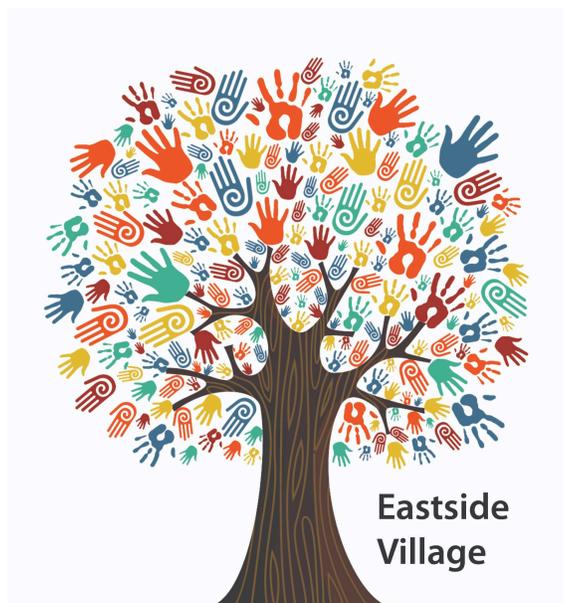


↔ Eastside Village Newsletter ↔



National Chamber Music Month!
National Strawberry Month!
National Get Caught Reading Month!
Older Americans Month!

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Matters of Council — Pete Jacobsen

The April meeting of the Eastside Village Governing Council began as usual with an overall checkup on our organization, sometimes called “Eastside Village At a Glance.” At the time of the meeting, we had 192 Members; guesses were made on when we might hit 200. We had another month when our income exceeded our expenses, leaving us with roughly \$70,000 in the bank.

The Council next reviewed our Strategic Plan, which is moving along nicely. If you’re interested, you can find a copy of the Strategic Plan on the EV website under the “Members Only” tab. Choose “EV Strategic Plan” from the menu, then click on “EV Goals 2023.” Yeah, we should probably rename that!

A report from the Council of Representatives noted that some videos are being developed to help new Members and that the COR Members spent some time discussing how many villages could be supported by our current hub-and-spoke organization.

Most of the meeting was spent discussing and deciding whether to change the vendor we use for web-based support. We have been using Club Express, a well-established company with software designed to support a wide range of clubs and small organizations. Our WebTeam has been studying the software offered by Helpful Village, a newer company, but with software specifically targeted to the Village Movement. The discussion was long and thorough. There were major concerns that changing software would create difficulties as our Members learned to use it. There were also concerns that our existing software was holding back some potential changes.

The Council eventually voted to move from Club Express to Helpful Village and tasked the WebTeam to develop transition materials to smooth the change as much as possible. It will be several months before the new software will be ready to use. The Council will watch over this process carefully.

Your Governing Council held an in-person retreat near the end of April to allow Members time to “think big” about where our Village should be going. Look for a report on that meeting in next month’s Newsletter.

Introducing Jean Aalseth — Marnie McPhee

1. How did you hear about Eastside Village (EV)? When did you join?

Multiple friends mentioned EV last year, so I investigated and then joined.

2. What interests you about the Village?

I love the positive mission of the organization, providing support while building community. I am impressed by the Members I have met so far.

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

Great question! Hiking, biking, and happy hour sound fun. I like many active outdoor pursuits like walking, cycling, kayaking, skiing, and gardening. I also love art and dining with friends. I need to learn more about EV activities and groups.

4. *How long have you lived in Portland?*

25 years. I am a native Oregonian as well.

5. *What else would you like Eastside Village Members to know about you? We'd love to know about your career, where you've lived, and anything else that helps us know you better.*

I work as a landscape designer and also as a technical editor. This year, I'd like to try pickleball. If anyone would like to check that out please let me know.



Balance Exercises for Seniors — Ann Gaffke



Balance and coordination worsen as we age, but we can incorporate balance exercises to prevent falls, improve functional mobility, and remain independent. Staying steady on your feet affects how you move in your daily life, from standing and walking to sitting and bending down to tie your shoes. By incorporating balance exercises we can improve our posture, strengthen our core and lower-body muscles, and minimize the risk of falls and other injuries.

Age-related changes affecting balance include arthritis, joint issues, vision problems, inner ear disorders, and reduced muscle mass and bone density. Other factors include certain medications like sleep aids and high blood pressure medications.

Many have found that Yoga, Tai Chi, and Chi Gong are excellent tools that can lower the risk of falls, improve functional mobility, boost cognitive function, maintain independence, and enhance quality of life.

For this article, I have relied heavily on the website www.goodrx.com/health-topic/senior-health/balance-exercises-for-seniors. It offers eight “best balance exercises for seniors” and describes how to do them correctly. These include Single Leg Stance, Tree Pose, Heel-Toe Raises, Heel-to-Toe Walking, Sit-to-Stand, Dead Bug, Side Leg Raises, and Walking Lunges.

There are so many other options available: YouTube offers a “10 Minute Balance Workout;” OHSU provides the “A Matter of Balance” program at Portland community centers; Kaiser provides a balance class for Members; and OSU Extension Service provides the “Better Bones and Balance” program. Other resources include PCC, local gyms, Silver Sneakers, and the YMCA.

Of course, you should always check with your health care provider before starting any new exercises.

Earth Day! — Anne Kenlon

An eager group of Eastside Village Volunteers spent time on Earth Day cleaning up a section of Portland’s Central Eastside Industrial District. They picked up so much trash in a small convenience store parking lot that business owners came out to thank them! What a great way to celebrate the day and represent the vigorous volunteer spirit of Eastside Village!



You Never Know... — Peg Farrell

An elderly and very sweet Chinese lady lives in the corner house near me. I've had brief pantomimed conversations with her in the past when I've given her a partial bag of potting mix or a planter I no longer needed (she always has a couple dozen potted whatever's growing in her tiny yard.) Neither of us understands the other, but smiles go a long way.

Several days ago, she stopped me as I was getting out of my car to ask (via pantomime) if I could look at her phone and see why it wasn't working. I quickly determined that it was dead and asked her to bring me the charger and I'd see what I could do once it could be turned on again.



She did, and I did, and that's when I discovered that she had not set up any sort of password or FaceID, or anything that would keep bad guys out of her phone. *Yikes!*

She was away when I took it all back, but in hopes she had someone in her life who could help her, I included a note strongly urging her to set up a password.

Fast forward to a couple days later. I was sitting at my table trying to decide what I was going to have for lunch, when who should ring my bell but my favorite non-English speaking neighbor, who I learned is named Cham.

She had brought me a huge bowl of amazing fried rice, filled with shrimp and chicken and various veggies. All part of an effusive "thank you" for my having simply resuscitated, er, charged, her phone. She made me feel like I should change my name to Miracle Max(ine)!

I was delighted, flabbergasted, embarrassed, and grateful. Just goes to show how a small kindness on your part can make a world of difference to others.

On Tech: Helpful Village Is Coming — Dennis McNulty

There have been recent articles in the March Newsletter ("Your Village Needs YOU!") and the April Newsletter ("ON TECH: A Taste of Helpful Village") about the Governing Council possibly changing our online operating platform from Club Express to Helpful Village. Those articles explained a lot about the benefits of the new platform for Members, Volunteers, and administrators. After a good deal of research, including direct talks with HV company staff, the Council decided in mid-April to go ahead with the change. We will be joining three other Portland-area villages that already use this platform: Rivers East Village, Village at the Falls, and Village without Walls.

Our EV Website Team will be taking the lead in the transition effort. All the Website pages and all the data to support 190 Members and 95 Volunteers, including upcoming events, recent Forum messages, and recent service requests, will have to be copied over. Fortunately, most of that migration is automated. It's a big job. The Team is in the midst of developing a transition plan, but is far enough along with it to estimate how long it will take.

We plan to go “live” with the new platform sometime in August. However, we don’t want to suddenly surprise everyone with big changes, such as trying to figure out how to post that all-important Forum message. So we have plans to provide training during July and early August to EV Members and Volunteers. The training will include videos from the HV company, some pictorial how-to’s from HV and developed by the EV Website Team, as well as live demonstrations by the Team. We’ll soon be starting a new “Helpful Village” section on the Forum, which will include links to various training materials as they become available, as well as schedules for live demos.

The Website Team realizes that such a big change in our online operation might make many Members apprehensive. So if you have questions about the new platform and how we’ll move to it, please send them by email to the Team, evwebteam@eastsidevillage.org.

Readers Write — Jule Ward (subbing for Alison Starkey)

Asked about their travel plans for the coming year, Eastside Village Members responded enthusiastically. Journeys near and far are on their agendas, which may just spark your interest in hitting the road as well.

Sharon Marcus is both sticking with the tried and true and setting out on a new adventure.

As she has done every summer since COVID, she and a friend will rent houses for a few days in Pacific City and Neskowin in May and June.

Sharon loves that area and renting adds the joy of being able to bring along her Golden Retriever, Saffron.

Then at the end of July, Sharon’s off to explore another favorite part of the Northwest via a one-week Road Scholar trip, “The San Juan Island by Land and Sea: Hidden Anchorages.” She hopes to take many photographs from the boat. “My late husband and I used to take our Newfoundland dogs to British Columbia every year during the 1980s and ‘90s to participate in Water Rescue and Carting (draft) sporting events, but I haven’t spent much time on boats there



other than the ferries while visiting the Gulf Islands.” She’s very excited to have this opportunity to visit this “beautiful part of the world” again.

Peg Farrell is planning a big trip to London and Edinburgh later this year. “One thing I’m especially looking forward to is immersing myself in the annual ‘Open House London’ week, when dozens of public and private spaces — buildings, homes, etc. — are opened to the public. I love learning about architecture and design, so this will be an amazing opportunity! For a special treat, my son Jason (who lives here) will join me that week.” After that, Peg will head up to Edinburgh to explore that lovely city and tour some of the nearby countryside.

The trip is a pledge Peg made after she and Wendy Orloff made their big swing through England, France, and the Netherlands last May. “I promised myself to make a big trip every year while I still could. New Zealand or Japan are high on my list for next year!”

Roger Warren and his wife, Becky, are flying to Tucson, Arizona, to revisit a woman they have known since she was a member of the teenage youth group Becky led in her 20s.

Both Becky and their friend take piano lessons remotely from the same teacher, and the two will play in a piano recital at a Tucson elementary school where most of the teacher’s students attend. Prior to that and on the same day, they will both run in the Pecan Classic marathon: their friend in the 10K, Becky in the 5K.

“What a delightful question,” wrote **Derianna Mooney**. Although she has rarely traveled since Covid, next month she is planning to visit a place where she has never been. Although she has traveled through all the American states except the Dakotas, the only part of Montana she had visited was the far western part near Glacier National Park, having been there 18 years ago for a wedding.

But this month she is off to Missoula to be with her little brother, Brian. “We are going to take in lot of Montana country in that area of the state.” Brian will be house-sitting at the top of a mountain for a friend’s sister. Derianna and Brian plan to explore all the places they’ve read about in books about Montana and also places loved most by friends who have lived there.

She asks her fellow Evers to “please let me know where to go for peak Montana experiences. Any ideas are greatly appreciated. Thanks so much!”

Pete Jacobsen has the most ambitious plans of anyone who responded to this month’s query.

“I don't really think my big trip will happen this year, but it seems like I've been planning for it forever. Whenever I do go, though, there will be no side trips.

“Yup, I'll be going straight to hell! Do not pass go, do not collect \$200. It's been hard to get accurate details on the accommodations and activities available there, but I'm at least hopeful that I'll be warm in the winter!”

Spotlight on “DONE!” — Pete Jacobsen with Linda Safran

We are starting a new series with this month's Newsletter, putting a spotlight, as it were, on individual groups within Eastside Village. We're starting with the "DONE!" group. I spoke with Linda Safran about the group.



1) *What's the main goal, objective, or plan for your group?*

Members encourage one another to get those things on our “To Do” lists checked off as DONE! The group meets by Zoom. Attendance is limited to 8. If the meeting you want to attend is full, register for the next one. We welcome newcomers!

2) *When was the group started? Who were the original organizers?*

It was started during Covid, three years ago. Linda Safran organized the group.

3) *Who are the leaders now?*

Linda Safran remains the Zoom host and group leader.

4) *Has the group changed its orientation at all since it started?*

There have not been any change in purpose. The participants come and go.

5) *What accomplishments, if that is the right word, has the group accomplished?*

By providing an opportunity to share our general goals, the group helps people accomplish their specific goals.

6) *Is there a major goal the group has yet to achieve?*

Nope.

7) *What is your "elevator pitch" to someone considering joining the group? (I think the phrase "elevator pitch" came from the idea that you're riding up an elevator with someone, and you have to finish your sales pitch before the door opens at their floor.)*

We're a monthly Zoom group where people can share some of the things they are trying to get done and get encouragement and sometimes tips to make their tasks easier. We also celebrate when those goals are met!

The Power of the Elderly to Fight Climate Change — Judy Ringenson

The power of the elderly was shown recently, when elderly Swiss women won in court against their government for having violated the human rights of over 2,000 elderly Swiss women by failing to do enough to combat climate change. Thor Hinkley from *The Third Act*, a group of seniors who act for climate change and democracy, told the EV Climate Crisis Crew at their April meeting that they can join the many actions of *The Third Act* to reverse present dangers. The Third Act unifies actions to replace fossil fuels with electricity in homes, transportation, etc. One can join to influence elections or politicians as on the wisdom of Zenith Energy's transport of oil through Portland. One can join unified actions to halt the actions by financial institutions to finance fossil fuels.

It's time to flex our muscles!

Introducing Tina Frost — Marnie McPhee

1. *How did you hear about Eastside Village? When did you join?*

I've heard about Eastside Village for years, via outreach at community events. I kept thinking I should join and Volunteer, but other activities intervened. Then I broke my ankle last fall and needed a lot of help, which I got from my family and wonderful friends and neighbors. The possibility that I may need a second surgery on my ankle got me to finally join in December 2023.

2. *What interests you about the Village?*

I like the idea of a supportive community to help with aging in place. And I want to expand my network as I get older, rather than let it dwindle. I enjoy meeting new people, but am rather introverted, so it's helpful to have a structure for doing that.

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

I'm an amateur musician (upright bass) and especially enjoy jazz and other non-classical genres. I'm interested in walking and hiking in our beautiful area. I love the water and would be thrilled to find others who follow the Vendee Globe race. And I'm concerned about progressive issues, such as preserving our democracy, reducing climate change, supporting the rights of all people, etc.



4. *How long have you lived in Portland?*

Since 1977.

5. *What else would you like Eastside Village Members to know about you? We'd love to know about your career, where you've lived, and anything else that helps us know you better.*

I've done a lot of different jobs. I've worked in social change organizing (the movement to end violence against women and children, houseless issues), public transit, and contract negotiation (for researchers at PSU and for senior services).

That's All Folks!

The new Eastside Village Library now has over 60 books. Take a look at your library to see if there are any volumes related to Eastside Village activities that you could donate and drop them off at the Library in the conference room next to Kathi's office. Also, the library has received a donation to buy additional books. If you have suggestions of books the library should acquire, send a note to ptjacobsen@gmail.com.

We would love suggestions for topics to cover or constructive feedback of any flavor. Send a note to ptjacobsen@gmail.com. If you plan to write an article for the Newsletter, please let us know your plans as early in the month as possible, and send in the completed article by the 25th of the month. It takes a bit of time to put all the pieces together, allow time for proofreading to find my mistakes, and still allow the office time to get the Newsletter to Members by the 1st of the month. I'm still appreciating that we live in a democracy.

Eastside Village has 192 Members now!

It's not a place, it's a plan!