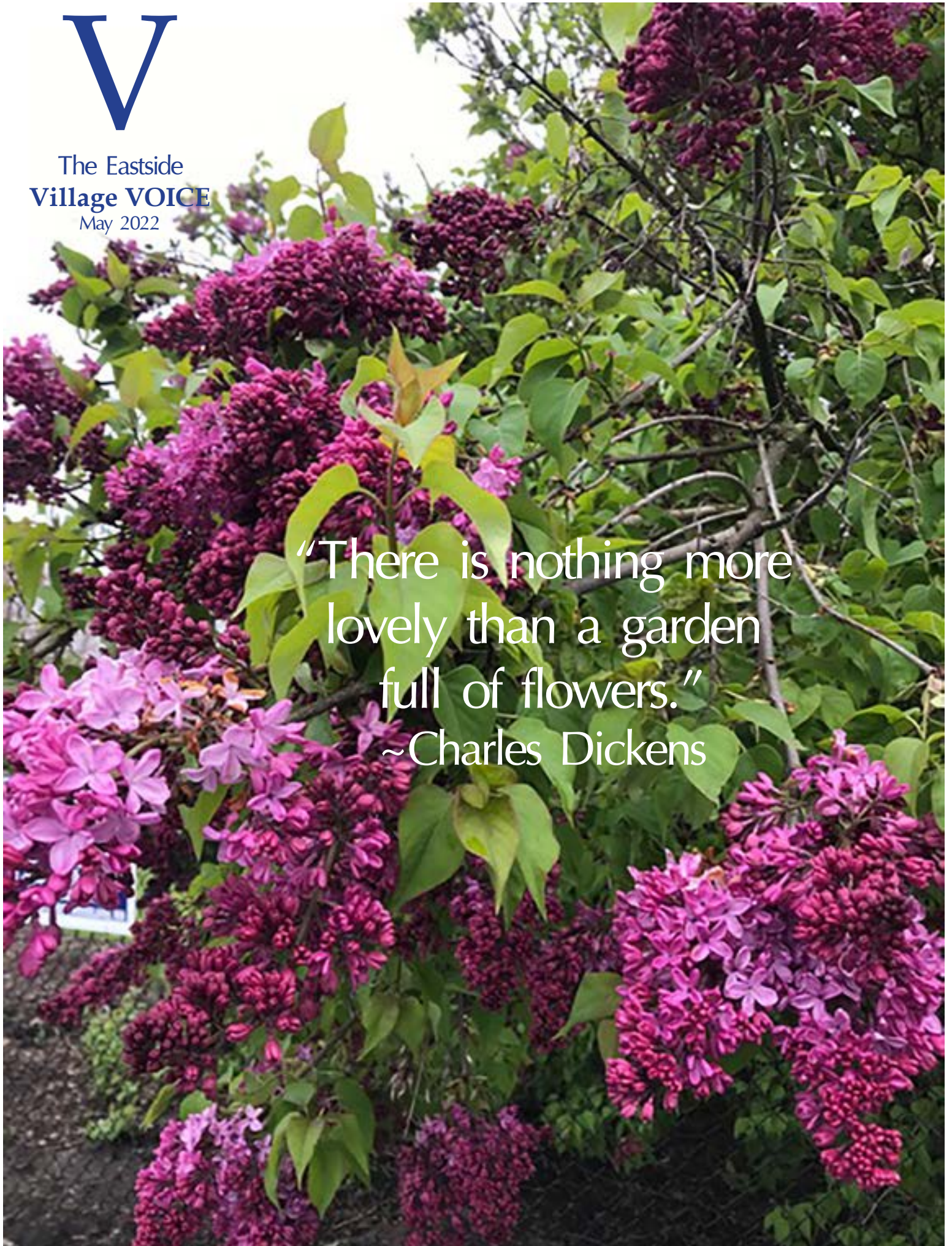




The Eastside
Village VOICE
May 2022

“There is nothing more
lovely than a garden
full of flowers.”
~Charles Dickens



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“EASY OUTINGS” HEADS TO THE LILACS

If you use a mobility device or have other physical concerns, each outing can bring worries about steps, narrow doorways, or other barriers that can limit your participation. There are no such worries with Eastside Village's new Easy Outings group, which takes Members to local attractions that are both beautiful and accessible.

Building on the group's successful first outing, to the Japanese Gardens, three cars full of EV Members recently braved rainy skies and headed up to Woodland, WA. This small town is home to the Hulda Klager Lilac Gardens and its annual Lilac Festival.



Once there, the rain miraculously stopped and the group was able to make its way through the myriad lilac bushes, large and small. The recent cold weather had slowed the blooms,

but there were enough for all to enjoy.

The trip home was preceded by a delicious lunch in a nearby restaurant, and then it was time to head home.

A grand time was had by all.

Is there some place you've been itching to see? Post something to the Forum and who knows where we'll go next!

(Many thanks to Monica Wheeler for the lovely photos here and on the cover.)



BUY A PLANT, HELP FEED A NEIGHBOR

When you scoop up a few vegetable seedlings and colorful perennials—many grown by EV Members—at a popular neighborhood plant sale on May 14, you'll be doing a lot more than adding to your spring garden. You'll be supporting a unique local food pantry where volunteers work overtime to reach out to people from many different cultures.

The sale runs from 10 AM until 2 PM at 2014 SE 59th Ave. It's become a popular fundraiser for the Oregon Food Bank food pantry at Portland Open Bible Community (POBC), an inclusive pantry with a remarkable background.

Executive director Betty Brown started the pantry (on 92nd Ave. just north of Powell) after several break-ins at the nearby church. Valuable electronics were left untouched, only food in the church refrigerator was stolen.

Recognizing the need in her multi-cultural community, Betty set about making it easier for people to get food. Her son, Aaron, helped customize an ordering system not only in English, but also in Ukrainian, Russian, Cantonese, Spanish, Vietnamese, and several East



African languages. On-site translators also assist clients in a wide variety of languages. And the POBC volunteers take special care to recognize cultural diversity in assembling food boxes, honoring any religious dietary requirements the clients may indicate.

So as your new plants thrive in your garden, you can also celebrate the “roots” you are helping many families establish in our neighborhood!

By Anne Kenlon

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CALLING ALL CHINA HANDS

Bob Hunter, coordinator of EV's World Cultures Study Group, is looking for Members or Volunteers who have lived or worked in Asia, especially in China. “As we develop our culture program and look ahead to future meetings, I am looking for people who could be part of a panel or roundtable to foster discussion on this important world region.” Please contact Bob Hunter by email or text.

VOLUNTEER INSPIRED BY EV's "BRILLIANT SOLUTION"

When Volunteer Katie spends time around Eastside Village Members, she enjoys the tasks at hand, whether she's washing windows, pruning shrubs, or assembling a new vacuum cleaner. But just as much, she enjoys being around the seniors she meets.

"I learn so much from being around someone who is experienced and grounded," said Katie, who's 24. "Seniors have such a fantastic perspective on things. It's so refreshing, and a great add-in to my week."

Katie moved to Portland late last year from Salt Lake City. While pursuing graduate studies in the health care field at Lewis & Clark College, she also wanted to feel connected to her new community. And thinking of her grandmother—whom she hasn't been able to visit regularly due to the COVID pandemic—she was attracted to the volunteer opportunities at Eastside Village, which she learned about from a classmate.

"It's such a brilliant way to address simple issues that can come up for people in their homes, and getting help with little things around the house can be so freeing for them," she said.

"People shouldn't have to hire someone to change a light bulb, or wait until their relatives can drive two hours to come move a couch to the other side of the room. This is such a brilliant solution, and I like to think there might be someone looking out for my grandmother in the same way."

Katie learned as a youngster the life-changing role volunteers can play in other people's lives. As a Type 1 diabetic, she often attended summer camps staffed with adult volunteers with diabetes.

"Being a little kid and seeing these camp counselors do such amazing things while still

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VOLUNTEER PROFILE

HOSPICE VOLUNTEERS: MAKING A DIFFERENCE

Now that COVID-19 limitations are easing up, you may be searching for a new purpose as you re-engage with the community. If you're looking for a meaningful place to volunteer, have you considered being trained as a hospice volunteer?

Helen Keller once wrote, *Although the world is full of suffering, it is also full of the overcoming of it.* Palliative and hospice care seek to ease the suffering of patients and loved ones by relieving physical, emotional, and spiritual distress.



Coming alongside a patient or their loved ones at one of life's most challenging seasons is rewarding, significant, and surprisingly hopeful. And you can do it in a myriad of ways!

Hospice volunteers with Adventist Health Hospice can run errands, provide companionship for a patient or family member, complete light housekeeping tasks, walk pets, play music or sing, make calls to check on medication and supplies or assist with

office administration tasks. Each of these valuable services can give a patient or family member the practical help and encouragement to know that someone cares when it matters most.

Volunteer D. is but one example of a Hospice volunteer making a difference in a patient's life. He visited Patient E.'s care facility weekly, singing and playing familiar old songs on the ukulele like, *Hey, Good Lookin'* and *Amazing Grace*. E. was smiling and alert during these visits, often trying to sing along or tap to the beat. Before long, some of the other residents in nearby rooms joined in and sang or danced along.

Volunteer D. stirred up treasured memories to provide emotional comfort to E. when dementia had robbed her of many of her faculties. She looked forward to his weekly visits and her caregivers reported that these visits lifted her spirits. E.'s niece lived too far away for in-person visits, but participated by Zoom in these weekly sing-alongs.

Volunteer D. made an immeasurable difference in E.'s life and, eventually, in her peaceful death.

You can make a difference, too!

Hospice volunteers like D. go through 3-4 hours of in-person training along with 6-8 hours online training, commit for one year of service, and are supported all through the process by the Hospice Volunteer Coordinator, Karen Hartmann (503-251-6192 / hartmakl@ah.org).

Please contact her to learn more about volunteer options with Adventist Health Hospice.

EV Gives Back

As Eastside Village has grown, there has been a desire among the membership to give back to the larger community with both our time and our money. Several EV Members have been discussing how best to do this. The members of this newly formed "EV Gives Back" Committee are Sherry Hall, Alison Starkey, Linda Toenniessen, and Phyllis Wishnie.

Eastside Village used a portion of the 2021 Rummage Sale proceeds to make a donation to NW Pilot Project, an organization that helps people who are

55+ and have low or very low income to obtain or keep housing. The EV Gives Back Committee is hoping to donate to similar organizations with some of the proceeds from the 2022 Rummage Sale.

The group also hopes to identify volunteer activities that EV Members can participate in. These could be one-time or ongoing commitments.

If you have ideas about organizations that EV could help, please contact Alison Starkey.

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GRIEF AS A NATURAL REACTION TO LOSS

Grief is the natural reaction to a loss, an ending, or a change in familiar patterns or behaviors. Grief's conflicting feelings can surface when you've experienced the death of a loved one, retirement, a move, an empty nest, or declining health. These are just a few events where loss occurs.

Covid-19 stirred collective grief over the losses of social gatherings, graduations, weddings, funerals, and comfortable routines.

Having tools to process grief is rare in a culture focused predominantly on achievement, youthfulness, and

progress. And yet, suppressed grief can directly affect physical, emotional, spiritual, and relational wellness.

Join us for a few minutes to learn some effective ways to recognize the signs of grief and healthy ways to address and cope with it. Karen Hartmann, Bereavement Coordinator for Adventist Health Hospice, will present some help in processing grief and finding hope.

Join us on Friday, May 20, 1–2 PM, in the Memorial Room, Trinity United Methodist Church, 3915 SE Steele Street. This event is open to EV Members and Volunteers; registration is recommended.



The days are getting longer, trees are leafing out again, and it might even get warmer... Which means that it's time for our Second Annual EV Member and Volunteer Picnic! Join us on Sunday, May 22, from 12–2 pm, at Colonel Summers Park at SE 17th Avenue and SE Taylor.

Please bring your own lunch/drink, a folding chair if you have one (but don't worry if you don't; there'll be extras), and a smile! Please don't forget to register online so we can be sure to have a name tag for you, and do let the folks in the EV Office know if you need a ride.

At our last Picnic, many folks contributed baked goodies for a dessert table. Would you like to help us fill the dessert table this year? It can be simple and doesn't have to be homemade. If you have a sweet tooth and would like to help, email Mary Beth Young.

Eastside Village has gained more than 30 Members in the last year; here's your chance to meet all these new folk and catch up with friends you may not have seen in person since our last picnic.

*By Jennifer Rockwood
and Mary Beth Young*

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Continued from page 5.

managing their diabetes was so empowering," she recalled. "You couldn't help but want to be just like them."

Volunteering with Eastside Village coincides well with Katie's demanding life as a graduate student. "I like the flexibility, and the Eastside Village folks are so supportive of my goals," she said. "Plus, since, I live in an apartment, I love things like working in the yard and getting outside on nice days.

"I encounter so much positivity in every interaction I have with Eastside Village. I'm grateful to have this opportunity in my life!"

By Anne Kenlon

WELCOME, NEIGHBORS!

We like to introduce our newest Members by asking them to answer the same five questions. This month we are pleased to present Carol Basch and Terri Parkin. Each exemplifies the spirited and often-surprising nature of Eastside Village Members.

Carol Basch

1. How did you hear about Eastside Village?

I heard about EV from a very dear friend who had joined a few years ago and was suggesting that this might be a good fit for me. After my life changed, I realized that EV would be a good collective fit for me.

2. What interests you about the Village?

A community of like-minded people felt nurturing and supportive. After the death of my soulmate husband, I knew I wanted to stay in my home.

Opportunities for help, and to help, with tasks such as gardening and carpentry, and EV social-minded activities drew me in.

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

I have been an avid gardener and hope to continue in spite of back surgery. I love books and film and am interested in both clubs. I have been an activist for social, racial, and economic justice my whole adult life. I am now more of an armchair one but am still passionately involved in these global causes.

I love to hike and camp, love dance concerts, and am passionate about jazz. I am searching for a kitty companion since my Mr. Tuffy died.



4. How long have you lived in Portland?

I moved to Portland in 1971 from New York, living first in Northeast and now in Southeast. When I moved here I was part of the United Farmworkers Union in organizing for better conditions.

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

I am an artist working in acrylic paints, with my studio upstairs. As a middle-school art teacher, my sense of humor endeared the kids to me and me to them. I am basically an introvert but love people and espresso.

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Terri Parkin

1. How did you hear about Eastside Village?

I learned about EV from a younger friend who seems to know everything about Portland. She is a lawyer and is active in civic life, with a good background that I trust.

2. What interests you about the Village?

I was drawn to EV because there are volunteers to help me with things I either can't do or don't have time for now.

I have used the volunteer service twice to have a lovely person come and help me declutter. Decluttering is an ongoing challenge, but fun, and having another person working with me makes me feel accomplished.

I plan to use other volunteer services as time goes on.

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

I have lots of interests and look forward to sharing some of them in the near future.

I own rental property that keeps me busy. In early spring and summer I plant a large garden.

I'm fairly creative and enjoy fine art and try my hand at it with oil paints and water colors. I also work with fabric design; surface designs; and specialized applications, including dyes.

4. How long have you lived in Portland?

I moved here from Aptos, California, in 2013 to marry a man who taught organic chemistry at Reed College. He passed away in 2018 and I decided to stay.

I love the trees here and feel at home in the Northwest. The rain is great, although it makes me want to go back to bed and read. Sometimes I read garbage about the love lives of actors, but sometimes I read things like Proust and books about Tibetan Buddhism. I've been a practicing Buddhist for fifty years.

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

I like short walks through expensive dress shops. No. Just kidding. I like walks, yoga, Paris, exotic places, horses, dogs, cats, and little kids. I have traveled extensively.

Also, I'm funny and love other funny people. I'm friendly and enjoy learning

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SAVE THE DATE: EV FALL AUCTION FUNDRAISER IS COMING UP

Yes, you read that right, we're gearing up for our second Auction Fundraiser. The Auction planning crew is excited to offer another fabulous round of theme baskets, as well as stand-alone items, services, and weekend get-aways for the shopping pleasure of our membership and our larger community network.

Proceeds from this event will be used to augment the EV general budget—including support for our subsidized membership program—with a portion gifted to our newly formed EV Gives Back group (see more on them on page 7).

A silent Auction is being planned for Saturday, October 8. We're working on the details. Depending on COVID, we hope it'll be an in-person event, but we may hold it online as we did last year.

All great auctions start with great donations, and it's never too soon to start procuring goods and services! Do you have a special talent or skill you'd like to donate? Do you want to take part in helping procure goods for a specific basket theme? Do you have a vacation property that you'd be willing to donate for a weekend stay? Please reach out to Jenny in the EV Office (info@eastsidevillage.org or 503-866-0571). She'll help you find a way to support our Auction effort.

Do you feel comfortable asking a business for a donation? Please ask Jenny or Mary Beth to send you our fundraising letter with all the pertinent information.

Stay tuned for more details!

*By Jennie Rockwell and
Mary Beth Young*



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Continued from page 10.

about others: their travels, what they enjoy, and how life is treating them.

So I'm looking forward to the funny, friendly, getting-to-know-you things the Village offers. And more, of course.

Interviews by Carlotta Richard and Marnie McPhee

CALENDAR FOR MAY 2022

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 online Events Calendar for more information.

1, 29

Knot Just Knitting (R, MV, IP) 1–3 PM

2, 9, 16, 23, & 30

Happy Hour (MV, Z) 5–6 PM

3, 17

Tuesday Hiking Group
(R, MV, IP) 9:30–10:30 AM

4, 18

EV Movie Club (R, MV, Z) 3–4 PM

5

Brunch at Toast
(MV, Z) 10:30–11:30 AM

5, 12, 19, & 26

French Club (R, MV, IP/Z) 9–10 AM

6, 13, 20 & 27

Coffee Hour (MV, Z) 9:30–10:30 AM

6

RISE Circle Meeting
(R, MV, IP) 12–2 PM

10

EV Book Groups
(R, MV, IP/Z) 10–Noon

11, 25

Eastside Mahjongg & Cards
(R, MV, IP) 1–3 PM

12

EV Council Meeting
(R, MV, Z) 10–Noon

14

Virtual EV 101 (R, Z) 10–Noon

19

Men's Lunch with Adult Beverages
(R, M, IP) 12–2 PM

20

Grief Workshop (see p. 7)
(R, MV, IP) 1–2 PM

22

EV Picnic (see p. 8)
(R, MV, IP) 9:30 AM–2:30 PM

24

EV Website Tutorial
(R, MV, Z) 11–Noon

26

World Cultures Study Group
(R, M, IP) 1:30–3:30 PM

28

EV Climate Crisis Crew
(R, MV, Z) 12–2 PM