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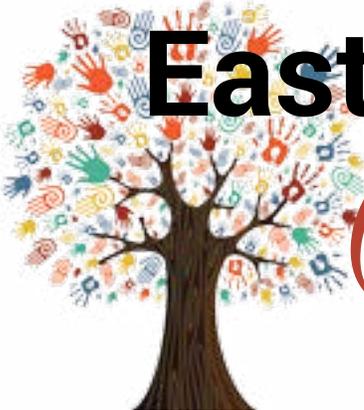
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Eastside Village Voice

Happy Thanksgiving!

The EV Governing Council members have opted to write this introductory article in turns. This month's article was written by Lucien Dallaire.

I can remember when I was much younger, living in Connecticut we usually could count on some pretty cold weather in November.

We would get enough snow by Thanksgiving to do some skiing in Vermont or New Hampshire and our homecoming games or Thanksgiving Day games were brisk and many times involved a little snow.

I still get excited thinking about all the prepping for Thanksgiving, the time off from school or work, relatives showing up and friends dropping over. The activity level, the peeling of vegetables, the

baking of pumpkin and apple pies, and the frantic stuffing of the bird to get it into the oven, usually in the predawn.

Finally, the long awaited, drawn-out dinner started with some oohs, clapping and cheers, the clanking of dinnerware, and the rotation of plates and dishes being served and passed along.

This happy noisy time probably lasted for an hour or two. Trying to keep younger ones at the table was always a chore! And then the clean up crew would take over refitting the space for desserts. While this shuffle took place, the menfolk would usually retire to the football game or, weather permitting, we'd toss the football around outside.

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Women's Support Group

We are organizing a confidential and welcoming space for individuals to voice their emotions, life concerns, and worries. Sometimes we feel blue and just need a neutral ear and a friendly heart. This gathering will also be a place where you can “toot your own horn”—to describe an accomplishment, an award received, or a commendation earned—to an appreciative audience.

There will be a “get-acquainted” meeting at 1:30 pm on Wednesday, Nov. 20th, at Vincenza Scarpaci’s home. Please call or e-mail Vincenza with questions, comments, and interest in attending. Register online or with the office.

Summary: September 2019 GC Meeting Minutes

A report from meetings with other Village representatives noted that Althea Ender is a new member of the VNW Board of Directors. Some Villages are using *Helpful Village* software rather than *Club Express*. Because Villages cannot have their own credit card, we may be able to add a third check run each month.

Peg noted that NorthEast Village has fliers with Service Guidelines and one with Village benefits. Deb proposed a first draft of the 2020 EV Budget and we approved it as first draft. A final budget will be ready for the October Member Meeting.

Lucien reported that we collected more than 60 names from the Street Fairs and Farmers Markets. He was approached by a member of the Laurelhurst Neighborhood Assn., and we agreed to meet with their representative at the next Council meeting.

Peg made contact with businesses and schools at the Street Fairs, with hopes that a follow-up may result in volunteer opportunities and/or a Speakers Bureau (SB) presentation. We held a SB presentation at Sacred Heart Villa and will hold another at the American Legion. We will not participate in the

Hawthorne Street Fair next year.

Some Villages have discussed how to turn down or release a member, as for example, due to cognitive functioning. Jenny will scan all documents from those Villages that have proposals and report to us.

Judy gave details on the grant from the Baccash Family Foundation which should help us with fund raising. Starting an endowment fund for Eastside Village might be part of the picture.

Deb discussed plans for the upcoming volunteer appreciation event at Double Mountain Taproom. Deb will check back with Vincenza in the spring to see if she would like to organize a potluck event for volunteers.

As to old business, there were minor changes to the MOA.

In new business, Peg suggested that the council recruit two new members to replace Ellen. The council came up with a list of five potential new council members. Ellen will reach out to each of them to gauge interest. A date was set for the fall member meeting and Peg is in charge of planning.

~ Judy Ringenson, Acting Secretary.

Understanding the Stages of Alzheimer's

I recently attended an Alzheimer's Association presentation. As we arrived, we received a handout that outlined the morning's course. In looking over it, I was struck by the fact that the words "memory" or "memory loss" did not appear in any of its pages. Was I in the wrong room? Maybe the class was around the corner.

It turns out I *was* in the right room. The focus of the program was on communication and connection. We learned that communication changes take place during the course of the disease, and that it's up to the family and caregivers to decode the verbal and behavioral messages delivered by someone with dementia. There are strategies for communicating and connecting at each of the three stages of dementia: Early, Middle, and Late.

In the **Early Stage**, the person still has language as a tool, although there may be difficulty finding the right words.

- » Be direct and straightforward.
- » Leave plenty of time for conversations.
- » Connect and laugh.
- » Now is the time to make decisions about future care.

In the **Middle Stage**, finding words becomes even harder. The person may use familiar words over and over or may even invent new words for familiar objects. Communication starts to happen more through behavior or body language than with words at this stage.

- » Approach from the front, making eye contact and get at eye level.
- » Identify yourself by name and role (if necessary) and keep a slow, calm energy.
- » Be the reasonable one.
- » Always count to three before giving a response.

- » Do not ever criticize or argue.
- » Focus on feelings, not facts.
- » Avoid quizzing.
- » Empathize, empathize, empathize with the person's loss of independence.
- » Write notes! Post-it notes on mirrors, drawers and cabinets.
- » No open-ended questions, like "what do you want for lunch?" Instead, "I'll get your soup now."
- » And remember: EVERY DUPLICATE QUESTION is a BRAND NEW QUESTION.

In the **Late Stage**, communication is reduced to a few words or sounds.

- » Listen or look for expressions of pain.
- » A gentle touch can give comfort during times of confusion or frustration.
- » Keep talking, bringing respect to every conversation.
- » Help the person feel safe.
- » Use all five senses to communicate.
 - a. **Touch:** lotion hand massages, sort socks, hold the person's hand
 - b. **Sight:** laminate brightly colored pictures, watch animal videos, sit outdoors together
 - c. **Sound:** familiar music, nature sounds, read out loud in a gentle tone
 - d. **Smell:** food that smells good, essential oils on cotton balls, fragrant flowers
 - e. **Taste:** favorite foods and home baked goodies

Your job is to join the person's reality to connect. Decode, decode, decode the person's communications and always treat the person as the adult he or she is. Remember the person retains a sense of self. There's someone in there with feelings.

Resources: Alzheimer's Hotline – 800-272-3900; alz.org/commtips. Multnomah County Library has Dementia Kits that you can get on-line: multcolib.org/blog/20181114/library-introduces-caregiver-kits-dementia

~ Marilyn Lipko

Continued from page 1.

Some time later, home-made desserts and coffee were served which signaled to some folks, due to the darkening time of year, that it was time to head for home.

Our family usually hosted Thanksgiving Day dinners enjoying a large family presence, with many friends and always some drop-ins. And, of course, some of my fondest memories are of the leftover turkey, stuffing, and cranberry open-faced sandwiches covered with hot gravy that we ate after dinner or the next day.

The frantic pantry-packing and turkey-collecting that occurs every year to supply a classic turkey dinner not only to all people across this great country, but to our troops and *expats* living around the world, cements this great holiday in our consciousness.

This image and these memories for me is the quintessential logo to brand this a portrait of our nation.

To everyone Anne-Marie and I have come to know and love here in Eastside Village and Portland: we wish you a truly Happy Thanksgiving!

~ Lucien Dallaire

Thanks, EV! You're the Best!

Thank
you 

After putting it off for several years, I recently had a total knee replacement done on my right knee. The hospital had urged everyone in my pre-op class to have someone stay with us at least for the first week. "Oh, my," I thought. "What am I going to do?"

A dear friend was coming to stay for several days, but she wasn't going to get here until my second day home. My son would stay with me at night until then, but what about during the day?

I needn't have fretted! Several EV volunteers—some I'd never even met—took turns to keep me company and take my mind off of my discomfort. Many other EV friends brought food or distractions, called or sent messages, or drove me to my various medical appointments after my friend returned to Reno.

This has been a tough experience, I won't deny it. But it's one made smoother and calmer by the kindness of Eastside Village.

Thank you all from the bottom of my heart.

~ Peg Farrell

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.

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

Peg Farrell, Editor; Ellen Howard, Head Proofer | editor@eastsidevillage.org

Meet Volunteers Quince Affolter and Sue Stadler

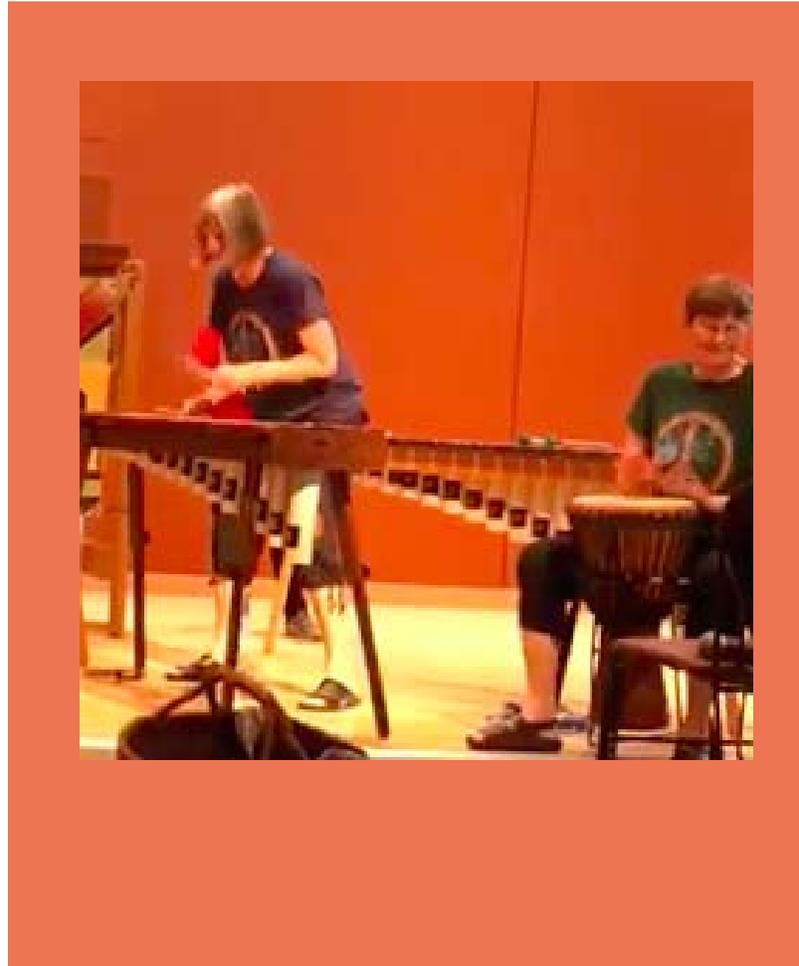
Quince Affolter and Sue Stadler are volunteers who provide rides for Eastside Village members. They have provided a combined total of **228 rides** for our members since 2016!

Before retirement, Quince was a licensed counselor for older adults at a large non-profit community mental health center. Sue worked as a special education teacher.

Said Quince, "I love meeting interesting people with varied life experiences and backgrounds, and I like the flexibility the Village offers volunteers, letting me choose the times and locations I want to drive. Helping members get to their appointments in a safe and friendly manner gives me a great sense of satisfaction."

What you may not know about Quince and Sue is that for the last 19 years they have performed in an 8-woman marimba band called Chicamarimba. They play traditional African and contemporary music for parties, conferences, and outdoor festivals, entertaining and educating audiences. Be sure to check out their website (chicamarimba.com) for a sampling of their music!

~ Linda Safran



We are thankful to all 14 of our Eastside Village drivers. Eight are volunteers like Quince and Sue; six are Eastside Village *member/volunteers*:

Quince Affolter, *Jin Darney*, Paul Dewey, Deb Hekker, *Jo Herrigel*, *Dennis Hopkins*, Diana Hsieh, *Craig Johnson*, Karol Kochsmeier, Lee Lancaster, *Al Luchini*, *Doug McCanne*, Sue Stadler, and John Swetnam,

If you'd like to become a driver—or volunteer in any other capacity—please contact Jenny Rockwood at 503-866-0571 or info@EastsideVillage.org.

~ Linda Safran

Diana Penley: Open to Life

The EV Voice is pleased to introduce a new series of articles focusing each month one or more of our fellow EV members. Unlike our long-running “New Member Profiles” which feature the same EV-centric set of questions each time, these stories will endeavor to help us know our fellow members as the distinct individuals they are. Whether we are new or long-standing members, each of us brings something wonderful to Eastside Village, which is surely something to celebrate.



Diana Penley was born in Seattle and grew up in West Seattle with her parents and sister. As an adult she lived in the Salt Lake City area for 28 years, her time there highlighted by family and working for an archaeologist. In 1989 she returned to Seattle and for 26 years volunteered at the Seattle Aquarium where her first assignment was feeding the octopus and cleaning its tank. Her last paid job there was as a confidential assistant to a Vice President at Shoreline Community College.

Diana moved to Portland in 2015, where she has connected with interesting and welcoming people.

Diana is very close to her family and sees them often: her daughter and her family in Silverton, and her son and his family in Houston where she has visited twice annually for the past 22 years. She stays very involved with her four precious grandchildren and two amazing great-granddaughters.

Describing herself as a city gal who loves geography and wide open spaces, Diana has fulfilled her lifelong passion: travelling to unique places that she invited serendipity to choose!

Her first such trip was to Kenya and South Africa in 1981. Standing on the Cape of Good Hope, she looked across the oceans and knew she had to go to Antarctica. She eventually got there on a cruise, where one of the guest lecturers was a childhood hero of hers: Sir Edmund Hillary. The bonus of the trip was climbing Observation Hill at McMurdo Station, the American base in Antarctica.

In the mid-1990s, she broke her ankle and crutched one day to a nearby video store to find a movie to watch. *Genghis Blues*, the story of a blind guitar player and self-taught throat singer who ultimately won the throat-singing contest in Tuva, caught her eye. She found a tour to Mongolia, as close as she could get to Tuva, and enjoyed hearing Mongolian throat singers in person.

Other serendipitous trips included Mexico, Finland, Ethiopia, Portugal . . . and Paris! Ask Diana for details!

Currently, she is involved in EV's RISE Neighborhood, and is on the *Peace With Justice Committee* in her church, where she volunteers in the “backpack buddy” and “rest stop for police officers” programs. Diana enjoys her exercise class, container gardening on her patio, and reading. And stays open for that next serendipitous calling.

~ Roberta Badger-Cain

Eastside Village Voice

Fall Member Meeting a Great Success!





Tips for Staying Happy as You Age

- » Accept your reality and move forward from there.
- » Don't compare how you feel now to when you were younger.
- » *Focus on maximizing what you can do, not what you can't.*
- » *Prioritize the things that are truly important to you.*
- » Don't be afraid to ask for help.
- » *Plan your day around maximizing your energy.*
- » Stay connected with friends and family.
- » Be proactive and advocate for your own health care.
- » *Continue to exercise, even while seated.*
- » Be grateful for the small things.
- » Have a purpose in your life.
- » Find a way—even a small way—to help others.

Remember Eastside Village When Doing Year-End Planning!

We are approaching the time of year for charity donations and IRA withdrawals. Those of us who are 70½ or older will discover definite advantages to contributing money to Eastside Village (or another qualified charity) directly from our IRAs. Brandon Wooters, a financial planner with Edward Jones, is a new volunteer with Villages NW, our “parent” organization. He is willing to help those who wish to offer more support to our Village.

The withdrawal that people 70½ and older must make from their IRA is called the “required minimum distribution” or RMD. It is a way for the IRS to finally collect taxes on retirement savings. Each year, the IRS collects a higher percentage of IRA funds until the IRAs are depleted.

However, giving to a qualified charity such as VNW directly from your IRA can help you to escape such taxes. Such qualified charitable donations (QCDs) will also help those who pay taxes on a portion of their Social Security benefits.

Brandon tells me that such donations will also help those who are subject to tax on net investment income, or a phase-out of personal exemptions or itemized deductions.

Perhaps this is something for you or your acquaintances to ponder.

~ Judy Ringerson



Connect with I-CONNECT

If you've ever thought you'd like to be part of a research study, here's one to consider.

The **Internet-Based Conversational Engagement Clinical Trial (I-CONNECT)** study explores digital face-to-face social interaction and its effects on memory and mental function.

Adults over 75 years are one of the fastest growing segments of the population and face the highest risk of developing dementia and social isolation. .

Research shows that more frequent social interactions are associated with a lower incidence of Alzheimer's Disease, suggesting that increased social interaction may improve the brain health of older adults.

I-CONNECT pairs trained interviewers with eligible seniors to conduct fun and engaging conversations.

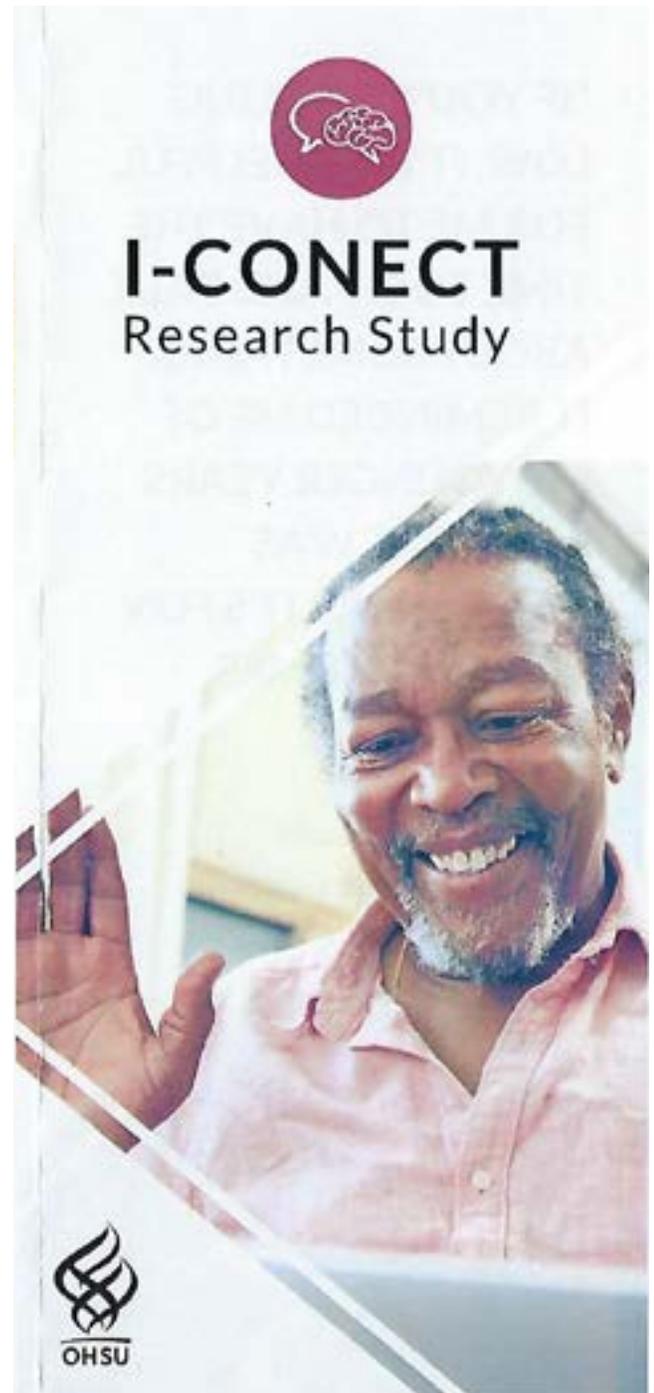
What does the study involve?

- » Participation lasts for about one year. One group receives home visits, phone calls, and face-to-face video conversations. Another group will only receive phone calls and home visits. There is a 50% chance of being in either group.
- » All participants receive an electronic pillbox that tracks when they take a low-dose Vitamin C pill.
- » Participants may be eligible to receive up to \$375 for participation.
- » Home visits would include physical measures: survey-taking and problem-solving tasks: equipment installation and upkeep.
- » Frequent Video Conversations entail 30-minute-long conversations on a variety of topics and/or interest. Video chat device and study internet service provided.
- » Participants must be at least 75 years of age; looking for more opportunity to talk with others; and be generally healthy.
- » Participants have a 50% chance of being selected to undergo brain MRI scans. Scans are conducted at the beginning of the study and at the six-month mark. Researchers hope to determine if increased social activity results in improved brain health. Scans are done to answer research questions and not for medical reasons.

Contact the Team

Oregon Health & Science University (OHSU): I-CONNECT@ohsu.edu / 503-494-9043 / www.I-CONNECT.org

November 2019



November Library Events

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

DIY Beeswax Wraps

Create beautiful and eco-conscious food wraps. These decorative alternatives to plastic wrap can be used in your home or gifted as a thoughtful holiday present.

Saturday, Nov. 2, 3-4 pm

Google Productivity

You can get things done using your Google account! You must have a Google or Gmail account before coming to class in order to participate. Bring your username and password to class; you will need to be able to log into your account.

Sunday, Nov. 17, 2-4 pm

Gregory Heights Library

7921 NE Sandy Blvd.

No events scheduled.

Holgate Library

7905 SE Holgate Blvd.

No events scheduled.

Midland Library

805 SE 122 Ave.

Medicare Open Enrollment

Annual enrollment for Medicare

Advantage plans and prescription drug coverage is Oct. 15–Dec. 7. During this period, you can compare plans and change coverage. Trained volunteers will be available to help you complete the Medicare sign-up process. Call 503.988.3646 to schedule an appointment for a SHIBA open enrollment event.

Wednesday, Nov. 6, 12-5 pm

Wednesday, Nov. 27, 12-5 pm

Health Insurance Marketplace

Sign-up If you are unsure of your Health Insurance Marketplace options or have questions come to an enrollment session and let our trained enrollment specialists assist you.

Friday, Nov. 8, 1-5 pm (first come, first served)

Misinformation, Fake News, and Political Propaganda

This workshop uses real world examples of political ads, news headlines, graphs and charts, the effect of word choice in messaging, statistical data and other types of information so you can learn to distinguish truth from fiction and become your own "fact-checker."

Saturday, Nov. 23, 2-3:30 pm

(first come, first served)

Computer Basics 2: Internet

This class is an introduction to using the Internet on computers. In this class, you will learn how to access and safely navigate the web and practice with using a search engine.

Tuesday, Nov. 5, 2-4 pm

My MCL Catalog Basics

Explore the library's catalog, My MCL, and learn how to manage your account, search the library's collections and make the most of your online library experience. For the first 30 minutes, we'll help you get signed up with your own My MCL account and explore check outs, holds and borrowing history. Bring your current library card and password to class.

Tuesday, Nov. 19, 2-4 pm

What Is the Cloud?

What does it mean when you hear about "the cloud"? You must be comfortable using the internet to participate in this class. Bring your laptop or mobile device to get started or to get help with your cloud service.

Tuesday, Nov. 26, 2-4 pm
(reservations open Nov. 5)

Continued on page 11.

Book Group Looks Ahead to 2020

One of the many joys of this time of year—pumpkin spice, crisp weather, family get-togethers—is getting together to talk about books! Once again, the entire Eastside Village Book Group will be meeting *en masse* to choose our reading list for the coming year.

If you currently are a member or would like to join us in 2020, please sign up online and join us on Tuesday, December 10th, 10-noon, in Muir Hall at Taborspace (5441 SE Belmont).

Here are the “serious” details:

+ Dec. 10th: Each person may orally “pitch” up to three favorite books, taking no more than 2 minutes (total) to do so. NOTE: You may *only* suggest books which you

have read yourself.

+ Dec. 12th: Deadline to send in the details for your three favorites (and any summary you’d like to include for each).

+ Dec. 14th: The submissions will be combined into a single document and mailed to everyone on the Book Group mailing list

+ Dec. 17th: Deadline to send in your top three choices.

+ Dec. 19th: The highest scoring books will become the 2020 reading schedule. Members will be randomly redistributed into two groups and the schedule distributed. (First meeting: Jan. 14th.)

Now for the “fun” details!

In addition to an entire meeting devoted to hearing about our

beloved books, there will be a cookie exchange!

+ Everyone brings *six* packages/baggies/whatever of *six* cookies each (three dozen in total).

+ Extras can be brought to share during the meeting if you like.

+ Everyone goes home with *six* new bags of cookies. Yumm!



Continued from page 10.

Sellwood-Moreland Library
7860 SE 13th Ave.

DIY Weatherization Workshop

Community Energy Project provides free DIY workshops to teach low-cost energy saving techniques for renters and homeowners alike. Learn how to implement simple measures to lower home energy use by installing effective weatherization materials using basic tools. Qualified participants can receive a free kit of weatherization supplies.

Monday, Nov. 4, 6-8 pm

Canva for Cards, Posters, and More

Are you looking for a fun and easy way to design beautiful cards, invitations, or flyers? Come to this

class to learn about Canva, a free online design studio.
Tuesday, Nov. 5, 10 am-12 pm

Woodstock Library
6008 SE 49th Ave.

The Prairie Blossoms: Shining the Spotlight on Native American Music

The Prairie Blossoms weave a colorful, compelling repertoire of American Indian songs and stories showcasing the beauty and diversity of ancestral and contemporary Native American music. Songs are sung in their original languages, with context and translations provided in English.

Saturday, Nov. 9, 4-5 pm
(first come, first served)

NOVEMBER EVENTS

R = Register online or with office. MV = Attendance limited to Eastside Village Members or Volunteers.

1&15

COFFEE @
TABOR SPACE

Join your friends and neighbors for coffee and conversation at Tabor Space. 9:30-10:30 am. 5441 SE Belmont

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EV 101

Want to learn more about Eastside Village? Join us at Hotlips Pizza. 10:30-noon. 2211 SE Hawthorne.

3

"DINE OUT FOR EV"
FUNDRAISER DINNER

(R, MV) Please join Eastside Villagers for a 'Dine-Out' fundraiser at Double Mountain Taproom. 4336 SE Woodstock Blvd., 5-9 pm. Please RSVP online or with the office.

19

CONVERSATION &
ART @ PAM

(R) Coffee & conversation, followed by a lecture. Portland Art Museum. Free for adults 62+. 9:15-11 am.

5

EV COUNCIL MEETING

(R, MV) Please contact the office for location. Noon-3 pm.

20

WOMEN'S
SUPPORT GROUPT

(R, MV) Interested members are invited to an organizing meeting at Vincenza Scarpacci's home. Please register online or through the office, as space is limited.

12

BOOKIES &
PAGETURNERS
BOOK GROUPS

(R, MV) Join us for a discussion of Sally Cabot Gunnison's *Benjamin Franklin's Bastard*. 10-noon. (See the office or website for locations.)

21

MEN'S LUNCH (WITH
ADULT BEVERAGES

(R, MV) See the online calendar for details about the pre-lunch Neighborhood walk, followed by lunch at a local pub.

13

BREAKFAST @ TOAST

Come for a nosh at this traditional neighborhood cafe. 9-10 am. 5222 SE 52nd.

24

KNOT JUST KNITTING

(R, MV) Bring your favorite fiber project and join us for talk, technique, and lots of textile-touching. 1-3 pm.