page, following language wherever it takes you. Join Paulann Petersen in a workshop devoted to generating new poems. Using innovative springboards that include notable poems, we'll make an exhilarating plunge into language. For teens and adults.

October 28, 2-5 PM (first come, first served)

Need a Travel Sidekick?

You may remember Stephenie Frederick from our August newsletter. She's one of our newest members and has already found a way to help our Village by volunteering to be our "Travel Sidekick."

Perhaps one or more of the following categories applies to you and would be of interest:

- Never used Tri-Met? Stephenie can help you find your nearest bus stop, locate schedules, and navigate between the buses, trains, and streetcars. Learn how Tri-Met can accommodate your walker, bike, wheelchair, etc.
- Do you have a smart phone and want to learn how to use it to be more efficient on Tri-Met? Stephenie can help you use your phone to find trip planners, set up delay alerts, pay your fare without having to find exact change, etc. Smart phones make Tri-Met travel so easy!
- Are you ready to add Uber and Lyft to your travel repertoire? Stephenie will help you use your phone to schedule a ride and even join you for your inaugural voyage.



If you'd like a travel sidekick, just call the office and we'll connect you to Stephenie.

Oh, what adventures you'll have!

The *Eastside Village Voice* is published monthly by **Eastside Village PDX**.

EVPDX is a program of **Villages NorthWest**, a 501c3 nonprofit, which serves as the Hub for a network of community-based Spoke Villages in development across the Portland Metro-area.

www.eastsidevillage.org | 503-866-0571
info@eastsidevillage.org

JoAnn Herrigel, Governing Council Chair
Peg Farrell, Newsletter Editor

Free Smoke Alarms Available

Portland Fire & Rescue (PF&R) received a grant last year from the Federal Emergency Management Administration (FEMA) to install 250 free specialized smoke alarms in the homes of people who are deaf or hard of hearing. The smoke alarms—that flash, shake, and wake—work with standard smoke alarms to alert individuals to the presence of fire or carbon monoxide. This program is only for persons living in the City of Portland.

PF&R still has 60 of these specialized smoke alarms available which will be provided on a first come, first served basis to those qualified individuals who submit an application with all appropriate paperwork. Special installation priority may be given to people with multiple risk factors.

To apply, complete the [online application](#). For questions regarding the program or to get help filling out the application, contact PF&R at smokealarms4safety@portlandoregon.gov or 503-823-3752.



September Work Party

Our September work party was held at JoAnn Herrigel's home to help clean up her front yard for fall. Three volunteers joined Jo and her husband, George, for two hours of chopping and pulling. George and JoAnn were thrilled with the help they received!

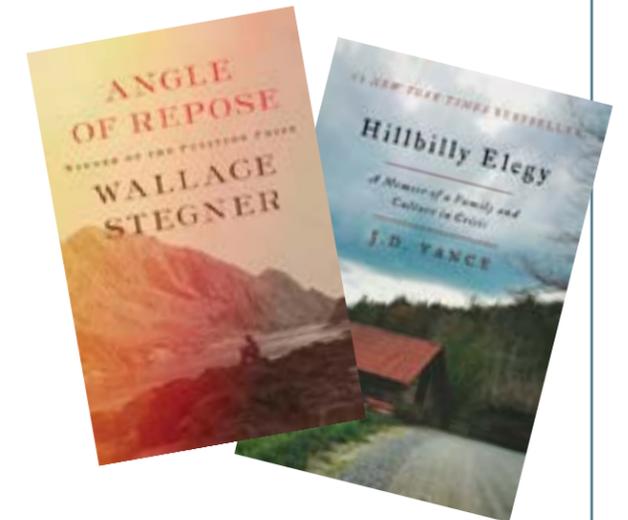
This month's work party will be at Jana's home on October 15th. Register online to help out.



Book Group Update

The Eastside Village book group has chosen *Angle of Repose* by Wallace Stegner for this month's selection. Most of the group has already read the book, but welcomed the opportunity to revisit it. The group will meet on October 10th at 10:00 AM at Ellen Howard's home.

For those of you who like to read ahead, we have chosen *Hillbilly Elegy* by J.D. Vance for November's meeting.



1	2	3	4	5	6 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	7 1 – 3 PM Annual Meeting Tabor Space Dining Room (5441 SE Belmont St)
8	9	10 10 AM – Noon Book Group (Ellen Howard's home: "Angle of Repose" by Wallace Stegner)	11 9 – 11 AM Breakfast at Toast (5222 SE 52nd Ave)	12	13	14
15 10 AM – Noon October Work Party (call office for details)	16	17 6 PM Potluck Dinner (Marilyn Harlin's home)	18	19 10 AM EV Speaker Series: Signs of a Stroke Impact NW (SE 46th & Belmont)	20 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	21 10:30 AM Eastside Village Info Session Woodstock Wine & Deli (4030 SE Woodstock Blvd)
22 2 PM Women's Support Group (Vincenza Scarpaci's home)	23 9:30–11:30 AM Meditation & Mindfulness (Janice Roggenkamp's home)	24 9:30 AM Coffee with NE Village Café Fleur de Lis (3930 NE Hancock)	25	26 2–4 PM From Proper Portland To Portlandia Encore-preneur Cafe (1548 NE 15th Ave)	27	28
29	30	31	<h1>October Village Events</h1> <p>Listings with asterisks (*) are for EV Members only</p>			