



# Village Life

*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.*



## HDV General Meeting

**May 15, 2018 (Tuesday) at Noon**

Pappy's Pizza, 20265 Meyers Drive near Fred Meyers

Pizza, salad and soft drink included

Yearly dues will be collected at this meeting.

Meet new members and visit with old friends!!

Guests are welcome.

**RVSP by May 13 to Alice Johnson**

541-385-3325

[alicejeanj@q.com](mailto:alicejeanj@q.com)

# Meet HDV Member

## Bob Dixon

Bob Dixon was born the first child in a family of four children and grew up in a small farming town in the beautiful Finger Lakes region of western New York. It was there that Bob learned the values of hard work, responsibility and helping others.

Bob earned a degree in Mechanical Engineering at Rochester Institute of Technology. While in school, Bob started his career at Bausch & Lomb, where he worked as plant engineer. His responsibilities included design and overseeing installation and maintenance of all mechanical services required to operate the facility. Bob was assigned to specialty areas of water treatment and pollution control. He was assigned the Corporate Pollution Control Engineer for all B&L facilities.

After 13 years with Bausch & Lomb Bob was recruited by Betz, a water treatment company. He started in sales and servicing of customer's facilities. Work experiences broadened to include engineering, tech support, marketing, research and rep training. These positions took him to Ohio, Pennsylvania, New Jersey and Washington DC.

During his 27 years with Betz, Bob had the opportunity to live in various parts of the U.S. His favorite area remained that of his "roots" in upstate New York. He has fond memories of the beauty of that region and all the state parks

where he and his three children spent many happy hours.



Bob retired at the age of 60 and quickly sold his condo and traded it in for a motor home. This rather nomadic lifestyle allowed him to experience his passion in the outdoors in many different places—hiking, mountain-biking, rafting, rock climbing, skiing, and golfing. In fact, some years ago, he and his daughter Mindy backpacked the VT Long Trail, a part of the Appalachian Trail, from Massachusetts to the Canadian border. It took several years to accomplish this feat, doing it as a "sectional hike" whenever Mindy could get time off from her job.

Mindy lives near Albany, NY. She is a Recreational Therapist working at a developmental disabilities services organization. The need to help people runs in the family, as son Brandon who lives in Cheyenne, is a family counsellor and has recently opened his own practice.

In 2013, Bob made the move to Oregon, where son Greg lives. Greg is a national, regional and local ski instructor whose specialty is training ski

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instructors. He is a member of the US Telemark Ski Team. They seem to be “two of a kind,” both sharing a real love of the outdoors.

Moving to Bend not only provided an endless opportunity to experience the myriad activities that Bend offers, but it was here that Bob met Peggy. They found each other on Bob’s first visit to the Methodist Church where Peggy was singing in the choir. Six months later they were married and off on a honeymoon to Alaska, along with a caravan of thirty-eight “chaperone” RV-ers! It was actually the first RV trip Peggy had ever taken! Apparently, the experience agreed with her because they have been RV-ing happily ever since. They especially enjoy visiting National Parks together.



In their spare time, they now volunteer at the Boys & Girls Club, and have tutored at Elk Meadow Elementary School. Both agree that their lifestyle suits them well, and they look forward to many more years of the same.

## Meet New Members.....

### Jerry and Ann Kerr



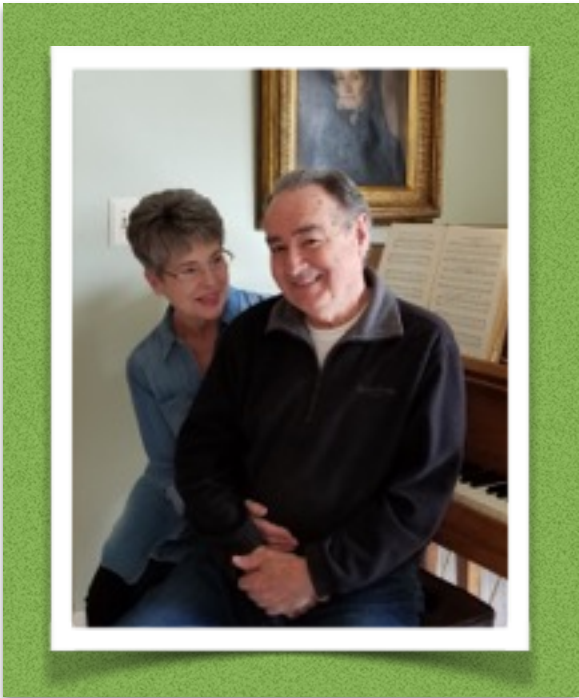
Ann: I was born in Spokane, grew up in northern Idaho, and moved to Portland where Jerry and I met and married. After living in Portland for a couple years, we moved to Bend in 1976. I worked as an Ophthalmic Tech for 5 different doctors over 35 years, and assisted in cataract, glaucoma, and orbital plastic surgery. I retired in 2016, and now volunteer alongside a physician, seeing eye patients. I enjoy hiking, biking, and cross-country skiing. I like dark chocolate and beer--life in Bend is pretty darn good!

Jerry: I've lived in Oregon since 1952. Upon graduation from Oregon State, I

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spent 2 years in the Marine Corp. After Ann and I married, we decided to get out of Portland's rain, and moved to Bend. My career included various marketing and graphic arts sales jobs, from which I retired in 2002. I have been volunteering with Bend Parks and Recreation Adult Hiking programs for the past 14 years. Ann and I enjoy many different outdoor activities together and with friends. Life is good in sunny central Oregon!

## Mike and Cindy Smith



Cindy and I were both born in 1949, she in Vallejo, California, and I in Washington, DC. Cindy was raised in Vallejo; I was an Air Force brat and lived in a number of places growing up. We met in junior high school at age 14, and went steady for 6 years, marrying in March of 1969. We moved to Bend in 1973. We started M.C. Smith Sign Company in 1975, and operated the business until we sold it at the end of 2015, when we retired. We both enjoy gardening (she is the gardener, I the helper!). I also like reading history and puttering with my library. We enjoy walking/hiking and Cindy is a great cook. We are looking forward to our new affiliation with High Desert Village and our continued residence in the special corner of the world, Central

### THE TECH TEAM HAS BEEN VERY BUSY....

The High Desert Village Tech Team has been very busy working on developing a "user friendly" website. With the support of Helpful Village, we have met numerous times at Nora's house, pulling together a website that we hope will make communications easier on everyone. We are meeting with the Team Leaders of our SERVICE GROUPS to help guide and understand their roles in utilizing this new tool for our Village.

We have had a few members who have tried to assist and bowed out and others who have stepped up and a few of us who have been steadfast.

You can view the website at this address <https://highdesertvillage.helpfulvillage.com> as can the general public.

Each member of HDV will be sent an email with an INVITATION TO SET A PASSWORD for the website. Members will have access to a Member Directory, Village Talk, Events/Calendar along with other features such as the option of paying your membership online.

This has been a tremendous investment for our Village not to mention the time Clarissa J., Nora M., Mike S., Mike B., Meredith M., Pam D., Ed G., Kathy W., George C. and Jim M. have put into this endeavor... with the vision of a user friendly way to communicate with our High Desert Village community. There will be a brief introduction to the new website at the General Meeting, May 15, noon at Pappy's Pizzeria.

Anyone interested in assisting with this process please contact Clarissa Jurgensen at [rndthbnd@bendcable.com](mailto:rndthbnd@bendcable.com) or 541-383-1629.

*Submitted by Nora Miller, Tech Team Member*

## Strokes...

Last month the Bulletin published an article titled "Stroke patients limit recovery by waiting" which piqued my interest as to what our community has to offer individuals suffering from stroke symptoms. The answer is quite a lot and starting in May, new protocols will be put in place that should greatly enhance the chances of complete recovery.

The use of tPA, a clot-busting drug that requires infusion up to 6 hours after symptoms begin, has been in use for some time. In 2004, the FDA approved a device that is threaded into the blood clot and removes it, but until now only worked for about a third of the patients and could take hours to deploy.

"In the past few years newer versions of retrieval devices improved the success rate to 80 to 90 percent" according to the article in the Bulletin. And the procedure can be done in only an hour but most importantly can be performed effectively in a window of time from 6 hours, and under certain conditions, up to 24 hours. Previously, if treatment was not instituted in a 3.5 hour time limit, rehabilitation was pretty much the only option left for stroke victims.

Presently, based on these new guidelines, St. Charles Bend is implementing an acute stroke protocol for paramedics, the fire department and medical helicopter crews to assess possible blockage in a large blood vessel and evaluate for treatment. These will be launched in May after training is completed. This plus upgraded imaging technologies, should assist in evaluation of whether a patient is a candidate for the clot retrieval procedure. Up until recently, only one physician in the community was trained for retrieval of clots, but two more doctors are currently being taught the procedure. After this procedure is completed, a patient goes to ICU for 24 hours and is often discharged home right from there.

Although time limits for treatment after symptoms start have increased, you still cannot waste time dithering about whether to call 911 or not. It can make the difference of possible COMPLETE recovery versus some debilitating after effects such as paralysis, speech and swallowing difficulties, etc. plus long rehabilitation.

The acronym FAST, which stands for face, arms, speech and time is now being promoted for recognition of an impending stroke. **Face:** portions of the face droop so a person is asked to smile and observed whether both sides are the same. **Arms:** when a person is told to raise both arms, one arm may drift downwards. **Speech:** when asked to repeat a simple phrase, speech may be slurred or strange. **Time:** Call 911 immediately when one or more of these symptoms occur. It cannot be stated strongly enough: **the more time you waste, the more brain tissue is being killed.**

Most all of us are hesitant about calling 911 when we think certain symptoms will pass if one just rests, but stroke symptoms cannot be ignored. It is better to have things checked out by medical personnel and find out you are fine than spend the rest of your life trying to overcome the results of this calamity.

The article was published in the Bulletin on Sunday, March 11, 2018 if you wish to read it in its entirety.

Alice Johnson R.N. (retired)





## *“Quotes” ...submitted by Nora Miller*

“To live peacefully: “Be the best you can be, don’t take things personally, be impeccable with your thoughts and words and don’t assume.”

- - Don Miguel Ruiz

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

- - Carl Bard

High Desert Village Newsletter is published every other month.

**Publisher: Nora Miller**

**Editor: Linda Melton**

*Contributors: High Desert Village Members*

*please submit articles of interest to Linda Melton*

[lmfannypack@bendbroadband.com](mailto:lmfannypack@bendbroadband.com)

*Share with us, what interests YOU!!*

## PRESIDENT'S CORNER



Recently I was reviewing our archival documents and found the following: "This organization is built on the assumption that friends caring for each other are essential both for our well being and that of society." This was written by the founders of High Desert Village and I was inspired by it. Some of our founders are still members. Thank you for creating this village.

The village movement is growing in the United States. There are 235 villages in existence today and 130 villages in the making. Currently High Desert Village has a waiting list of 5 people. The trend is that more people are interested in aging comfortably in their own homes.

Our stalwart techie team task force is hard at work, fearlessly led by Nora Miller and Clarissa Jurgensen, and consists of Meredith Mason, Mike Bowen, Mike Smith and Kathy Walsh. They are impressively tenacious and resilient in building our new website. They are connecting us to the platform "Helpful Village" which was specifically designed for villages. You will learn about it at our May 15 meeting.

Tuesday, May 15, at Pappy's Pizza by Fred Meyers, is our annual general meeting. This is when members pay dues and we update you on the latest and greatest about our village. Pizza, salad and beverage provided. I hope you will be there to have fun, get an update, meet our newest members and collaborate on our future.

Happy Spring!

Pam DiDente  
President  
High Desert Village

# MEMBER SERVICES

## Helping Hands

- Meal preparation/shopping when ill, injured or recovering from a surgery
- Home check/water plants, mail
- Temporary simple housekeeping
- Companionship: sit, walk, read, visit
- Interim lawn and garden support
- Phone check on members during inclement weather

## Drivers

- Local Errands
- Transportation to medical and other appointments
- Transportation to airport and HDV events

## Handyman Team

- Changing lightbulbs and smoke alarm batteries
- Simple house repairs
- Light handyman assistance

## Health Advocacy

- Medical note taking and support
- Pick up equipment and medications
- Health System navigation
- End of Life support
- Hospitalization follow-up

## Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

*Above are examples (but not all possibilities!) of some services available/requested*

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

Handyman.....3	Sewing.....1
Techie.....2	Health Advocacy.....7
Transportation..... 9	Hospital Visits.....2

*Think about calling HDV before you call a plumber, computer company or cab service!*

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



## Villagers Update

### Bonnie Steele

#### IN MEMORIAM

HDV member, Bonnie Steele, passed away on Tuesday, April 10th. She died in her own home with family surrounding her and under the care of Partners In Care. Her obituary is in Sunday, April 15, 2018 Bend Bulletin. She was a gracious lady with a terrific attitude about life as all of you who came in contact with her, either providing a service or at social events, can attest to.

She will be missed. There will be a memorial service in the future, perhaps in May. When that information is available it will be passed on.

*Submitted by Alice Johnson*



**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 <https://highdesertvillage.helpfulvillage.com>

Email us at [desertvillage@gmail.com](mailto:desertvillage@gmail.com)

Send this to a friend

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