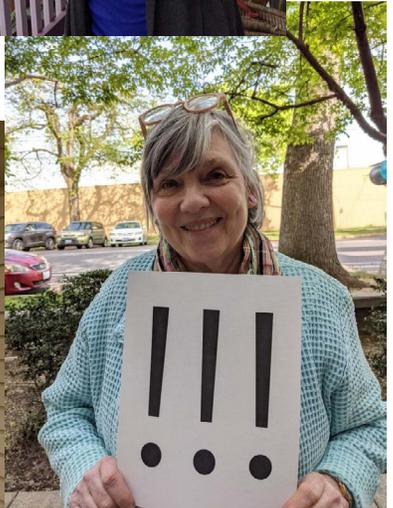
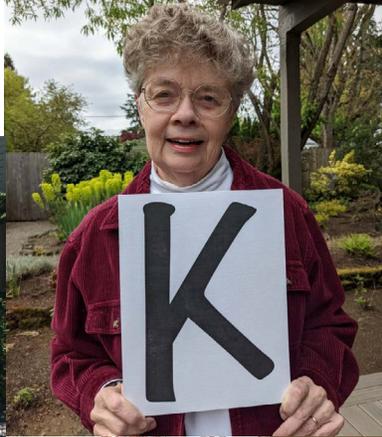
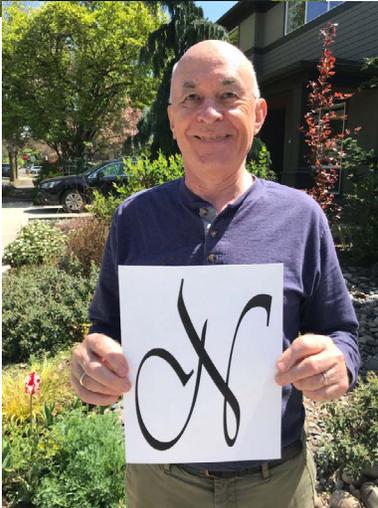
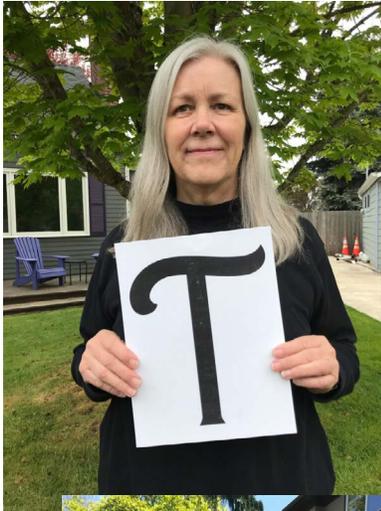


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The Eastside
Village VOICE
May 2021



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“The purpose of life is not to be happy.
It is to be useful, to be honorable,
to be compassionate,
to have it make some difference
that you have lived and lived well.”

Ralph Waldo Emerson

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Peg Farrell, Editor | Ellen Howard & Marrie McPhee, Goof Catchers

WE VOLUNTEERS

Dear EV Volunteers—we can't do what we do without you! In April (which was National Volunteer Appreciation Month), several EVers interviewed a number of Members and nonmember Volunteers about how we help each other. Half of these Members also volunteer; some volunteered before joining EV. Others said they'd like to volunteer but can't due to time constraints or physical and/or health issues. Here's a summary of what our Members told us.

Have you requested any services from EV? Most members said they hadn't, but many agreed with Liz Campbell, who considers the option a "backup," and Barrett Jackson, who said, "My wife and I are still young and healthy. We're 'paying it forward' to get ready for when we need it."

Lee Lancaster added, "I really like Judy Ringenson's comment about joining the Village as a form of insurance against the vagaries of aging in place and the actual experience of diminished capacities, all the while hoping I don't have to use [EV Volunteers' help]. But other forms of insurance have certainly come in handy, so maybe this will, too!"

Those Members who received services generally asked for help just a once or a few times per year, while others said they rely on EV Volunteers to drive them to regular medical appointments, run errands, and help with home and garden tasks. David Harris and Jana Demartini said EV Volunteers truly do make it possible for

Continued on page 4.

Our Volunteer efforts are coordinated by EV's office manager, Jenny Rockwood; EV's co-founder and Volunteer coordinator, JoAnn Herrigel; and Craig Johnson and Sue Stadler, who train Volunteer drivers. During the first four months of 2021, Jenny responded to 209 formal service requests; more than half (158) involved transportation. Many more Volunteer interactions happen informally. Our team matches Members' requests with Volunteers' skills, abilities, preferences, and availability. They field calls at all hours. They truly go the extra MILES to ensure our safety, independence, comfort, and even joy.

Daniel Peterson has been a Volunteer for couple of years now. He's hoping to get back to being more active once the pandemic winds down and his schedule stabilizes a bit.

His favorite service? Moving things in the house, like boxes or books or furniture. Or doing a quick errand in the neighborhood.

As a non-Member, why does he volunteer? "It is great to meet people in the neighborhood, and to help people remain in their homes with independence. My mother had to move to increasing levels of care because she refused any help in her home; I want to try to make it normal for neighbors to help neighbors."

Daniel has recently left a career as a librarian and has become an RN with a new job at OHSU. "I'm looking forward to the end of the pandemic and more free time to meet more neighbors and learn again how to socialize with others."

Danielle Russo has been volunteering for more than a year, mostly shopping or picking up prescriptions for our Members.

"I really believe in the whole concept of aging at home and not having to rely on family members to do everything. My mother would have been able to stay in her home much longer if she had had a Village.

"I want this sort of thing to be around when I need it."

Continued from page 3.

them to stay in their homes—and out of nursing homes and hospitals.

What types of services do we request? We're a busy bunch! Our Volunteers provide rides, organize and coordinate activities and events, hook members up to Zoom and run Zoom sessions, create and distribute appreciation gifts, recruit and orient new members, mow lawns and dig trenches, tear down sheds, build shelves, feed pets, water plants, shop for groceries, send birthday cards, fix recalcitrant printers and dripping faucets, power-wash decks and patios, change lightbulbs, clean gutters, remove storm-damaged branches, organize "closet clean-outs," and mail and pick up packages.

They've taken hearing aids in for maintenance. Helped vision-impaired members read and respond to emails. Brought healthy food to people recovering from medical events or personal losses. They serve on EV's Governing Council and committees. Our Volunteers offer fascinating, engaging, and quirky activities. And much more.

Most important, this past year, Volunteers helped to distribute masks to all EV Members, and—thanks to Jenny, JoAnn, and Cary Hixon—we helped many members and volunteers register for and get our COVID-19 vaccinations.

Here are a few comments from grateful Members about our wonderful Volunteers.

- *Derianna Mooney:* "Kit Siegel took on the task of digging out deep grasses in my yard. She did it with unending energy."
- *Mary Lee Turner:* "With very short (3-hour) notice, I requested help moving furniture and cleaning rooms so

Continued on page 5.

Continued from page 4.

my floors could be repaired. Four Volunteers moved everything into other rooms—then came back and put everything back again! I also praise the Volunteer who loves to take Members to the airport (especially at 4:00 in the morning)!”

- *Dan Cadmus:* “I especially enjoy socializing with my drivers, particularly Craig Johnson. He has really added to my life.”
- *Jana Demartini:* “I was especially impressed when seven Volunteers showed up to do an extensive gardening task.”
- *Nancy Arntson:* “The existence of the Village has already impacted me regarding my potential needs, but also by Volunteering it will help meet my need for interaction with others.”
- *Craig Johnson:* “Unexpected help from others truly brings home my feeling that I’m part of a community.”
- *Kait Skyler:* “Having a singalong with my driver, Sue Statler, on the way to get my COVID shot was a hoot!”
- *Kaye Veldhuisen:* “I cherish walking with my walking partner, Judy Ringenson, twice a week. We walk and talk about everything. I really look forward to seeing her every week. The services and the personal relationships that arise enhance my membership and are so important to me. I feel comfortable and confident that whatever I might need is just a telephone call away.”
- *Liz Campbell:* “I just think EV Volunteers are heroes, providing wonderful services.”

Continued on page 6.



Gene Ellis has been volunteering with EV since the beginning, usually a couple of times a month.

His favorite job is to help people with the things they can’t do.

“When I retired, I wanted to do some type of volunteering, but I didn’t want it to be too strenuous or with regular hours. And I wanted to work with older people. EV has been perfect.”

His favorite part of volunteering is “meeting the extraordinary people I’ve done projects for. Such a delight.”



Quince Affolter has been a Volunteer since “EV was a baby,” first as a driver. She now enjoys yard work parties. She became a Volunteer because “It takes a village to raise a village.”



Autumn Carroll has been volunteering with EV for about 5 years. Her specialty is organizing and decluttering, but she also enjoys yard work parties.

Autumn says that “it makes me happy to meet new people and share their stories, ideas, etc. I enjoy helping people in an informal way as needs arise. I like being part of a community.”

She was amazed by the Village’s efforts to help members schedule their COVID vaccinations and get them to/from their appointments. “The vaccine process was difficult for many seniors and EV really stepped up and made it so much easier for their Members. I am so impressed!”

Continued from page 5.

Lee Lancaster offered some final comments: “Knowing there is a community of people who have your back provides a great sense of security. It is heartwarming to see that caring modeled by other members of the Village, both providing services and accepting them. It provides a warm blanket of evidence that the world is not cold and brutal...”

“Volunteers almost universally express a feeling of how rewarding it is to ‘help lighten the load of others’ and to ‘be part of something bigger than myself.’ It seems that those who are courageous enough to be open to asking for help also serve the creation of our community. It takes some receptive humility and bravery to accept a non-transactional relationship. That takes caring for others, too.”

In short, dear Volunteers, please know that we love you!



Julia Brown moved to Portland in October 2020. She was familiar with the village concept so contacted Eastside Village as soon as she got settled.

She has enjoyed everything she's done for EV but seems to especially appreciate those tasks that involve cats. She did some cat sitting for one member and enjoyed it. Another time she helped a member move/organize some boxes and furniture and bonded with the member's cat.

Julia used to own a store that specialized in mid-century furniture and found herself drawn to her more senior customers and listening to their stories. As the older members of her own family have passed away, she missed having contact with elders. She decided to start a graduate program in gerontology and now works with seniors as part of her new career.

Volunteering for Eastside Village means she gets regular contact with a group of seniors who are "engaged, vibrant, community-oriented and fun!"

"It's a good day when I can help someone, and I love that I am able to engage with elders one-on-one."



Ellen Howard began volunteering shortly after EV got up and running.

She likes to volunteer (most frequently as Chief Goof-Finder for this publication) because "it makes me feel needed and valued, and I want to repay in part the joy I receive from other Village Members and Volunteers."

She goes on to say, "If there's anything I've learned in my 78 years, it's that you only get out of a thing what you put into it. The more I take part in Village relationships and events, the more it becomes *my* Village."

Craig Johnson has been volunteering since the beginning of the Village, usually several times a week.

What's his favorite task? "I love the yard work because it involves working together. But driving is good, too, because I often get to know the people I drive."

He likes to volunteer because "it makes me feel part of the kind of community I remember from when I was kid, where neighbors cared about each other and helped each other."



VOLUNTEERS “SPRING” INTO ACTION

Speaking of Volunteers, Jana Demartini recently had a pair of them—John Swetnam and Lucien Dallaire—over to help her dismantle an old greenhouse and install a new downspout and rain barrel. All went well and she’s now set for the summer showers.



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TIRED OF BEING “INCOGNITO”?

Does your EV directory page image look like something from an old “space invaders” movie? Ever get frustrated because you met someone on Zoom, immediately forgot their name, and tried—in vain—to look for their photo in the EV directory? Or you *did* remember their name, but wanted to know more about them, only to discover that they hadn’t posted a bio to their directory page?

We hear your pain and we’ve got solutions!

Open your personal directory page and click on your photo (or the alien outline)



to get to the editing screen. Scroll down to the “Photo” section to upload a nice snapshot of yourself. (No photo? Check with Jenny in the office and she can probably direct you to someone nearby who can take a quick snap with their phone.)

Fun fact: Did you know you can upload any image you like to act as backdrop to that pretty new photo?

Just scroll down a bit more to upload a new “banner image.”

While you’re there, why not scroll down just a bit more and add a short bio to help us get to know you better?

SUNDAY, MAY 23RD, 12-2!
DON'T MISS IT!



It's official: Newly released CDC Guidelines [www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html] say that "fully vaccinated people can participate in outdoor activities and recreation without a mask." And we, Eastside Villagers, are going to celebrate our new bare-facedness with a picnic!

Specifically, a "bring your own" lunch from **Noon-2 PM on Sunday, May 23rd, in the covered picnic area (Shelter A) at Grant Park, next to NE 36th Ave** [portland.gov/parks/grant-park].

We'll have lunch, talk, play a game or two (to break the ice), talk, eat cookies, talk, meet all our new Members, talk, and have a wonderful time!

There will be extra-large nametags to help us remember who we all are and connect with our new folk. But best of all: we can be together *IN PERSON!* Yay!

Want to help with planning this fun event? Or help with hosting? Contact Mary Beth Young today!

*By Mary Beth Young
EV Member*

What to Bring.....

- Your own lunch / beverage / chair. (Please be prepared to take any trash home with you.)
- If you can, something for the shared dessert table.
- A sense of humor and a desire to visit with all our new Members.

Things to Note....

- **Please register** at the [online calendar](#) if you are coming so that we can make a nametag for you.
- If you need or can give a ride or share an extra chair, please let the office know.

MEN'S GROUP ENTRANCED WITH TRAINS

The EV Men's Lunch Group (with adult beverages) crossed the Tillikum Bridge on April 22nd and had a great tour and history presentation at the Oregon Rail Heritage Museum [orhf.org/]. Our thanks to our Docent Dave and Roger Warren's planning. Pizza and adult beverages were also well received at Mt. Hood Brewing.

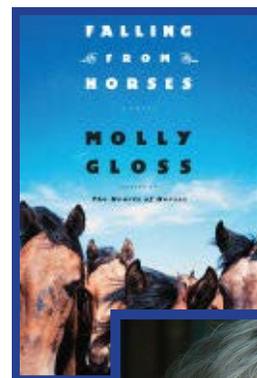
By Lucien Dallaire
EV Member



SPECIAL GUEST FOR MAY BOOK GROUP

The EV Book Group is reading *Falling From Horses* by Portland author, Molly Gloss. Google Books describes the book this way: "In a new novel from the best-selling author of *The Hearts of Horses* and *The Jump-Off Creek*, a young ranch hand escapes a family tragedy and travels to Hollywood in 1938 to become a stunt rider.

"Acutely observed, *Falling from Horses* charts what was to be a glittering year in the movie business through the wide eyes and lofty dreams of two people trying to make their mark on the world, or at least make their way in it. Molly Gloss weaves a remarkable tale of humans and horses, hope and heartbreak, narrated by one of the most winning narrators ever to walk off the page."



As a special treat this month, author Molly Gloss will join us for our discussion at 10 AM on May 11th. Please sign up online for this event.

CHARITY PLANT SALE BRINGS IN THE GREEN

Plant and garden art lovers dodged rain drops Saturday, April 24th, at the yard sale benefit for the Oregon Food Bank POBC Pantry. The one-day sale netted \$5,128 for the food pantry. In comparison, last year's *four* plant sales brought in \$6,500.

Betty Brown, Executive Director of the Portland Open Bible Community Pantry, wrote the sale organizers to say: "Our ability to weather the pandemic was only made possible through individuals like yourselves who choose to give both financially and by volunteering even during the most difficult times. Our Pantry serves the homeless in our community in addition to many immigrant families. Your generosity will continue to ensure the well-being of our community. Thank you once again."

Special thanks to everyone who donated plants, attended the event, and helped to make this event such a success.

*By Ann Gaffke
EV Member*



SEEING THE SIGHTS OF PORTLAND

Head out with the EV Bike Group and there's no telling what you'll come across! Lots of spring flowers, of course, and quite possibly the same car that Steve Martin and John Candy burnt up in *Planes, Trains, and Automobiles*. You never know...

*By Lucien Dallaire
EV Member*



HAPPY HOUR WITH ARTISTIC FLAIR



This month's "artist in residence" is Jana Demartini. Join us at 4 PM on Thursday, May 13th, as she escorts us (via Zoom) through her art on display at the Blackfish Gallery. Guests are welcome.

The Gallery [www.blackfish.com / 420 NW Ninth Ave.] will be holding its First Thursday Virtual Reception on May 6th at 6 pm on Facebook Live. Jana's artwork will be on display from May 4–29.

THE "DONE!" GROUP GETS IT DONE

All of us have projects around the house that we're going to get to "someday." Linda Safran wanted a bit of external incentivizing, and figuring that she wasn't the only one who would benefit from having a friendly PUSH, started the "DONE!" group. Sometimes we just need a bit of accountability to take that "someday" to "today." So she started DONE!, a Zoom group that meets every two weeks.

Each of its members has about 5 minutes to share what's on their personal "to-do" list for the upcoming weeks, as well as their "to-be-done-by" dates. Successes are cheered, delays acknowledged, encouragement shared.

Recently Wendy Orloff despaired at being able to get her garage cleared out and readied for its transition into an ADU. The DONE folk made up a work party and true to their name, got it done, much to Wendy's relief.

While this particular group is closed to new members, anyone interested is encouraged to contact Linda for information on how to form a new group.

Who knows what we can all get DONE! if we put our minds to it!

[Note: The handsome gentleman is Jamie Fraser from the "Outlander" TV series. He was a special birthday surprise for his fan, Derianna Mooney.]



AND FINALLY...

EV Member JoAnn Herrigel sent us this poem for inclusion in this issue about volunteering and belonging. We hope you like it as much as we did.

To Be of Use

Marge Piercy

The people I love the best
jump into work headfirst
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

CALENDAR FOR MAY 2021

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. Please note: Most Eastside Village events will be held via the Zoom online virtual meeting platform. See the Events Calendar for each event's link.

3, 10, 17, 24, & 31

Happy Hour

(MV) Share stories and chat with fellow EV folks. 5-6 PM.

5, 19

EV Movie Club

(R, MV) We watch a movie individually, then talk about it together. Join us!! Check the online Calendar for specifics. 3-5 PM.

7, 14, 21, & 28

Coffee Hour

(MV) Join your friends and neighbors for coffee and conversation. 9:30-10:30 AM.

7

RISE Circle Meeting

(R, MV) Please contact the office if you wish to attend. Noon-2 PM.

8

Virtual EV 101

(R) Zoom in for a virtual introduction to Eastside Village. Please check with the office to get the link. 10-Noon.

11

EV Book Groups

(R, MV) Join us as we discuss *Falling from Horses* by Portland author, Molly Gloss. 10-Noon.

13

EV Council Meeting

(R, MV) Please contact the office if you wish to attend. 10-Noon.

Happy Hour with Artistic Flair

(MV) EV member and artist Jana Demartini will share her works with us. See page 12 for details. Guests welcome. 4-5 PM.

20

Men's Lunch w/ Adult Beverages

(R, MV) Join the EV men for a hike/walk, bag lunch, and socially-distant conversation. 12-2 PM.

23

EV Spring Picnic

(R, MV) See p. 9 for details. Grant Park, Shelter A. Noon-2 PM.

29

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. 12-2 PM.

30

Knot Just Knitting

(R, MV) Calling all fiber freaks: KJK is opening up again! Bring your project or problems and let's have fun together. 1-3 PM.