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Village Life

Welcome to **Village Life**, the High Desert Village E-Newsletter. As 2021 gets underway, we are making a transition from a weekly to monthly publication. This email version started back in 2019 as a weekly "Events Update" sent out every Sunday morning, and the focus was on the HDV and community events calendar. We expanded in early 2020 to include articles on a variety of topics, trying to fill the shoes of "**Village Life**", the original bimonthly HDV newsletter, which first appeared back in 2009 when HDV got its start, but published its last issue a year ago this month.

The pandemic has taken center stage in the last 9-10 months, while both HDV and community events have been greatly curtailed. We are deeply grateful to Jim Powell of the Health Advocacy Team for his expertise and support, providing up-to-date information on all aspects related to COVID-19, ranging from science about the virus itself to safety measures, testing, and lately questions about vaccine development and distribution. As you have seen in the last several weeks, even though this E-newsletter will come out monthly for now, Jim and others will continue to get COVID-related information to you by email as the need arises.

Meanwhile, **Village Life** will be a work in progress. Board members Gene Storm and Dick Maunder will be working together on a strategic plan for the coming year. We encourage anyone with writing talent or an interest in getting involved in newsletter production to let us know. Your contributions and ideas are always welcome, as is member feedback. Get in touch by simply hitting REPLY to this email or contact Communications & Technology Team lead Dick Maunder at richard.maunder@me.com.

Village Events. The January **High Desert Village Board Meeting** is scheduled for Tuesday, January 19th. This will be a virtual meeting on Zoom, beginning at 4:00 PM. All active members of High Desert Village are welcome to attend. If you are interested in sitting in for this month's meeting, please contact HDV President Pam DiDente at 541-390-8980.

On January 26th join **Alan Hilles** and others for the **4th Monday Zoom Discussion** which this month offers a combination of music with an informative look at Democracy. In Alan's words this will be "a discussion with a music analogy to the concept of Democracy, but more deeply the balance of individual freedoms and liberty and the accountability and responsibility that goes with that to the common good." Click **HERE** to register, and for a sneak peek, take a look at the video for January:

https://www.youtube.com/watch?v=qhTZpjayF_s

Help us welcome **Richard and Jane Clemens**, who joined High Desert Village in early December. Jane will be a part of the Health Advocacy Team, and Richard will be a Driver and a member of the Communications and Technology Team.

HDV Member Profile

Richard and Jane Clemens

Our newest members, Richard and Jane Clemens are both retired college professors with roots on the East Coast, who moved to Bend two years ago to be near their daughter and granddaughter. They also have a son who lives with his family in upstate New York. Richard and Jane have been married 47 years and are delighted to report that they still like each other! Jane grew up in southeastern Pennsylvania. Her entire career has been spent as a generalist social worker in a variety of practice settings. She also had the privilege to teach in a nationally accredited social work program in a university setting for seventeen years. She describes herself as someone who embraces life fully and strives to find ways to continue finding meaning and contentment each day. She loves to play and sing music, read, piece quilts, work with yarn, take daily walks, and to relate to friends old and new. Richard spent the last 30 years working in the field of Instructional Technology. He is grateful for the ways to still make connections with distant family members and friends through various technologies. He is active in athletic activities and strives to be a lifelong learner. He shares Jane's love of music. They both enjoy camping as well and have a small camper which is getting used for cross-country trips (what better way to make things work, when you have adult children on opposite coasts). Both are enjoying getting to know the Pacific Northwest since this is their first opportunity to live in this part of the country. They look forward to this next chapter of their life here in Bend and are very pleased to have joined High Desert Village, becoming involved in such a worthwhile and important community.



Happy New Year! Here are some January musings sent along by Joette Storm . . .

Twelve things to consider as we close the door on one of the most horrible years of our lifetime:

1. The dumbest thing I ever bought was a 2020 planner.
2. I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
3. 2019: Stay away from negative people. 2020: Stay away from positive people.
4. The world has turned upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
5. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We laughed a lot.
6. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
7. Does anyone know if we can take showers yet or should we just keep washing our hands?
8. This virus has done what no woman has been able to do. Cancel sports, shut down all bars & keep men at home!
9. I never thought the comment, "I wouldn't touch him/her with a 6-foot pole", would become a national policy, but here we are.
10. I need to practice social-distancing from the refrigerator.
11. I hope the weather is good tomorrow for my trip to the backyard. I'm getting tired of the living room.
12. Never in a million years could I have imagined I would go up to a bank teller wearing a mask & ask for money.



To Your Health Lessons From My Mother's Aging

I learned a lot from my mother and not as much as I wish. I'd like to share a couple of things that might help us with our own aging process.

Being: Our lives bring us opportunity and limitations within which we express ourselves, our identity and beliefs. Facing losses, dwindling ability, economic necessities and a need for change required that mother let go of things that gave her pleasure and helped define her. Accepting the need for change and the circumstances necessary to adapt to a new town, new friends, ill health, and changing living conditions took courage. She managed that with a grace that enriched the lives of everyone around her.

Insurance. Medicare was seamless, reliable and limited in what it covered. Extended insurance through a private insurance company was also limited but covered some of the things Mom needed. But those companies sent out accounting forms for the coverage that were voluminous and repetitious and it was, on average, four months before her expenses were covered. Speculation: Private insurance might not include the coverage you need, might be limited in amount or time, and if the company fails there may not be a provision to reimburse you for payments you have made.

Dealing with medical professionals: Find a practitioner you trust and follow their advice. Ask lots of questions. Make sure they explain the benefits and risks of any medication, procedure, or recommendation and question whether it is helpful or necessary. Ask to discontinue any medication if it's no longer needed. Many health practitioners such as dietitians, nurses, therapists, etc. have excellent advice on how to live a healthy life or manage an illness.

Surgery and Procedures: Make sure your health professional is trained and experienced in any procedure you are contemplating. Do not sign a consent form until the procedure, its risks and benefits and the need for it have been explained to you. I would recommend against being the first to try a newly manufactured device by a relatively inexperienced practitioner. Your costs should be explored in advance and you should know if you have insurance coverage. Doctors who do procedures likely have business offices that are aware of insurance coverage and "surprise" bills patients have received. If you experience unexpected effects from a procedure trust your body, contact the specialist and your provider, and monitor your symptoms. Make sure someone is with you to help monitor your condition. Be aware also that psychotic episodes including hallucinations and paranoid ideation are not uncommon during hospitalization and ask a friend you trust to help. A change of medication may be all that is needed.

Have an Angel. We all need help, and it may be hard to ask for. My mother's memory and cognition faded as she aged, as is mine. A shocking diagnosis may make it impossible to understand the advice given and having a person accompany or drive one to the appointment, take notes and help with understanding is important. HDV will provide that service. I found that mother needed help filling out her insurance forms and making medical decisions as she aged. I learned to ask more questions about the ramifications of medical decisions which may be known to the professionals and taken for granted but may be unacceptable to you.

Bless you! Becky Powell

Living With Chronic Conditions. This is a six-week evidence-based program offered free of charge by Deschutes County for those who are living with one more more chronic conditions. In a small group led by two group leaders, participants learn tools to help deal with day-to-day challenges of living with chronic conditions. Participants develop skills for managing life with symptoms such as pain, fatigue, sleep issues, stress, anxiety, difficult emotions, and depression.

When: Fridays, 2:00-4:00 PM, January 22nd through February 26th

Where: Online via Zoom

To sign up:

- Call coordinator Sarah Worthington at 458-292-8397
- Register online at <https://compass.qtacny.org/workshop-registration/13845>

Use the following link to find out more about Living Well Central Oregon:

<https://www.deschutes.org/health/page/living-well-central-oregon>

In case you missed it. Infectious disease expert Dr. Cynthia Maree did a presentation for the St. Charles DOC TALKS program last Monday, entitled "[Hope On the Horizon: A COVID-19 Vaccine.](#)" She was joined by Dr. George Conway, Deschutes County Health Services Director. The talk was recorded and is available for viewing at the following DOC TALKS archive link:

<https://www.stcharleshealthcare.org/doc-talks/doc-talks-archive>

Although there is a lot of good information in this video, keep in mind that the vaccine distribution plan has undergone at least two updates in the five days since that was recorded. Read on for more up-to-date information about the vaccine rollout.

Coronavirus Vaccine Update. After a hopeful announcement earlier in the week that Oregon seniors over age 65 could begin vaccination as early as January 23rd, that plan has been sidetracked. There are a couple of reasons. First and foremost, the Oregon Health Authority learned this week that anticipated extra doses of vaccine from the federal stockpile do not in fact exist. Secondly, although seniors are still included in Phase 1B of the vaccination rollout, pressure to reopen schools has moved those in K-12 education to the highest priority in Phase 1B (see diagram below).

Slow but steady progress toward vaccination of the four groups in Phase 1A continues. At this point about 40% of eligible recipients in Phase 1A have been vaccinated, and that figure is projected to reach 55% by January 25th. After a successful trial of large-scale COVID testing at the Deschutes County Fair and Expo Center on Thursday, Deschutes County and St. Charles Health System will be moving their vaccination clinics to that venue.

The following diagram shows the groups in Phase 1A and 1B as revised this week in response to the above challenges. Note that educators (Phase 1B, group 1) are slated to begin vaccination on January 25th. Seniors have now been divided into four age categories (Phase 1B, groups 2-5). People over age 80 (Group 2) are slated to begin vaccination on February 8th. Projected vaccination dates for seniors in the other Phase 1B groups have not been set and will depend on how much vaccine the state receives from the Federal distribution center.

Phase 1A December 12, 2020

Everyone in Phase 1, Groups 1,2,3 and 4 are currently eligible for the vaccine.

Group 1

- Hospital staff with frontline patient care responsibilities
- Urgent care
- Skilled nursing and memory care facility healthcare personnel (HCP) and residents
- Tribal health programs
- Emergency medical services (EMS) providers and other first responders
- All health care interpreters and traditional health workers in any setting within Phase 1a

Group 2

- Other long-term care facilities, including all paid and unpaid HCP, all staff and contractors, including residents who meet the age requirements of:
 - Residential care facilities
 - Adult foster care
 - Group homes for people with intellectual and developmental disabilities
 - Other similar congregate care sites
- Hospice programs
- Mobile crisis care and related services

- Individuals working in a correctional setting

Group 3

- HCPs in outpatient settings serving specific high-risk groups
- Day treatment services
- Non-emergency medical transport (NEMT)
- Paid or unpaid caregivers (including parents or foster parents) of medically fragile children or adults who live at home
- Adults and age-eligible children who have a medical condition or disability who receive services in their homes

Group 4

- All other outpatient HCPs
- Other HCP who provide direct service to people with I/DD and other high-risk populations.
- Other public health settings, such as HCP serving WIC, or CBO's with direct or indirect exposures

People eligible:
400,000 approximately

Phase 1B

Beyond Date TBD

Who's getting vaccinated in Oregon next

Group 1

- Childcare providers, early learning and K-12 educators and staff
Eligible January 25, 2021

Group 2

- People 80 and older
Eligible February 8, 2021

Group 3

- People 75 and older
Eligibility date to be determined

Group 4

- People 70 and older
Eligibility date to be determined

Group 5

- People 65 and older
Eligibility date to be determined

Educators:
105,000* approximately
People over 65:
795,000* approximately

Subsequent groups will be determined in coordination with the Vaccine Advisory Committee and shared on OHA's COVID-19 vaccine web page. These are examples of groups of people who may included:

- Critical workers in high-risk settings — workers who are in industries essential to the functioning of society and substantially higher risk of exposure
- People of all ages with underlying conditions that put them at moderately higher risk
- People in prisons, jails, detention centers, and similar facilities, and staff who work in such settings
- General population

Oregon
Health
Authority

OHA 3527A (01/15/2021)

* Oregon's vaccine supply is limited. It is estimated to take 12-15 weeks to vaccinate groups 1-5 of Phase 1B.

St. Charles CEO Joe Sluka has written to the community, encouraging patience as the vaccine rollout continues, and he has encouraged those with questions not to call the hospital or clinics, but to use the COVID-19 HOTLINE instead by calling **541-699-5109** (staffed Monday through Friday from 9:00 AM to 5:00 PM).

Finally, if you are interested in getting on the Deschutes County vaccination list, take a look at the email sent out earlier this evening on behalf of HDV President Pam DiDente with information about the new [Deschutes County COVID-19 Vaccination Interest Form](#).