



The challenge for our society is to find new ways to enable our seniors to remain in their own homes and help them maintain a life with dignity, independence, and self-respect. High Desert Village is an innovative approach, dedicated to making this a realistic and cost-effective option. **Village Life** is a place to share stories and resources on making it happen.

High Desert Village Annual Picnic



August 15, 4:00-8:00pm

In the gazebo at Mountain High
Free food ~ hamburgers, hot dogs, cookies, beer, wine,
etc!!

Guests are welcome!!

RSVP to Alice Johnson by August 12th

541-385-3325 or 541-797-9066 or alicejeani@q.com

SNICKETS by

Midge...*submitted by*
Midge Michael

Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY! Remember "It is health that is real wealth not pieces of gold and silver.

"THE FRIENDSHIP LINE"

Did you know? There is a phone-in service available to anyone over the age of 60, disabled adults 18 years of age or older, and/or their caregivers. This hot-line / warm-line (non-urgent calls) is provided by the Institute on Aging and can be accessed 24 hours a day, 7 days a week. It is accredited by the American Association of Suicidology, and is the only organization of its kind in the nation.

This service is available by calling 1-800-971-0016, and can provide help to people who may feel "lonely, isolated, grieving, depressed, anxious and/or thinking about suicide." The service can also provide referrals and "well-being check-ins," and is staffed continuously by both professionals and volunteers.

NEW MEMBER BIO...KATHY WALSH

Kathy Walsh retired recently from COCC, where she first taught English, and then served as Vice-President for Instruction.

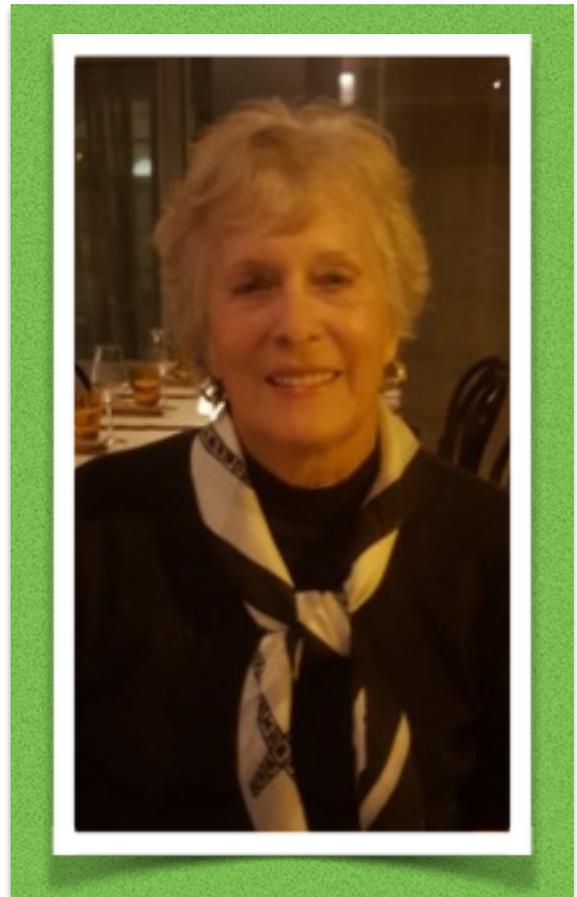
As the daughter of an Air Force career father, Kathy has had the opportunity to live in most regions of the country. She has now lived in Bend since 1990, where she raised two daughters as a single mom. She is happy to have found her "real home" here in Central Oregon, where she is updating that home in the West Hills. Her hobbies include reading, gardening, swimming, and visiting her two granddaughters frequently in Portland.



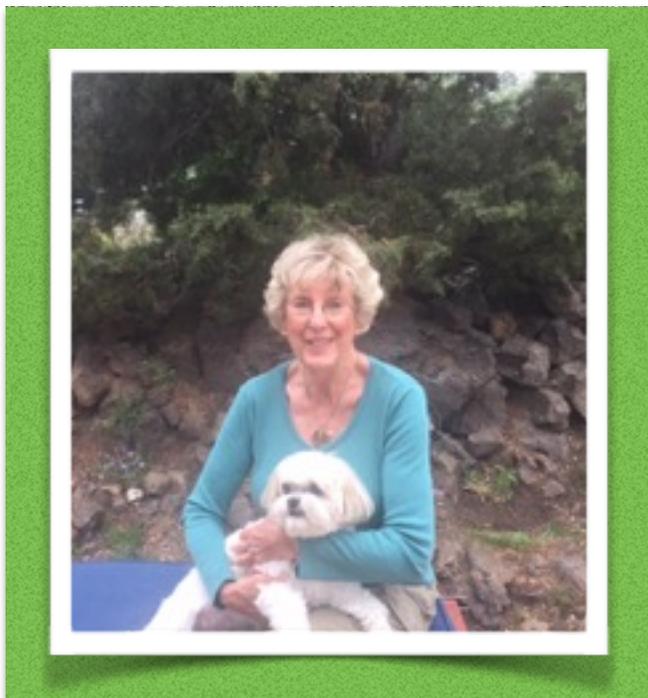
NEW MEMBER BIO...BUNNY COOLS

After retiring from teaching in 1995, Bunny Cools moved to Bend and became a real advocate for outdoor sports--downhill and cross-country skiing, and snow-shoeing. She still loves the outdoors and has become an enthusiastic pickle-ball player also.

Bunny has indoor hobbies as well. She enjoys playing bridge and the violin, and is a member of the Community Orchestra of Central Oregon. In her "spare time," she loves to walk and play with her recent acquisition, a rescue Border Collie named Paisley. She has traveled widely in past decades and continues to look forward to more of that in the coming years.



NEW MEMBER BIO ... CLARISSA JURGENSEN



Clarissa Jurgensen was born and raised in Tacoma, Washington. After spending 2 years at the University of Washington, she moved to California, where her career spanned everything from accounting to fashion to several tech companies. She moved back to the Pacific Northwest in 1968, and finally settled in Bend in 2000.

Clarissa has two sons and a grandson living here in Bend, and another son in Idaho. Her many jobs--bookkeeping for her HOA, bartending at The Tower Theater, and volunteering at the hospital--keep her pretty busy, but she also manages to play golf occasionally. She lives in the Stonebrook Development of her adopted city, and feels "life is good!"

PRESIDENT'S CORNER



Friends Helping Each Other

Summer is finally here and isn't it glorious.

High Desert Village is entering a new era. It was founded in 2009 and many of the founders are still members. Founders Alice Johnson and Frank Zachery most recently have been President and Vice President of the Board and they have done a tremendous job. We are grateful that Alice will remain on the Board and Frank remain a HDV member and will consult with the board. This is my first letter as President and I feel honored to follow in their footsteps. It feels as though a precious gift is being shared. HDV Vice President, Ed Green, and I are motivated and inspired to contribute to this exciting chapter of High Desert Village history.

44 members attended the May General meeting and it was a fun and productive time. The board presented some new ideas- forming into Service Teams and background checks by Verified Volunteers. In order to facilitate this, the board has formed 11 Service Teams which will each have a board member as Team Leader. Members signed up for these teams at that May meeting. Your team leader will contact you (however, with summer travel etc it may be closer to the end of the summer for some teams). Verified Volunteers is a background screening process that is used by many villages throughout the United States. As we become a more active group this screening will help us be more accountable as an organization in contributing to the safety of us all. You will receive an email with simple instructions.

The key to the Service Teams is that we all have to ask for the services so that we have services to volunteer for. Ed will be emailing each of you a listing of all of the services that we offer. When you need a service please call the dispatch number 541-419-9912. By doing that, our insurance covers us and you can help us keep accurate records for our nonprofit status.

The board is a wonderful group of members and we have dinner together (on our own dime) at Johnny Carinos after our monthly meeting which occurs the third Tuesday of each month. All members are welcome to join us for the meeting and dinner!

Also, the Annual HDV picnic will be on Tuesday August 15, 4 p.m. at Mountain High. We hope for a big turnout. How can you pass up a free barbecue with a wonderful group of people? We hope to see you there.

Pam DiDente

MELANOMA - WHAT YOU SHOULD KNOW

Summer is upon us, and that means many outdoor activities. You should be aware of how to protect yourself and your family from the most serious form of skin cancer - melanoma. Many of you have had basal cell or squamous cell carcinomas removed. Basal cell is generally not a problem, but squamous cell can become more serious if not removed. Melanoma is much more serious; but when detected early it is nearly 100% curable. Those people with cumulative sun exposure, especially people who live in areas that get more sunlight (like Bend) are at risk. Blistering sunburns in childhood or adolescence also increase your risk. People with fairer skin and those with numerous moles are also more vulnerable. About 1 in 10 patients diagnosed with malignant melanoma has a family member with a history of the disease.

PREVENTION AND PROTECTION:

- Regularly examine your skin for any blemishes that are new or different such as brown spots or growths. Be aware of any changes in the appearance of a mole such as asymmetry, irregular borders, or color changes. See a dermatologist yearly, especially if you are in a high-risk group.
- Wear sunglasses with UV protection and a wide brimmed hat to protect your face and neck when outside.
- When it is practical and possible, engage in outdoor activities in early morning or late afternoon when the intensity of the sun is less.
- Select a sunscreen with an SPF (sun protecting factor) of at least 30. Apply sunscreen about 30 minutes before going outside. Be generous using an ounce (a shot glass full!) and evenly apply over exposed skin. Creams or lotions are less drying than a gel or alcohol based product. Unscented products are less likely to attract insects.
- More and more manufacturers are offering specially treated clothing treated with UV absorbers. You may see clothing labels with a UPF rating, which is similar to the SPF rating on sunscreens. Sun protective fabrics should have a minimum rating of 30 to be effective. Clothing you already own that has a tight weave, such as a long sleeved denim shirt, works well. Some laundry detergents have an SPF additive. The treated fabric will remain UV effective for approximately 20 washings.
- Lastly, carry plenty of water and snacks when hiking or participating in other outdoor activities.
REMEMBER TO ALWAYS CARRY YOUR CELL PHONE!

Being outdoors is a big part of the Central Oregon lifestyle; protect yourself and enjoy the warm days. Relishing the natural world is good for "body and soul"; just be sun smart.

Lorraine Zachary, RN (Ret)

MEMBER SERVICES

Daily Living and Home Services

- Meal preparation when ill, injured or recovering from a surgery
- Errands
- Wait in home for a service or delivery
- Pet care or dog walking
- Basic housekeeping on a temporary basis
- Taking out trash and recycling
- Mail collection when out of town

Transportation

- Airport
- Shopping. Will walk member to door and carry in packages
- Hair and or nail salon appointments
- Doctor and Dental appointments
- HDV events

Handyman/Light Home Maintenance

- Simple house repairs
- Changing lightbulbs and smoke alarm batteries

- Heavy Lifting
- Referral to reliable vendors when problem needs more expertise assistance

Medical Advice and Advocacy

- Accompany to Doctor's office at member's request
- Calls and visits to discuss and advise members about medical conditions by RN
- Assist with obtaining durable medical equipment

Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

Gardening Advice and Help

- Water outdoor and indoor plants during brief absences
- Gardening advice
- Mow lawn and weed when member incapacitated temporarily

*The following services were provided to our members by our members
in May and June...*

HANDYMAN.....	6
TRANSPORTION.....	20
TECH.....	1
MISCELLANEOUS.....	1

Call 24/7/364..... 541-419-9912

High Desert Village Newsletter is published for the
members by the members.

Please share your areas of interests with your fellow members.

Submit photos and articles
to Linda Melton (editor) or Nora Miller (publisher)
for newsletter consideration!

Linda Melton lmfannypack@bendbroadband.com

Nora Miller nkolberg@gmail.com

Village Life is a monthly publication of High Desert Village, a non-profit organization where friends help friends stay in their homes longer.

Interested in becoming a Villager?

Call us at 541-419-9912.

Check out our web site at <http://highdesertvillage.com>

Email us at desertvillage@gmail.com

Send this to a friend

Place
Stamp
Here

TO: