



GREETINGS FROM THE CHAIR

Here's to those always incredible and exuberant May flowers! Finally!

First off, thanks to all the members and volunteers who came to our Spring Member Meeting! It was well-attended, and we heard very good comments about the event. Special thanks to Kim Kosmas from Portland Fire & Rescue, who gave a talk on home fire safety. She had lots of useful and timely information, including a program that provides free smoke alarms specially designed for hearing or sight-impaired folks. There are other free services available, and the office has extra brochures and information if you'd like to stop by and pick some up.

Other highlights of the Meeting include:

- Special recognition of our wonderful drivers and other outstanding volunteers. Each was presented one of our newly designed Eastside Village coffee mugs in appreciation
- Recognition of the hard work done this year by our Governing Council members, and by Peg Farrell, Ellen Howard, and Cindy Meacock who organized the member meeting. Bouquets were presented to them all.
- Financial report: We're on budget, although our revenues are not up to our budget expectations, our expenses so far have been lower than expected
- A reminder of the "Each One Reach One Campaign." For every new member that an existing member brings in, the existing member will receive an entry into a drawing for a free 1-year membership! Drawing to be held at the Fall Meeting.

➤ An appeal by member Annette White-Parks for support for Rose Haven's annual **Reigning Roses 5k Fundraising Walk** on Mother's Day, May 13. Rose Haven provides support to Portland women and children facing loss of home, abuse, and other disruptive life experiences. For more information and to register go to www.makeitreign.org/event/reigning-roses/e169941.

➤ An announcement of member Jana Demartini-Svoboda's upcoming June exhibition at the [Blackfish Gallery](#).

➤ An opportunity for last-minute voter registration thanks to Claire Cofsky.

➤ A special announcement of "Coffee Break," a new virtual get together for EV members and volunteers. See page 2 for more information.

➤ An exciting raffle, including products and services from local businesses, such as Hawthorne Auto Clinic, McMenamin's, and several local hardware stores.

➤ A reminder of upcoming warm
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weather outreach opportunities. Farmers markets and street fairs will be starting soon, and we'll need people to help staff our information tables.

I always enjoy seeing our members and volunteers at these events, putting faces to names that I see on the administrative end of things. It seemed like the Meeting attendees had a great time, too.

As always, thank you for your support, and happy May!

Mary Bedard, Chair



Eastside Village's Newest Program: "COFFEE BREAK"

Would you like to keep up with what's happening in our Village? Meet other members and volunteers? And do all this without leaving your home?

Join host Linda Safran for **COFFEE BREAK**, the virtual meet-up! Attend the Coffee Break meeting from the comfort of your home, simply by using your phone to call in. OR use your computer, tablet, or smartphone to click a link to enter our virtual "room."

The first meeting will be on Tuesday, May 15TH, 10-10:30 AM, and will feature an interview with Quince

Affolter. Quince is a trainer, consultant, and Positive Aging Specialist for "Creating Home as You Age." She is also a volunteer driver for our Village.

The Best Part? You don't need to GO anywhere to join us! You can "attend" Coffee Break by calling a GoToMeeting number you'll receive after registering and entering an Access Code. OR you can click a link you'll receive after registering. It will take you to our Virtual Coffee Break Room where you'll see other EVs on your screen and, if you want, be seen too.

Registration by May 13th is **required**. Call the EV Office (503-866-0571) or write to info@EastsideVillage.org. You'll receive a call from the host, Linda Safran, who will teach you how to use GotoMeeting if you haven't used it before.

Questions? Contact Linda at Lsafran@umich.edu or 971-888-4340.



Spring Member Meeting a Great Success

Over forty Eastside Village members came out to the Spring Member Meeting held last month. There were announcements, a guest speaker, tributes to our super volunteers (especially the drivers), Governing Council updates, and *dozens* of raffle prizes.

Special thanks to Eastside Village members Peg Farrell, Ellen Howard, and Cindy Meacock who volunteered to organize the event. Many of our members volunteer in various and necessary ways; our Village would not exist without their generous contributions.

Our guest speaker, **Kim Kosmas** (Sr. Public Education Officer, Fire Inspector, *and* Firefighter; Portland Fire & Rescue), gave tips and advice on how to stay in our homes *safely* as we age. She brought many handouts on various topics; extras are available in the Village office.

Another of our members, **Linda Safran**, spoke eloquently about the positive impact Village volunteers have had on her life. When she retired from



Kim Kosmas, Portland Fire & Rescue, speaks to Eastside Village Members

a career in non-profit fundraising in 2014, Linda moved to Portland from the East Coast to live near her family here. She had been following the “Village Movement” since its beginning in Boston and was happy to know Portland was forming its own villages around that time.

Linda joined Eastside Village in 2016 as a social member; when several surgeries and progressive MS made driving a challenge, she became a service-receiving member. Like many migrant grandparents, she had left a network of long-time friends. Through participating in Eastside Village, she feels she has met so many interesting people whom she would never have met otherwise.

And—like Peg, Ellen, and Cindy—Linda is a member who also volunteers. The Village’s services and its empowering spirit enable Linda to act on her new motto: “Bloom where you are transplanted!”

“We all know Villages helps seniors by building a supportive community. But another part of Villages’ mission is to serve people with disabilities. The services Villagers provide are very helpful to those of us with disabilities, but what has been even more uplifting is the spirit of real friendship in which this help is given every day by the Volunteers. You are the HEART of Villages.

“The kindness and caring you offer with each ride, each assignment, goes a long way. Not only are you helping someone with a specific task such as getting from point A to Point B, you are also helping us service-receivers feel whole, especially on days when we know we are not. Thank you.”



What's Happening?

Just a Number: An Aging and Intergenerational Friendship Conversation. Friday, May 4th, 2 PM. SE Uplift, 3534 SE Main St. Join independent scholars Jennifer Sasser and Simeon Drefuss as they lead an open discussion about how we experience aging in community. How do we acknowledge both the universality of aging and the differences we experience? How do we create meaningful connections with others of different ages and life states?



It's spring migration and time for birdwatching on Mt. Tabor. Join volunteers Quince Affolter and Sue Stadler on Thursday, May 10th, at 8:30 AM for 1-2 hours of bird identification, bird songs, and bird stories. We'll meet rain or shine at the parking lot near the Mt. Tabor Caldera. Bring binoculars and a bird book if you have one. Members only; please register online or through the EV office: 503-866-0571.

With the approach of summer, Eastside Village will once again host monthly potlucks in a members' backyard. It's a great chance to meet and talk with other members and share wonderful food. The first potluck of 2018 will be on May 15th, 6-8 PM at Jo Ann Herrigel's home. You may sign up online or by calling the office.



Join Village members for a reprise of last winter's fabulous Sing-A-Long: Friday, May 18th, 1-3 PM. Quince and Sue will provide songbooks, but if you'd like the group to do one of your favorites, bring along 10 copies. Space is limited, registration required. Call the office to register or with questions.



Mark your calendars for Wednesday, June 13th! That's the day that Eastside Village will receive **50%** of all sales from McMenamin's Bagdad Pub (adjacent to the Theatre). Come for lunch! For dinner! For a pint! Invite your friends!

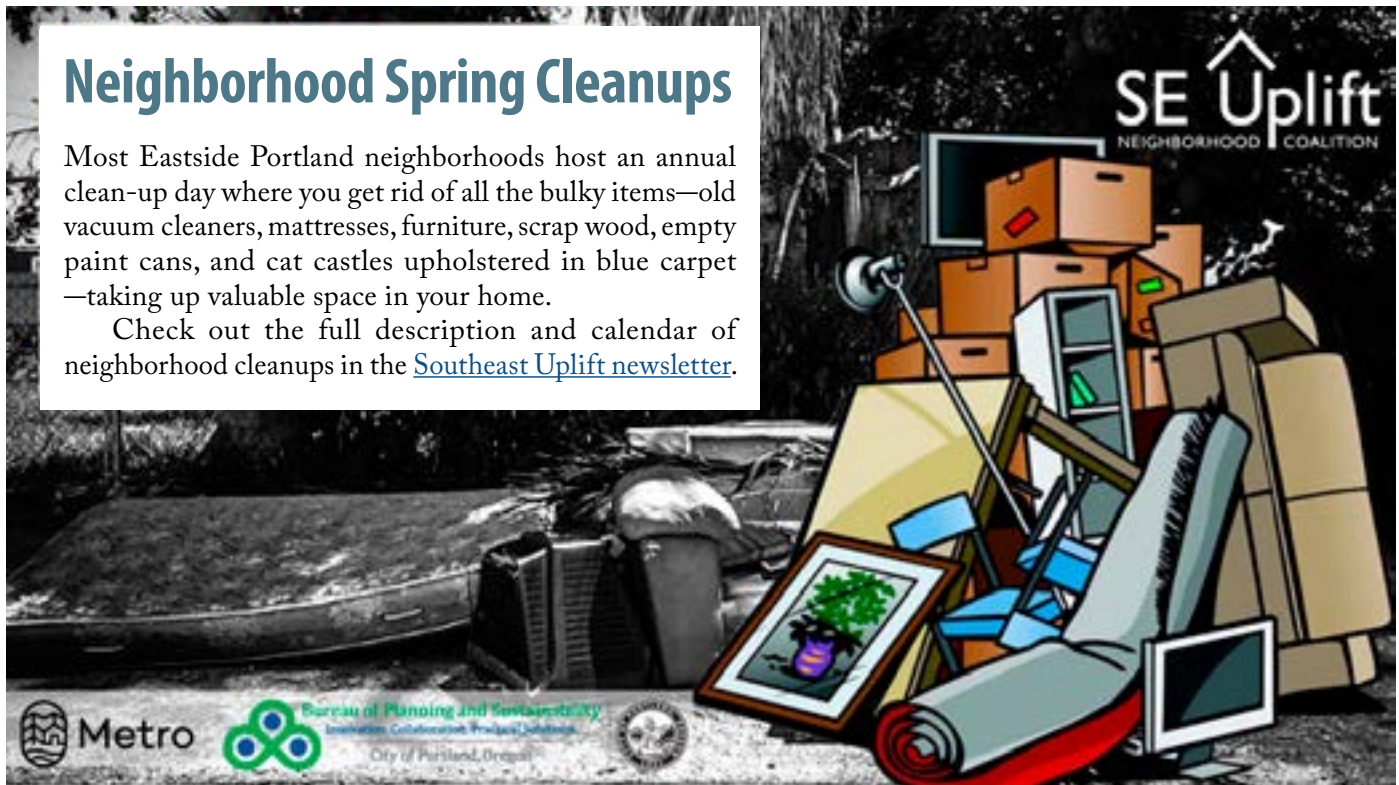
North Star Village is sponsoring a workshop for people caring for a loved one with dementia or serious illness on Saturday, June 16th, 10 am-3:30 pm, at St. Andrew Community Center, 806 NE Alberta Street. The \$10 fee includes lunch and raffle prizes. Jill Williams, the facilitator, is a North Star member. For detailed information and to register visit: bit.ly/2qsfMyq



Neighborhood Spring Cleanups

Most Eastside Portland neighborhoods host an annual clean-up day where you get rid of all the bulky items—old vacuum cleaners, mattresses, furniture, scrap wood, empty paint cans, and cat castles upholstered in blue carpet—taking up valuable space in your home.

Check out the full description and calendar of neighborhood cleanups in the [Southeast Uplift newsletter](#).



Medical Equipment Virtual Lending Library.



Party A needs medical equipment for a limited amount of time. Party B has leftover equipment from past medical needs stored at home. Seems like there should be a way to connect Party A to Party B. Hmmmm....

We've done it! We've created a virtual Medical Equipment Lending Library on the [EV Member Forum page](#). It works like this: if you need a piece of equipment, post your needs on the Forum. If another member has that equipment, he or she should reply to the post. If the equipment has to be transported and neither member can provide the transportation, contact the office and we'll arrange the transfer. (And if you don't know how to post on the Forum, call the office and we'll do it for you.)

So what could this Library include? Things like walkers, wheelchairs, canes, crutches, shower chairs, commodes, beds, or anything a member needs while recovering. Please note: The office is NOT storing the equipment, but simply matching those who *need* equipment with those who *have* the needed equipment.

EACH ONE, REACH ONE

Membership Campaign

EASTSIDE VILLAGE is excited to kick off its 2018 “Each One, Reach One” Membership Campaign. Our goal is to double the membership of Eastside Village by January 2019. Increasing the membership of Eastside Village will bring new energy, fresh ideas, and additional resources to our Village.

THE CHALLENGE is for each Eastside Village member to sign up at least one new member to Eastside Village within the next 12 months. Each Eastside Village member that brings in a new member will be placed in a drawing and be eligible to win a one-year free membership to Eastside Village.

You can help us meet our goal in the following ways:

- Encourage a friend, neighbor, or relative to become a member of Eastside Village.
- Invite a friend, neighbor, or relative to join us for an Eastside Village activity.
- Host an Eastside Village Information Session in your home for friends, neighbors, and relatives.
- Serve as an ambassador for Eastside Village at community events.

For additional information, contact the Eastside Village Office at: 503-866-0571 or info@EastsideVillage.org

CAN WE COUNT ON YOU TO COMMIT TO OUR “EACH ONE, REACH ONE” CHALLENGE?

Summer Outreach Opportunities

Eastside Village will once again staff information tables at area farmers markets and street fairs this summer. It's a great way to meet folks and is an excellent opportunity for people watching, all in the good company of another volunteer.

The first opportunity is Sunday, May 20th, at the Montavilla Farmers Market. Sign up online for a 2-hour shift or call the office. The first and last shifts put up or take down the tent and table, as needed.



May Library Events in the Eastside Village PDX Neighborhood

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. For details on these, and on Multnomah County Library events outside the Village's service area, please check the library's website. Event schedules do occasionally change; visit Library Events for current information.



Belmont Library 1038 SE Cesar E. Chavez Blvd.

Easy Portland Outdoors

As a long-time fitness professional, Teresa Bergen understands people's fear of trying new activities. Will the experience be fun or embarrassing? What about safety? Teresa will address what it takes to get outdoors: basic gear, skill levels necessary for different types of activities, how to find adventure buddies, when you should go with a professional, and safety issues. She'll guide the group through a simple series of stretches for hiking and other outdoor activities, lead a Portland outdoor trivia game, and leave a little time for questions. Thursday, May 17, 7–8 PM (first come, first served)

Canva for cards, posters and more

Are you looking for a fun and easy way to design beautiful cards, invitations or flyers? Do you wish your social media posts looked snappier? Do you want to explore alternatives to PowerPoint for your presentations? Come to this class to learn about Canva, a free online design studio. Please sign up for a Canva account before coming to class. Sunday, May 6, 1–3 PM (reservations open April 15)

Gregory Heights Library 7921 NE Sandy Blvd.

Nature Drawing

Drawing or sketching the natural

world from observation fills the artist with awe and wonderment. In this drawing class, engage in fun and surprising sketching exercises to loosen the hand to draw with confidence and to learn to observe. Study how light and shadow affect objects and how to tone (shade) and apply texture to make your natural objects look realistic. You will walk away with a collection of ideas and drawing skills to practice for the rest of the year. All skill levels welcome. Please bring a seashell, favorite rock or another natural object.

Sunday, May 13, 2:30–4:30 PM (reservations open April 22)

Holgate Library 7905 SE Holgate Blvd

Start Here: Code Your Own Website

Want to learn a little coding? This class will give you an understanding of how HTML, CSS and JavaScript work to make a webpage display and function. This class is for beginners.

Saturday, May 12, 11 AM–1 PM (reservations open April 21)

Midland Library 805 SE 122 Ave.

Alzheimer's Disease and Dementia: Effective Communication Strategies

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday, May 1, 6–7:30 PM

Wednesday, May 16, 1–2:15 PM (registration opens April 10)

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Know the 10 Signs of Alzheimer's Disease

In this class, attendees will gain an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease.

Tuesday, May 22, 6–7 PM (registration opens May 1)

Job Application Strategies

Looking for a job? Not sure which skills you need to highlight? Job coach specialists from Goodwill Industries are here to help! Develop a master job application and learn how to market transferable skills to land the job you want.

Wednesday, May 30, 2–4 PM (registration opens May 9)

Protecting Yourself Online

Curious about the basics of staying safe online? Come to this class to learn what you can do to protect yourself online with more secure passwords, recognizing and reporting online scams, privacy control with your social media accounts, and more. This class is for beginners. Bring your own laptop or mobile device, or use a library computer.

Tuesday, May 29, 2–4 PM (registration opens May 8)

Sellwood-Moreland Library

7860 SE 13th Ave.

Job Application Strategies

Looking for a job? Not sure which skills you need to highlight? Job coach specialists from Goodwill Industries are here to help! Develop a master job application and learn how to market transferable skills to land the job you want.

Tuesday, May 1, 6–8 PM (registration opens April 10)

Poetry Reading

Three Portland poets — John Brehm, Andrea Hollander, and Paulann Petersen (a Sellwood resident) — will give a reading from *The Poetry of Impermanence, Mindfulness, and Joy*. Edited by Brehm, this anthology's masterful but accessible poems "offer all that one might hope for in spiritual companionship: wisdom, compassion, peacefulness, good humor, and the ability to both absorb and express the deepest human emotions of grief and joy."

Sunday, May 20, 2–3 PM (first come, first served)

Make a Basic Website

Learn how to build a basic website using the Google Sites application. By the end of class, you will have built

a website using Google Sites, changed the appearance of your site, and shared the site with collaborators. You must have a Google or Gmail account before coming to class in order to participate.

Tuesday, May 15, 10 AM–Noon
(registration opens April 24)

Woodstock Library

6008 SE 49th Ave

Beyond Voting: Elections and Campaign Financing

This is a unique workshop covering 20 topics related to our electoral systems and presenting specific ideas for bi-partisan civic and political engagement. Topics include: voting as constitutional right, voter rights, voter fraud, voter registration, voter turnout, felon voting, instant runoff elections, redistricting, superdelegates, Electoral College, National Popular Vote, campaign financing, SuperPACS and 501(c)4s, contribution limits, dark money, disclosure, time spent fundraising by elected officials, public attitudes about money in politics, Oregon's campaign finance database, and public financing of elections. Made possible by The National Endowment for the Humanities Fund of The Library Foundation.

Tuesday, May 22, 6–7:30 PM (first come, first served)

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.

www.eastsidevillage.org | 503-866-0571

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Mary Bedard, Governing Council Chair
Peg Farrell, Newsletter Editor

		1	2	3	4	5
			10 AM–NOON Hospice 101. Presented by Elders in Action (1411 SW Morrison St., Suite 290).		9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	
6	7	8	9	10	11	12
		10 AM–Noon Book Group** <i>"The Gentle Art of Swedish Death Cleaning"</i> by Margareta Magnusson	9–11 AM Breakfast at Toast (5222 SE 52nd Ave)	8:30–10 AM Birdwatching on Mt. Tabor ** Please RSVP with the office.		
13	14	15	16	17	18	19
		10–10:30 AM Coffee Break ** Please RSVP with the office. (See p. 2 for more info.)	6–8 PM First Summer Potluck ** Please RSVP with the office.		9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	10:30 AM–NOON Village 101 Hotlips on Hawthorne (2211 SE Hawthorne Blvd)
20	21	22	23	24	25	26
					1–3 PM Singalong** Please RSVP with the office.	
27	28	29	30	31	<p><i>May Village Events</i></p> <p>Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration.</p>	
2–4:00 PM Knot Just Knitting ** Please RSVP with the office.			12:30–1:30 PM Men's Lunch Get Together * Hawthorne Hop House (4111 SE Hawthorne).			