



# Village Life

## HDV Member Profile - Nora Cross

Most of us marvel at the circuitous routes we've taken to arrive in Bend. Nora is no exception, but her path includes actual "circuits," having served for years as a circuit rider Psychiatric Nurse Practitioner.

Although a recent transplant to Bend, Nora lived here for a few years in the 1980s. How she got here then and back here now is a classic story of pursuing evolving interests and making things happen. Nora grew up mostly on the East Coast. Her family loved the outdoors. "We were very physically active people – climbers, skiers, hikers," Nora explains.

After completing her college degree in political science and history, Nora worked as a hospital administrator in Boston, but realized she preferred the provider side of health care and completed an RN at the Massachusetts General Hospital nursing program. Having fallen in love with the wide open spaces of the West as a teenage camp counselor in Wyoming, she then went to Boulder, CO to practice nursing at an innovative mental health center that drew top visiting mental health professionals. One, a psychiatrist from Oregon Health & Science University, urged Nora to enroll in graduate school at OHSU and secured a spot for her in a pilot NIMH-funded master's degree program in psychiatric nursing.



A newly minted Psychiatric Nurse Practitioner, Nora set out to fulfill her program commitment to provide care for under served, rural populations. Considered "rural" at that time, Bend fit the bill and Nora, one of the first in her profession to serve as a circuit rider, worked in Central and Eastern Oregon.

A job offer and a good friend lured her to Wenatchee, WA, where she practiced for 23 years, caring for patients throughout Eastern Washington and teaching psychiatric nursing courses at several two-year programs. A cancer diagnosis kept her in Wenatchee longer than anticipated and forced some tough life changes, including giving up mountain biking and tennis. But, she discovered pickleball! And she has held fast to a life-long love of dogs. Most of her canine friends just appeared in her life, she says. With her help, all became "good citizens." In Wenatchee Nora enjoyed the challenge and fun of dog agility sports with her energetic mini-aussie River. She hopes to find other enthusiasts in Bend.

She feels very fortunate to be reconnecting with good friends in the area she made home so many years ago.

*Deb Goodall*

## The New Old West

Oregon is cattle country. Long-time Oregonians are probably aware of the role cattle ranching plays in the state, with an estimated value of \$900 million. As more recent arrivals, however, our exposure to cattle became an up close event on a trip to Eastern Oregon.

In 2016, three years into our residency, while on a trip to John Day we encountered a cattle drive on Highway 26. Three drovers and a dog were moving a small herd of mostly Angus cattle along the highway, providing only occasional space for traffic in either direction to pass. While delayed in our travel for several minutes, both Joette and I enjoyed (and filmed) the sight before us.

This cattle rancher is but one of about 12,000 located across the 36 counties in the state, raising approximately 1.3 million head of cattle. They are part of Oregon's New Old West. You can get a glimpse of it by clicking here.

<https://www.dropbox.com/s/r8iqs7i23daf4k/the%20new%20old%20west.mp4?dl=0>

*Gene Storm*

## Music Corner

For most of us the familiar refrains of Auld Lang Syne mark the beginning of the New Year. The poem was penned by Scottish scribe Robert Burns in 1788 and set to a traditional folk melody.



In America, the song was popularized by Guy Lombardo and his Royal Canadians orchestra. Auld Lang Syne translates as "old long since" and was a song Lombardo remembers hearing at an early age in the Scottish communities of Canada. His orchestra's national broadcast of the song every New Year's Eve from New York City from 1929 until 1976 made it an American tradition.

Here is Scottish folk singer Dougie MacLean's arrangement of Auld Lang Syne. Enjoy!

<https://www.youtube.com/watch?v=sMFngj6aFwY>

## To Your Health

Although the winter solstice has passed and we all notice a small lengthening of our daylight, we are still in the dark season of winter. Rather than get too focused on the future, anticipating spring, let's allow ourselves to really embrace the gifts darkness can offer us.

A middle aged person recently shared with me that she takes advantage of the longer evenings by consciously attending to the things that never get completed on her "to do" list. Often these are important, but not urgent items and yet by using the lengthened evening she has finished a knitting project, written a letter, and intends to read a book that has lingered on her bookcase for a couple of years.

I know that the often busy time of the holidays makes us "outwardly" oriented, and for me at least, there are some important interior chores in my home that get neglected. This can be a time to complete the filing, or de clutter my office, or get out some thank you notes that I have been postponing.

This season is not only about the practical tasks of life that get postponed or delayed. On a deeper level I see the darkness as a time to reconnect to my inner life, my spirit or soul self that does need nourishment and attention. Perhaps a practice of meditation, prayer, or quiet reflective time can be given priority during this time. Or maybe it is taking some sabbatical from email once a week, or in my case, my phone for part of the day. To be quiet and with ourselves is very counter-cultural and yet, this time of silence or quiet can be exquisitely nourishing for our inner life.

Introducing mindful eating, or slow, meditative walking can open us to the riches of our sensory life that often get submerged under the speed that we normally live life. We don't want the only time that we take to be quiet, or still, or "off" is when we get sick or are in recovery from a surgery. The extended darkness during the winter can be a reminder to "be" rather than do...to appreciate solitude...to get to know our inner life.

Whether your use the month of January to finish loose ends, or to be with yourself in a contemplative way, may you appreciate and enjoy this time of nourishing darkness.

*Wendy Howard*

## Masks, Masks and More Masks

Please note the following table which was produced during the Delta virus. Omicron produces 1000 times the number of particles in the respiratory tree. It is estimated to be 2-4 times as transmissible as delta or alpha. So, the exposure time to receive an infective load of omicron viral particles is probably shorter across the table.

### COVID-19: Workers Need Respirators

ANYONE CAN BE A SOURCE. ANYONE CAN BE A RECEIVER.



#### With a N95 filtering facepiece respirator (FFR)...

...he has 1-10% inward leakage and outward leakage. Workers need a fit-tested respirator to prevent inhalation of infectious particles. Better respirators with higher protection factors should be used for high particle concentrations.



#### With a surgical mask...

...he has 50% inward leakage and outward leakage. A surgical mask may be appropriate for patients to wear as source control. It does not provide adequate protection for workers from inhalable infectious particles.



#### With a cloth face covering (Cloth FC)...

...he has 75% inward leakage and outward leakage. A cloth face covering may be appropriate for the public to wear as source control, but they should limit proximity to others and time spent in an indoor space.

\*N95 FFRs have an assigned protection factor of 10 (10% inward leakage) but must receive a fit factor of 100 (1% inward leakage) on an individual worker.

#### A face covering gives minutes. A respirator gives hours.

According to CDC, an uninfected person with no face covering can be infected if within 6 feet of an infected person for 15 minutes. The time increases to 27 minutes if both are wearing a cloth FC, and to 2,500 hours if both are wearing a fit-tested N95 FFR. The table below indicates time to infection for other combinations.

#### Time to Infectious Dose for Someone Not Infected with COVID-19

SOURCE IS WEARING	RECEIVER IS WEARING				
	Nothing	Cloth FC	Surgical Mask	N95 FFR (10%)	N95 FFR (1%)
Nothing	15 MIN	20 MIN	30 MIN	2.5 HR	25 HR
Cloth FC	20 MIN	27 MIN	40 MIN	3.3 HR	33 HR
Surgical Mask	30 MIN	40 MIN	60 MIN	5 HR	50 HR
N95 FFR (10%)	2.5 HR	3.3 HR	5 HR	25 HR	250 HR
N95 FFR (1%)	25 HR	33 HR	50 HR	250 HR	2,500 HR

Inward leakage = Percentage of particles entering the facepiece to be inhaled by a receiver  
Outward leakage = Percentage of particles exhaled by a source exiting the facepiece

WARNING: If respirators are required for other workplace hazards, do not stop their use. Treat COVID-19 as a new hazard that may require additional protection.

For more fact sheets and resources, use this QR code to access the ACGIH website:

Additional information on "Workers Need Respirators" – <https://www.acgih.org/covid-19-fact-sheet-worker-resp>

Created by the Pandemic Response Task Force.



## Getting to Know You . . .

I invite you to our next HDV social/discussion gathering on Zoom, Monday, January 24th beginning at 5 p.m. Our last session was very successful in helping us getting better acquainted. It is a process worth repeating. We will get a suggested discussion question that will better enable us to know each other but, you can share something different if you choose. Please sign up on the HDV website under "events" or "calendar" if you plan on attending. We will conclude promptly by 6:30 p.m. Hopefully, we will see you then.

*Alan Hillis*

## Driver Volunteer Being Evaluated

A prospective volunteer for the Drivers Team has come forward and will be evaluated to determine if the appropriate driving skills and demeanor are possessed. While Covid has curtailed the team's activities, we anticipate a demand for services from HDV members when the pandemic subsides. Team Lead and Board Member Leslie Miller will be encouraged to do a ride-along with this potential volunteer to assess the necessary driver skill level. A video showcasing the driver's abilities was provided for initial evaluation.

<https://www.youtube.com/watch?v=V6ze-nVh2Bs>

**High Desert Village Board Meeting**  
Tuesday, January 18 - 4 p.m.  
Via Zoom