



*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.*



Door prizes, mostly from local businesses

"Heavy appetizers"

Members only

Each attendee gets one free drink! Cash bar available for additional drinks

If you need a ride, please call HDV at 541-419-9912

MUST RSVP by January 13th to Patti Anslinger at 541-318-5402

-SEE MAP ON P.3-

Meet Ted Gladu

Submitted by Linda Melton

Ted Gladu is one of those individuals who lives and breathes art! He resides in a home high on a hill overlooking Tumalo, a home he bought for its beautiful view, knowing that a major remodel would follow. This home, that he shares with wife Ginny, holds a number of his creations, including art on the walls, furniture that he made, and unique door designs. His style is definitely minimalist, and he readily admits that whenever they add a new piece to their home, they get rid of another!

Ted was born and raised in Manchester, New Hampshire, and received degrees in Art and English from the University of New Hampshire. While in college, he worked for a U.S. Senator with very progressive ideas that perfectly matched his own ideals. With real pride, he proudly recalls being at Martin Luther King's famous "I have a dream" speech.

Following graduation, Ted moved to Vermont, and took a job teaching English in grammar school. But it was at this point in his life that his career path took a huge turn when he met a builder who truly inspired him. He began by learning carpentry, and from there pursued design and building. To that end, he attended Boston Architectural Center for 3 years.



As the years went by, he built homes in the northeast and remodeled many more. His preferences in design varied from contemporary to traditional, primarily colonials. And along the way he even did major remodels for himself on old homes that were given up for "dead." That included a house and barn built in 1748! Indeed, in those years, Ted recalls wanting to be a "mountain man," and actually lived in one house for 10 years that had no central heat. Fortunately, that house sat on a large heavily-treed property that provided plenty of wood for the fireplaces and wood stoves.

In 2004, Ted and Ginny took a vacation trip to St. Augustine, Florida. They loved the city, and on a spur of the moment, decided to

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stay! It was a welcome relief from the cold, damp, long winters of New England. After acquiring his license to build in Florida, they stayed on for 6 years. But life was not perfect in their adopted state. Ted admits that he missed New Hampshire's iconic rocks, a staple of creative design, and they felt out of place in northern Florida's fairly conservative political environment.

So in 2010, he and Ginny were on the move again, this time, and finally, to Oregon. With a son living in Bend, and a daughter working nearby in Seattle, it seemed like a good fit.

After acquiring another builder's license here in Oregon, Ted spent the next half-dozen years designing, building, and remodeling homes, while dabbling in his passion of creating art. He finally retired in June, and now looks forward to following that passion to his heart's content. And who knows? We may one day see his work in one of our art galleries in Bend!



Map for The Phoenix Restaurant

594 NE Bellevue Drive
Bend, OR 97701

After Holiday Party
Tuesday
January 17, 2016
4-6pm



Dealing with loss...

submitted by Bert Swift



We are all losers, yet we are all, at least sometimes, winners. We lose when the wrong politician gets elected, when the wrong team wins, when the stock market goes down, when real estate crashes, or when sun is expected, and rain shows up. Most of these situations can be rectified by waiting till tomorrow, next week, or for “better luck next year”. Events can be self-correcting and losing becomes winning—stocks go back up, real estate values rise, and your chosen team improves—or does not, but you can live with it.

With the loss of a loved one, the loss persists, and a vast array of emotions accompany the loss. An initial period of denial appears as you witness a spouse, partner, family member or friend becoming seriously ill. That may be followed by acceptance of the fact, joined by the hope that the medical profession can save your loved one. As disease progresses, and you realize the seriousness of a portending loss, stoicism may follow, a reaction without feelings. Then guilt comes along, fed by the notion that you did not do anything to prevent the condition, even though you are aware that it was not something you could control. Anger at those who could or should have prevented or cured the malady can consume your thoughts until that emotion is overwhelmed by depression, as one realizes the consequence of a forthcoming death and its impact on your life. Sorrow, and the recognition that life must go on is the burden you are left with along with the legal, monetary, personal and family responsibilities as your loved one passes away. For a brief time, there is a feeling of relief, in empathy for the end of suffering by your loved one, and relief from the anxiety that the situation has had upon yourself.

The first reaction is run! Let me go somewhere that I will find some inner peace after the emotional turmoil. The sage advice, presented by all others who have been there before is, wait for a year before making any life-changing decisions. How can I escape the memories? Sell out! Leave town! A period of search will follow. Wisdom says: maintain your old friendships, starting over is difficult at any age. Keep old patterns of behavior, but add new dimensions to your life. Join a new hiking, photography, or art group. Volunteer to help others. Go to therapy sessions with others who have had a similar experience. Stay busy. Get something you always wanted. Read. Help a friend with a project. Take a trip. There are two inescapable realities: your friends and family will be supportive of you, but at the same time, you are no longer a couple, which changes things; finally, wherever you go, whatever you do, you will be there--yes, there is loneliness, incurable but tolerable by staying involved with life Be a winner!

Recommended read: *Thanatopsis*, by William Cullen Bryant

PRESIDENT'S CORNER

Your HDV Board wishes all our members a very Happy New Year. Mostly, we hope it is a HEALTHY one for everybody.

This has been a rough couple of weeks' weather wise. Hopefully everyone has remained safe and warm. A few weeks ago, I sent out a number for a vendor who does snow removal. It is my understanding that some did not receive it. Call our HDV number if you need the number and Helen will be glad to give it to you.

Our After the Holiday Social will be held January 17 at the Phoenix. This is always a fun event since it is not during the hustle and bustle of the Christmas season and we can all relax and just enjoy each other. It is at a new venue this year...maybe a little less space but better food and service. I hope to see you all there!



Friends Helping Each Other

SNICKETS by Midge

submitted by Midge Michael

Wonder if I am getting old?!

I don't suffer from insanity, I enjoy every minute of it.

I used to have a handle on life, but it broke.

Ever start to think and forget to start again?

Being 'over the hill' is much better than being under it..

PREVENTING AND TREATING **OSTEOPOROSIS**



WHAT IS OSTEOPOROSIS? In recent weeks, many people have asked me questions about osteoporosis. Though men can be affected by this bone softening

disease, the vast majority are women. This condition can best be described as a "thinning of the bones". The inside of our bones looks like a honeycomb; with osteoporosis the spaces in the honeycomb become larger and the bone's hard outer shell thins. The result of this process is a weakened bone that is more easily broken. We begin to lose bone mass in our thirties; signs and symptoms usually don't appear until a great deal of bone mass has been lost.

HOW DO I KNOW WHAT MY BONE HEALTH IS? By age 50 it is appropriate to ask your doctor to order a bone density test; this is similar to an x-ray and is safe and painless. You may have heard this test referred to as a Dexascan. If the diagnosis is osteopenia (a precursor to osteoporosis), your doctor may want to repeat the scan every few years to monitor its progression. If you have osteoporosis, some type of therapy may be recommended.

TREATMENTS: There are many drugs on the market now and your physician will recommend one he/she thinks is best for you. Some are daily, some are weekly, and there is a yearly injection available. If you are prescribed an oral drug, make sure and follow the directions for taking it; it is most important to take it with a full glass of water and remain upright for at least 30 minutes. Ask your doctor about any side effects you could expect.

HOW CAN I PREVENT BONE LOSS? Make sure you get enough calcium and Vitamin D in your diet; this vitamin helps to improve bone strength and muscle function. It also increases absorption of calcium. A simple blood test can determine your Vitamin D level. My physician recommends 1500 mg. of calcium each day in divided doses, and 400 IU (international units) of Vitamin D daily. Dietary sources of calcium and D include low fat dairy products, dark green leafy vegetables, fish, and breads and cereals fortified with calcium. Exercise regularly, a simple weight bearing activity like walking is best. Be aware if you are at high risk for fractures, and take precautions to prevent falls. Use a cane or walker if necessary and wear sturdy, rubber soled shoes. "Yak tracks" can be purchased for use in icy conditions.

I wish each of you good health and happiness in the new year. Continue learning new things, participating in activities you enjoy, reading, and be kind to your neighbors and friends.
HAPPY NEW YEAR!

submitted by 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

The following services were provided to our members by our members in the past two months:

Gardening.....1
Dump Run.....1
Meal Preparation.....1
Calls.....5
House care.....5
Delivery and shopping.....3
Outdoor maintenance1
Nursing.....4

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

Villagers Update

Pat Critchfield

IN MEMORIAM

We are sad to announce that our friend and HDV member, Pat Critchfield, passed away peacefully on November 9, after a long struggle with ALS. Pat's cheerful attitude and smile always belied her difficult diagnosis. You can re-read her complete member bio that appeared in the HDV newsletter of March 2014.



Condolences are extended to Pat's friends and family, and especially to her son, Jim, who was at her bedside in her final moments.

<https://drive.google.com/drive/folders/0BzwoewjdENgHc2lMRTU4d1ZZOTg>

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: