



Village Life

HDV Member Profile - Donna Bisset

Donna grew up in The Dalles, then moved to the Portland area where she raised a family and worked hard on her career, which included 15 years as a Human Resources manager with a recycling company – the only woman on a 12-person management team. At the end of her career, she worked as an account manager for The United Way of the Columbia Willamette, all the while finding joy being “Grammy” to her twin sons’ four boys.

In 2018 she opted to follow her daughter and her family to Bend. She’s joyfully engaged with her six-year-old granddaughter, four-year-old grandson and their Goldendoodle. She joined HDV in 2019 and was quickly tapped to coordinate HDV’s Helping Hands team.

She loves to garden, but it’s a small home art studio in her Bend home that has allowed her to pursue sketching, watercolor and woodcarving. Having taken up carving in 1990 as a therapeutic activity, she discovered she had a gift. A longtime collector of Santas, she started carving her own versions of old St. Nick. Anticipating the gifts of her creations has become a family tradition, and she delights in presenting family members with their own unique Santa creation at Christmas, each personalized and holding something that’s representative of her loved ones’ year. Of course, this year all her Santas sported masks!

Donna believes most of us don’t give ourselves enough credit for our talents. “We talk ourselves out of pursuing creative endeavors because we think we’re not good enough,” she explains. Many of us were so defined by our careers, we didn’t have time for anything else. Now as we age, somewhat gracefully, we have an opportunity to find new meaning and happiness, often through art.

Speaking of time for other things, Donna, like so many of us, is looking forward to the end of the pandemic when HDV members can again congregate to fully enjoy our unique community.

Deb Goodall

Wonders of Nature



I had the privilege of observing the beauty of nature while walking recently with my dog in Pine Nursery Park. A dozen Canada geese glided into view mere yards from me, paralleling my direction of travel. In close formation they executed a tight 180 degree turn, each individual mirroring exactly the movements of the others in the group. Wings splayed and ideally shaped to control descent. The perfectly synchronized landing was a marvel to behold.

This wonder of nature might serve as a metaphor for what we humans could accomplish if we were to apply more synchronistic actions in our lives. Let your imagination take flight.

Gene Storm, Village Life Editor



Farther afield, here is fantastic footage of one of Mother Nature's most unusual marvels. An extremely rare "cloud avalanche" occurred near the Kapuche Glacier Lake in the mountains of Nepal.

A group of travel companions were camping by the lake, and filmed this rare visual feast.

The astounded young men celebrate what they are witnessing, even though the strong air flow overturns their tents and scatters camp gear. The cloud avalanche begins about one minute into the video. Click on the link below to watch this wonder of nature.

<https://www.youtube.com/watch?v=vTzRntsUV0c>



Music Corner

Most of us, especially those who play a musical instrument, can appreciate the mastery of a true musician. Here is classical guitarist Alejandro Aguanta's arrangement of *Zorba the Greek* from the 1964 movie of the same name.

<https://www.youtube.com/watch?v=ly-SkXxo6Rg>

From the movie, here are Anthony Quinn as Zorba and Alan Bates as Basil dancing to the title song. Enjoy. <https://www.youtube.com/watch?v=JPuVYti3WVc>

To Your Health

Recently, I attended the Living Well with Chronic Conditions Zoom course, a six-week series offered by the Deschutes County Health Services. It is an evidence-based workshop developed and tested over the last 20 years at the Stanford University Patient Education Research Center <https://www.selfmanagementresource.com>. The class is \$10 and held once a week. We had an intimate, supportive group of eight people, including the two facilitators. It was an impressive experience and I want to recommend it to Village members.

At first, I thought it would deal with managing conditions, pain, symptoms, medications, etc. It covered these but also a wide variety of whole-life topics that are pertinent to everyone. Lessons and tools include:

- active self-management;
- being physically active;
- healthy nutrition;
- understanding and managing difficult emotions;
- symptom management through relaxation techniques, positive thinking, prayer and spirituality;
- becoming more aware and less distracted;
- tools for reducing injury risk;
- sleep problems;
- communicating with family, friends and health care providers;
- problem solving, decision making;
- tips for working with the healthcare system;
- long-term and end-of-life planning.

Possibly one of the most helpful “homework” assignments was creating a weekly measurable action plan and reporting on it the next week to everyone. The accompanying Living a Healthy Life with Chronic Conditions workbook is outstanding. To discover more: <https://www.deschutes.org/health/page/living-well-central-oregon> or call Kim Reynolds, 541-408-6111

Meredith Mason, Health Advocacy Team

Village News

Time to Renew Your High Desert Village Membership - Are you looking forward to our 2021 High Desert Village year? Our Board of Directors is already discussing how we may carefully resume many of our activities and services. But to start things off, it is time for all of us to renew our memberships for 2021. You will receive an email renewal notification by May 2nd. It will have directions on renewing by credit card or check. Enjoy spring and renew your membership!

Marilyn Sterbick, Membership Team Lead

The Good Time Team is looking to recruit new members to help plan Village events. Spring is in the air and we are optimistic about our three annual Village gatherings that will bring us together. Over the last several months, many of you have mentioned how you look forward to sharing in friendship and conversation – something important to all of us.

Helping plan events is exciting and fulfills volunteer time for the Village. I look forward to hearing from you if you want to join in the fun. Call or email with questions. 802-760-9673 - imnuzzo@gmail.com Thank you,

Irene Nuzzo, Good Time Team Lead -

The Handyman Team will once again respond to calls for indoor service. The safety protocols are that all parties be vaccinated for COVID and wear masks and maintain social distance. The use of gloves and a hand sanitizer are also encouraged.

Gene Storm, Handyman Team Lead

Member Survey Results - Thank you to Board Member Denise LaBuda for taking the lead on designing, administering and compiling the results of the High Desert Village member survey. Clicking the link below will take you to easy to read, colorful charts and graphs that reflect your experience as Village members.

<https://highdesertvillage.helpfulvillage.com/documents/163/download>

Join Village member Alan Hilles for a TED Talk discussion via Zoom on Monday, April 26th at 5 p.m. The topic: *Why do we believe things that aren't true?* This sometimes hilarious presentation is given by Philip Fernbach, a cognitive scientist. Click the link below to register for this free event.

https://highdesertvillage.helpfulvillage.com/events/398-monthly-zoom-call-with-alan-hilles/event_participations/new

A Heartfelt Thank You

I am ever so grateful to Village members for all their support during my recent surgery. And I am convinced all the healing energy, prayers, good wishes sent my way made a HUGE difference in my successful surgery and recovery. “Frosting on my cake” were the delicious meals, beautiful flowers, dish garden, emails, cards and phone calls from such caring people. Thank you! Thank you! You have made a beautiful difference in my life!

Jan Hildreth

HDV board meeting - Tuesday, April 20, 4 p.m.