

# Eastside Village Monthly

## ***Get in focus! Eastside Village needs your input***

By now, we hope you're already registered for one of the facilitated focus groups where you can share your thoughts on the Eastside Village Strategic Plan. You can take your pick of any session that suits your schedule – there's one each day from Jan. 30 through Feb. 3.

The meetings are online. Just check the calendar on our website and register. Then look up the draft Strategic Plan on the Eastside Village website under Governing Council (you should have also received a copy of the draft in your email around Jan. 16.). Please review it and make notes of how the draft goals fit with your thoughts about the direction of EV.

Attend your focus group session and share your thoughts. Don't be shy! Governing Council members will take your input and weigh it carefully as they finalize the Strategic Plan at a half-day retreat in the coming weeks.

Your voice is essential to ensure we are doing what our members need most. It's easy to participate. See you online!

### **Rain or Shine update:**

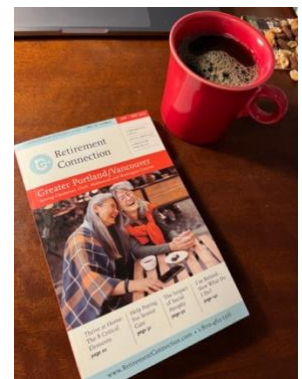
## ***When dark clouds of life gather, we can help***

Eastside Village Rain or Shine Committee is hitting its stride! We see our role as strengthening connections between members and offering nurturing help when life gets hard.

If you or any of your friends in the Village are ill, recovering from surgery or a hospital stay, or have experienced the loss of a loved one, please let one of our committee members know and we will be happy to offer assistance such as Meal Trains, visits, calls, etc.

We are in the process of setting up a medical equipment lending library with items stored at members' homes. Let us know if you have short-term medical equipment needs, or if you have equipment to offer for temporary loan.

We have also acquired a community resource book for those searching for care facilities or other support activities, or are going through life changes. Just stop by the office to get a copy.



Even if you currently drive, it is wise to become familiar with public transportation options should you need to get around without a car. This spring, we will again be offering a training session through Ride Connection to encourage the use of public transportation. It is a smart and economical way to maintain your independence!

To connect with our Rain or Shine Committee, please check the Eastside Village website under “Members Only,” where we will have committee contact information listed. Or, you can call the office and ask to be put in contact with the Rain or Shine Committee.

- Ann Gaffke

## ***Five great reasons to go hiking in the winter***



Eastside Village has a year-round hiking group that explores close-in natural areas including Mount Tabor, Hoyt Arboretum, Powell Butte Nature Park, and Oaks Bottom Wildlife Refuge. We’ve found that winter hiking in Portland is not only possible, but also enjoyable!

We meet on the first and third Tuesdays of each month, and have only rarely cancelled for weather.

Here’s a countdown of the five best reasons to hike with your fellow Eastside Villagers in the winter:

### ***#5. Combat cabin fever.***

It’s easy to succumb to staying home, especially in these Covid times. But as long as you have appropriate clothing, it’s really quite nice getting a breath of fresh air outside.

### ***#4. Exercise.***

Keep up, or even improve, your strength and stamina. Walking in the woods is a pleasant way to exercise, and much more fun than using a treadmill at home.

### ***#3. Boost your mental health.***

While it may be hard to motivate yourself to go out in the winter when it’s cold and drippy, it’s easier when you are meeting up with interesting people from Eastside Village. A bit of conversation while walking outdoors in a beautiful setting will boost your mood and add to your happiness, all while avoiding nature-deficit disorder.

## ***#2. Learn about native plants.***

There is a growing appreciation of native gardens for the benefit of the birds and bees of our region. What better way to appreciate and learn about native plants than to see them in their natural habitat? Even in the winter, there is plenty of green in the Pacific Northwest. Mosses are especially brilliant in winter, and some ferns are green year-round. Duckweed is a beautiful soft green in winter, turning orange-pink as spring brings more sun. Some native shrubs that start blooming in late winter are especially noticeable and are easy to identify.



## ***#1. See beautiful birds and other wildlife.***

Many birds are actually more visible in winter. They are less secretive than they are during the breeding season, and they are easy to spot as they roost in leafless trees. Great blue herons frequent the wetlands of Oaks Bottom Wildlife Refuge in winter and stalk around in the duckweed-covered shallows, often quite close to the path. There are numerous species of water birds, and you might even see deer, nutria or a mink.

Check out the online calendar for locations and other details, and we'll see you on the next hike!

- Sharon Grady

## ***Members share globe-trotting experiences each month***

Our World Cultures study group has generated great interest and excitement since it was launched in the fall of 2021. It draws upon the wide range of encounters and experiences that many of our people have had living, working, studying, and traveling abroad. Each month, a member gives a presentation, often illustrated with slides or in some other way, on a subject of interest. These talks reveal ways of life often quite different from our own and give the speaker an opportunity to relive and share exciting times with us.

Topics have ranged as far afield as Mongolia, Moldova, Palestine, Turkey, the wilds of Australia, the canal people of Britain, the Nordic Vikings, and so on.

There is never a dull moment in these talks. They offer a great escape from the travails of living in America today, and an opportunity to learn about people and places you never would have dreamed of. Sessions are generally scheduled for the third Thursday of the month at 1:30 p.m. at Trinity United Methodist Church.

On Feb. 16, the "show" continues with a new member, Kaye Veldhuisen, discussing the joys of teaching abroad. Kaye has moved dozens of times and describes herself as "a nomad who just likes to go to a place and see what is there." She has taught all over, including Japan and in the greater Pacific region. Come join us and hear Kaye tell her story of life abroad. Register online today!

- Bob Hunter

## ***Members inspired by exhibits at Portland Art Museum***



Several Eastside Villagers had a great outing to the Portland Art Museum in January! Diana Scholl, Mary Anne Joyce, and Pat Salapka met at the museum to visit ***Dakota Modern: The Art of Oscar Howe*** (ends on May 17) and ***Jeffrey Gibson: They Come from Fire*** (ends April 30).

They were both wonderful shows, but the primary emphasis was on Oscar Howe, who was very influential on Native American art in the 20th century. Jeffrey Gibson is a contemporary artist whose work exhibits continuity from Howe by creating art that comes fully out of Native

culture but interacts with today's world and concerns.

Not only did we enjoy the beautiful colors and palettes that Howe used, but we also learned about his techniques and how he taught his students. There is also a 10-minute video on Oscar Howe's life and many accomplishments. It introduced us to the Corn Palace in South Dakota, for which he created amazing murals. His influence in public art continues to be felt when Native artists are told that their work "is not art." Howe blasted the judges of a show which would not accept one of his works for that reason,





pointing out that part of an artist's calling is to be prophetic in their work. Young artists still use his letter of rebuke to support their own careers.

These exhibits are great to visit on your own, but are even more fun with new friends. We had a nice lunch at Pastini's to close our day. I hope others will take the initiative to suggest outings and see what happens. We would like to go somewhere else in the future - maybe to the Oregon Historical Society. Stay tuned!

- Diana Scholl

## ***Loneliness is real – members discuss ways to cope***

Geriatric experts are conducting more research into the issue of loneliness among older adults. Their findings could help guide the way chronic loneliness among seniors might be reduced or prevented, and reveal new coping strategies for an aging population.

Organized by Judy Ringenson, Eastside Village members gathered on Jan. 20 to discuss an insightful article from an academic journal, *Perspectives on Psychological Sciences*.

Global mental health researcher Samia Akhter-Khan from King's College, London, writes that to offset loneliness, everyone needs four factors in their lives:

- Proximity (availability of social support)
- Support (feeling cared for and relying on others)
- Intimacy (feeling close, understood, and listened to)
- Fun (sharing interests and enjoyable experiences)

In addition, older adults need two more factors:

- Generativity (having opportunities to contribute meaningfully)
- Respect (feeling valued and actively included)

In reviewing these six factors, members discussed various complexities in the way loneliness intersects with other aspects of life, like cultural and family background. Loneliness can intensify when combined with the grief of losing of a spouse.

Participants often mentioned the important role Eastside Village can play in connecting members and providing a sense of purpose. Intergenerational relationships can also add vibrance to life, keeping loneliness at bay. And of course, solitude can be an enjoyable and enriching experience, especially if time alone is a choice.

The group hopes to meet again next month to continue the discussion. Watch the member calendar for updates.