



The Eastside
Village VOICE
June 2021

Look
Out,
World!
Eastside
Village
Has...



Turned the Corner!

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SO LOVELY TO SEE YOUR SMILING FACE!



Something truly momentous happened on Sunday, May 23rd: Eastside Village held its first in-person, all-Village gathering since 2019. Taking advantage of our universal vaccinated status and newly updated guidelines on outdoor gatherings, early 50 members came together for a fun—if chilly—BYOE (“bring your own everything”) picnic at Grant Park.

As the days lengthen and the weather warms, watch for other opportunities for face-to-face activities.



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MARJORIE TAKEI: READY FOR A NEW CHAPTER

When Marjie Takei and her husband, Dick, moved into their little Sellwood bungalow in 2016, they looked forward to getting to know Portland and enjoying living near two of their children. But the past five years have been something of a blur to Marjie and she still feels like a newcomer to the city.

Marjie and Dick had spent 45 years in Eugene, raising their three children and devoting themselves to their careers—Marjie as a psychologist and Dick as a social worker. Marjie taught at Lane Community College for 30 years and then gradually eased into private practice for another 20.

After they retired, they moved to Yachats so Dick could pursue a second career in Hawaiian music. While there, he performed regularly, wrote music, and produced a CD.

After 10 years in Yachats, Marjie and Dick were ready for life in Portland. But shortly after they arrived, their children took Marjie aside

and said, “Mom, there’s something wrong with Dad; he needs medical help.”

They had noticed his increasing difficulty communicating, as well as an increase in irritability in his usually pleasant, amiable personality. While in Yachats, Marjie had begun to notice long pauses in his conversations, but had attributed them to his artistic personality or to fatigue.

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Testing by Dick's primary care physician produced a diagnosis of Alzheimer's disease, which shook the foundations of Marjie's world.

In the face of this devastating and unexpected news, she reassured Dick that they would get through it together and that they would be fine. But, she said, "We weren't fine."

Marjie sought help from the Alzheimer's Association. She and Dick attended separate support groups for early-stage Alzheimer's patients and their care partners. Marjie had started teaching at Conniyoga and at Living Yoga in Portland, but had to give up those positions as Dick's symptoms worsened.

When it became obvious in 2020 that Dick could no longer stay at home, a senior resource person from the Alzheimer's Association helped Marjie visit and choose a memory care residence for Dick. Marjie said, "We couldn't keep him safe. He's strong and he's mobile." Marjie's children had taken him for five months and they couldn't handle his care either.

So in August 2020, her kids brought their father's possessions to the memory care residence and replicated his room as closely as possible. Marjie believes that Dick is happy there, though he does sometimes walk away to try to find Marjie. She said, "We were so relieved because the staff embraced him with love and kindness." They even set it up so he could play music for everyone in the residence every Tuesday. Marjie said, "I knew it was the right decision." But she emphasized that every instance of Alzheimer's is unique. "Every [care partner's] decision is different. Nobody should feel guilty about whatever they decide."

And now Marjie said she feels ready to really start connecting with people and getting to know Portland. She had read about the Villages movement before coming to the city, and once she got here, someone told her about Eastside Village. She had volunteered to pick up and deliver items for EV members before the pandemic and hopes to get back to that soon.

Marjie loves to garden and belongs to the EV Book Group. She hopes to teach yoga again in the future. She is also willing to talk with others who are beginning the journey into dementia. She wants to offer support and understanding and be a resource for others.

She plans to spend the summer visiting family members she hasn't seen in more than a year; then, in the fall, she said, "I'll settle down and try to figure out what to do to give my life meaning."

*By Carlotta Richard
EV Member*



Editor's Note: The May issue cover story ("We [heart] Our Volunteers") was written by Marnie McPhee. We sincerely apologize for the oversight.

HERE ARE SOME OF EV'S NEWEST MEMBERS

We here at "Newsletter Central" have developed a series of five questions that we ask every new Member as a way to introduce them to the Village.

Here are responses from some of our newest members. Watch for others next month!

Nancy Arntson

[This is me with my grandson Townes whom I have been spending the last year with while he attends Online Kindergarten.]

1. How did you hear about Eastside Village?

I think I received something in the mail several years ago about the Village Network. At that time I said, "Someday that is going to be for me!"



2. What interests you about the Village?

I am very interested in the social connections, eventually volunteering to help, and to utilize the experience and knowledge you all have for keeping going.

3. What are your interests? What activities and/or groups do you plan to be active in?

I really enjoyed our picnic this month. I hope to attend more of them, and to bicycle, garden, camp, hike and some travel.

4. How long have you lived in Portland?

I have lived in the Willamette Valley for 35 years. The last 15 have been back and forth between Portland and Salem (working in Salem and going to graduate

school for Oriental Medicine here in Portland). The pandemic finally pushed me over the threshold into retirement and, in my situation, "back to Kindergarten"!

5. What would you like EV Members to know about you?

I look forward to meeting as many of you as opportunity allows.

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Gayle Palmer

1. How did you hear about Eastside Village?

Five years ago I talked with folks at a table on Hawthorne but was told I lived outside the boundary for membership.

Recently I attended an Eastside Village information session and requested to join. Fortunately, EV welcomed my sister, Andra, and me.

2. What interests you about EV?

The social aspects and issues discussions

3. What are your interests? What activities and/or groups do you plan to be active in?

I am enjoying the Friday coffee hour to get to know some of the members. Looking forward to the picnic and other face-to-face meetups for sharing food and talk. Likely will join the Book Group. Interested in the group on sustainable living.

4. How long have you lived in Portland?

Nearly 7 years.

5. What would you like EV Members to know about you?

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I am a community activist in outer East Portland, a grant writer and fundraiser, and I teach classes in those topics. My current absorbing interest is the East Portland Resilience Coalition, whose purpose is to develop a plan for community resilience to recover and adapt to future pandemics and disasters that broadly disrupt basic services.

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Cheryl Sears

1. How did you hear about Eastside Village?

I picked up a brochure at a retirement seminar at Providence Hospital.

2. What interests you about the Village?

The possibility of participating in groups and meeting like-minded people.

3. What are your interests? What activities and/or groups do you plan to be active in?

I love movies and stage musicals, plus discussing issues of the day. I think I would like to learn to crochet. I plan to get busy with sewing again. I may decide to take up photography using a DSLR camera, but think I would need lessons for that!

4. How long have you lived in Portland?

Forty-two years. I'm from northeastern Ohio, and spent ten years in Southern

California before moving to Oregon in 1979.

5. What would you like EV Members to know about you?

I raised four children and helped raise two step-children while going to school to complete a double Bachelor's degree in Physical Therapy and Psychology. I spent half my 30-year career in clinical work and the other half in pediatrics. Before that I owned and ran a secretarial service agency.

Later, my husband and I established "Charlie's Sweet & Sassy Salsa," which we ran for fourteen years before selling to the Vice-President of Beaverton Foods.



I have participated in musical groups since middle school, most recently with Pride of Portland Sweet Adelines for sixteen years. I no longer sing, but enjoy excellent artists such as Susan Boyle, Celine Dion, and Josh Groban.

I was caretaker to my husband for eleven years before losing him in 2018. Now I am working on completing the family genealogy and writing chapters on individual members, plus writing a memoir for my kids.

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Janet Billups

1. How did you hear about Eastside Village?

I believe I initially heard about Eastside Village through the media when NW Village first came on the scene in the Portland area. I've noticed news clips about it since that time.

2. What interests you about the Village?

I have always been interested in the focus on providing help to allow older people to remain in their homes. When I finally checked into EV, I was surprised to learn that the focus is equally on older people who don't yet need help but want to find like-minded people for social activities and who would then volunteer to help one another to age in place.



3. What are your interests? What activities and/or groups do you plan to be active in?

I've checked out a couple of EV activities on zoom like the coffee hour, happy hour, and movie club. I've gone on a bike ride and just added my name to the hiking group for the day when my knees agree to let me hike again!

Feeling connected via Zoom as a new member has been hard, so I admittedly haven't done much of it, but people have been quite welcoming. I look forward to the time when I can participate in person.

5. What would you like EV Members to know about you?

I've lived in Portland since 1975, so I have a number of close, life-long friends in my community, but one can never have too many friends!! For that reason I look forward to trying out the EV activities as in-person, mask-free life returns.

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Andra Cassen

1. How did you hear about Eastside Village?

I learned about Eastside Village from my sister, Gayle. She learned about it several years ago, but our house was outside of the membership boundaries then. She rechecked this year and we were able to join.

2. What interests you about the Village?

I'm interested in meeting new friends.



3. What are your interests? What activities and/or groups do you plan to be active in?

I'm interested in exploring new things; attending theater when that's an option, live music (especially jazz), and outdoor concerts; and enjoying Portland's many parks, among other things.

4. How long have you lived in Portland?

I moved to Portland in December 2016.

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KEEPING CONTACTS UP TO DATE

We urge all EV members to confirm with the EV office that the “emergency contact” information in your EV profile is up to date. And while you’re at it, if your contact person is out of state or out of the area, you might consider also sharing the location of a hidden door key or whether one is kept with a neighbor.

In the event an emergency services “health check” is called for, the responder won’t have to break down your front door to get to you.



TUESDAY HIKING GROUP STEPS OUT



Eastside Village Members are invited to join the Tuesday Hiking Group which will meet on the 1st & 3rd Tuesdays at 10:30 AM.

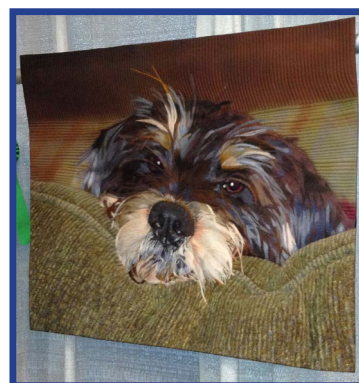
The group’s first meeting on June 1st will be a hike up to Mt. Tabor. Meet up with your guides—Ann Gaffke, Sharon Grady, and Wendy Orloff—at SE Lincoln St. and 64th Ave.

The Group’s leaders would like to help others “train up” for a trip to Silver Falls later in the summer, so register online or with the office to be sure that you aren’t left behind.

FABRIC, THREAD, AND SOMETIMES BEADS

EV’s artistic journey continues! For nearly 15 years, Peg Farrell made the trek to Santa Clara for the Pacific International Quilt Festival (PIQF), a showcase of hundreds of award-winning quilts from around the world. (OK, there may have been some fabric on sale, too.)

Join us as she shares her photos of these jaw-dropping quilts, reminding us that despite what you may think, they are all just “fabric, thread, and sometimes beads.” [Thursday, June 17, 4-5 PM]



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5. What would you like EV Members to know about you?

I grew up in Flint, Michigan and went to college there. I met my husband Patrick at the University of Michigan, where I was working in gerontology and he got a Ph.D. in aeronautical engineering. We moved to the Bay Area when he was offered a job as an astrophysicist at NASA studying the solar system. I worked in family law. I lived there for 48 years.

We had one child, who has been in Seattle since he went to college at UW. After I retired in 2013, I moved to Olympia, Washington, where I lived next door to Gayle, and was active in the Lions Club there. Gayle and I share a house in East Portland.

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Juanita Remien

1. How did you hear about Eastside Village?

In 2014 or 2015, I first heard about EV from attending a proposed village formation meeting.

2. What interests you about the Village?

The concept of aging in place has always interested me because I do not picture living only with other seniors in a senior living community. I would miss the diversity of people and age groups that we've found in Portland.

Having said that, I would like to connect with other seniors who are active and interested in making new friends.

3. What are your interests? What activities and/or groups do you plan to be active in?

I've enjoyed a couple outings with the Bicycle Group and have attended the Coffee and Movie Groups.

The Picnic was great; I met many new people and actually recognized a few members I had only met on screen.

I'd love to find a chess partner(s) to revive my interest and skill in this game.



4. How long have you lived in Portland?

We moved here from a small, remote town in eastern North Carolina 11 years ago.

5. What would you like EV Members to know about you?

Swimming is my main active passion, but I enjoy hiking and bicycling as well. I teach a martial form of Tai Chi which I have been practicing for years.

I love Spanish and writing. My favorite forms of writing are memoir and poetry.

I am interested in Buddhism and have been sitting and learning from a local group for the last several years.

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Michael Prager

1. How did you hear about Eastside Village?

I heard about Eastside Village from my wife (Juanita Remien).

2. What interests you about the Village?

I'm interested in getting to know other compatible people nearby. We have moved around a lot and have friends throughout

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FARMERS MARKETS ARE BACK! AND SO IS EASTSIDE VILLAGE

Did you first hear about Eastside Village from someone sitting at a table at a farmers market? If you said “yes,” you’re not alone.

A large percentage of our members come to us thanks to our “tabling” presence at farmers markets, street fairs, and other local events. And now, thanks to increased vaccination rates, COVID restrictions are lifting and these wonderful neighborhood events are coming back again. And EV will be there, too.



If you’d like to help with our recruiting efforts and share the benefits of Village membership, please contact the office to sign up for a fun and rewarding two-hour shift.

And if the thought of accosting strangers has you cringing, your financial help would also be much appreciated. The brochures and cards that are distributed—as well as the signs and banners that hang in our booth—all cost money that could be used to support our office staff or other member-centered activities.

In any case, do be sure to stop by to say “Hi!” when you’re out shopping for some tomatoes or home-made jam.

COFFEE HOUR GOES LIVE!

Are you ready to get back to in-person Coffee Hours? EV Member Judy Ringenson has graciously offered to host a face-to-face version on Friday mornings at 8:30 (check the online calendar for location). She will then bring in the Zoom regulars at 9:30.

TIME TO CHECK OUT MEMBER GARDENS



Summer is almost here and our gardens are coming into their full glory. Now that we can meet in person again, let’s take some time to celebrate those lovely gardens and those who have created them! Check the calendar for the location of these weekly tours, held on Thursday afternoons, 2-3 PM.

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the country, including friends of various ages in Portland.

It will be helpful, when the time comes, to have EV volunteers to call upon for things we can no longer do easily.

3. What are your interests? What activities and/or groups do you plan to be active in?

My two strongest interests are music and walking in the woods. For three years, I was lead organizer of the Portland Audio Club, a group for those with interest in music and hi-fi. I enjoy concerts and recitals, as well as listening to music at home. Juanita and I both love day hiking, though our distances are shorter than they used to be.

I have collected mushrooms for the table for almost 50 years, with most of my experience in the Northeast and some in the SF Bay Area. Nowhere is the competition as strong as in Portland!

4. How long have you lived in Portland?

Juanita and I have lived here for 11 years.



5. What would you like EV Members to know about you?

I am not religious, though when I have to fill out a form, I usually say “Animist.” Although the answer started in jest, I have since realized it’s not a bad description of my beliefs.

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“BORING” EV BIKE GROUP TRIP A SUCCESS

When the adventurous souls in the EV Bike Group head out, you never know quite what they will encounter. A trip to the rural town of Boring can occasionally reveal classic cars or hidden bridges. Grab your bike and join them sometime! Check with Lucien Dallaire for details of future excursions.



WE BE TREES



If one wished to draw inspiration from nature, a good muse is *Quercus garryana*, the native Oregon White Oak. Where acorns fall in proximity to each other, a grove will sprout whose canopy will combine the narrower crowns of the individuals to assume the same rounded shape as the sentinel trees dotting the farmland of the Willamette Valley. When damaged by wind or lightning, a tree will resprout new branches, modifying itself to the challenges life has thrown it.

By standing together during the pandemic, Eastside Villagers have similarly supported each other while modifying our activities, masking, and physical distancing to keep every member of our community safe during the storm. And we even managed to drop some acorns to help others in our Eastside neighborhoods!

By Liz Dally
EV Member

EV'S FIRST ANNUAL RUMMAGE SALE NOW ON!

We have the date and the location lined up! Stay tuned for more details!

When: Saturday, June 26, 2021, 9:00 AM until 4:00 PM

Where: St Paul Lutheran Church (parking lot), 3880 SE Brooklyn Street

CALENDAR FOR JUNE 2021

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. **IP** = Events held in person. **Z** = Events held via the Zoom online conference platform. See the Events Calendar for each event's link.

1, 15

Tuesday Hiking Groups

(R, MV, IP) See p. 10 for details. 10:30–11:30 AM.

2, 16

EV Movie Club

(R, MV, Z) We watch a movie individually, then talk about it together. 3–5 PM.

3, 10, 17, & 24

EV Garden Tours

(MV, IP) See p. 13 for details. 2–3 PM.

4

RISE Circle Meeting

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

4, 11, 18, & 25

Coffee Hour

(MV, IP/Z) Zoom or in-person? We've got you covered. See p. 13 for new details. 8:30–10:30 AM.

6

Woodstock Farmer's Market

(R, MV) **Help spread the word about EV on the Market's opening day.** 10 AM – 2 PM.

8

EV Book Groups

(R, MV, Z) Join us as we discuss *The Girl with Seven Names* by Hyeonseo Lee. 10–Noon.

10

EV Council Meeting

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

12

Virtual EV 101

(R, Z) Zoom in for a virtual introduction to Eastside Village. Please sign up with the office 10–Noon.

17

Men's Lunch w/ Adult Beverages

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

Happy Hour with Artistic Flair

(MV, Z) See page 13 for details. Guests welcome. 4–5 PM.

26

EV Climate Crisis Crew

(R, MV, Z) 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.

EV Rummage Sale

(IP) More details to come soon. 9 AM–4 PM.

27

Knot Just Knitting

(R, MV, IP) Bring your project or problems and let's have fun together. 1–3 PM.