



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.

High Desert Village Annual Picnic



August 21, 5:00-8:00pm

In the gazebo at Mountain High

Free food ~ hamburgers, hot dogs, cookies, beer, wine, etc!!

Guests are welcome!!

RSVP to Joan Rodine by August 18th

(541) 318-1669 or joanrodine@gmail.com

Members may also RSVP using the HDV Website Events page

<https://highdesertvillage.helpfulvillage.com/events/15>

Pickleball, anyone?? We don't have a "regularly scheduled" day to play yet, but we have played sporadically. If you know of a tennis court available for us to set up a PB net on (it takes up half of a tennis court) that would be very helpful also!! To get on the list, call

Nora Miller 541-460-9053

★ The Communications Team and the Tech Team are consolidating into ONE team called Com/Tech Team led by Clarissa Jurgensen. Please contact Clarissa (541) 383-1629 you have any questions regarding this change.

★ Looking for a NEW team leader for the Good Team. Contact Joan Rodine (541) 318-1669 for more information

SNICKETS by Midge...*submitted by Midge Michael*

The easiest way to find something lost around the house
is to buy a replacement.

When people see a cat's litter box they always say,
"Oh, have you got a cat?"

Just once I want to say, "No, it's for company!"

NEW MEMBER BIO...Carolyn Cook



I was born in London, England, during Hitler's bombing of the city. My twin brother and I were sent out of town to the north of London to a family who would keep us safe for 9 months.

We were "military brats," so travelled around the Commonwealth. I attended school in London to become a physical therapist. I enjoyed traveling, and spent 3 wonderful years in Australia before returning to England for post-graduate courses at Oxford in P.T.

In 1972 I answered an ad to come to work in the U.S. as a physical therapist. I expected to be here for a year and have been here ever since!

I now help out at the Volunteers in Medicine Clinic, serving low-income and undocumented people in central Oregon. I love pickle ball and hope to join a group of HDV folks on the court!

NEW MEMBERS BIO...Keith and Karen Mitchell

Keith was born in Dallas Oregon, growing up in the Willamette Valley. Karen was born and raised in Grants Pass Oregon. We met in Bend where we were married. Keith is a retired power lineman where he worked for Pacific Power for 36 years. Karen worked as a loan officer and later at St. Charles Cancer Center where she worked and volunteered in breast cancer care before retiring. We have two great sons and four wonderful grandchildren. We enjoy camping, fishing and hiking.



NEW MEMBER BIO ... Barbara Wagner



I grew up in Klamath Falls, and graduated from Oregon Institute of Technology in nursing. I fell in love with Bend when I started skiing in the 60s. My husband and I built a ski house here on the way to Mt. Bachelor in 1975 & I began working at the new St. Charles Hospital part-time. I moved up here full time in 1980 and retired from the hospital in 1996. Since then we spent most of our time traveling both in the US in our motorhome and internationally. Since my husband passed away last year, I've been traveling, and volunteering at the hospital, the High Desert Museum and at church.

PRESIDENT'S CORNER

"Summertime and the living is easy."

Summer is here, and High Desert Village is positioned to enjoy it. We had a well-attended May General meeting at Pappy's Pizza . We welcomed new villagers who have joined since last May, gave a summary of our own state of the union, and Nora Miller gave us an introduction to our new user-friendly website.



Friends Helping Each Other

This is our ninth year as a village. We are entering a very sweet time as a group. Our major projects have been launched and are rolling along, and members are joining our website and getting acquainted with it. The board is definitely feeling the benefits of the new website. Things that took a great deal of board time are now much less onerous. We thank Nora Miller and Clarissa Jurgensen and their crew for work well done on building the site. Our techie team and our communications team will combine to be one team and to continue to meet our electronic and communication needs. This change takes our number of service teams to 10. Can you name them without looking them up on our website?!

We presently have 70 members. This is currently our maximum allowable number. We will again start a waiting list. Limiting our membership to 70 keeps our costs down, our village manageable, and allows for more personal relationships among us all. Out of our 70 members, 23 have joined since last May. This is almost 1/3 of our membership. We welcome all of you new members and encourage you to get involved. You are the new generation of High Desert villagers and in many ways the future of this village. We welcome your time, energy, talents and ideas.

We want to continue the tradition in High Desert Village of members' helping one another in ways that enhance our lives and help us continue to live independently. On the surface some of the things we ask one another to do may seem minor. For example today a handyman is coming over to help my husband, Tom, dismantle and move our grandbaby's crib to our office area, a much more suitable location than where it is now. If Tom and I were to do that, it would take twice as long and be half as pleasant. This might seem minor to some of you, but to us it's a big deal. It's a lot easier than couples' counseling!

Please note on the website calendar the dates and times for alternating coffee gatherings and brew pub gatherings. These events offer opportunities to get to know your fellow villagers and experience some of the popular coffee and beer spots in Bend.

Our annual picnic will be at 5pm on Tuesday, August 21, at Mountain High. This is one of our three largest gatherings of the year. It's a relaxing and fun way to get to know one another. I hope to see you all there.

Pam DiDente
President
High Desert Village
541 390-8980

OLLI

What is an OLLI?

- a. A nickname for Oliver
- b. A child's pronunciation for an olive
- c. A perfect name for a zoo elephant
- d. None of the above

If you guessed "d," you were correct!

Actually, OLLI is the acronym for Osher Lifelong Learning Institute. It is an educational and social organization for "mature adults" who want to keep learning as they grow older. There are 121 branches throughout the U.S., all associated with universities. We are fortunate enough to have one of these branches here in central Oregon, as part of the University of Oregon curriculum. It's like taking classes in history, sociology, geography, literature, etc. without the demands of grades or exams, just learning for the pure joy of learning!

Classes are primarily taught by current or retired teachers with the assistance of interested OLLI members. Classes are conveniently held in the meeting room behind the Duck Store near Shopko.

As a way of introducing OLLI to the community, there will be two informational meetings on July 19, one at 9:15 and the second at 1:15. For more information or to make a reservation, you can call 541-728-0685 or 1-800-824-2714, or check out the website at <http://osher.uoregon.edu>.

Submitted by Linda Melton

Quite a few of the High Desert Village members met for coffee at Crow's Feet Commons, Wednesday, June 27 for a very nice gathering! This event occurs every other month (alternating with Pub Night). Watch the calendar for future dates and RSVP either to Ann Kerr at 541-389-4365 or through the RSVP option on the HDV website calendar:

https://highdesertvillage.helpfulvillage.com/events/index_list



A PERSPECTIVE ON ALZHEIMER'S AND DEMENTIA

I recently watched a DVD at the home of Micki Turner about Alzheimer's and Dementia. Micki has a series of DVDs titled "Broken Brain." The series consists of eight episodes dealing not only with Alzheimer's, but such topics as ADHD & Autism, Depression & Anxiety, and Traumatic Brain Injury. In this series, Dr. Mark Hyman brings together experts and researchers to talk about broken brain syndrome and how widespread this epidemic is. Because the episode on Alzheimer's and dementia was most pertinent to HDV members, I chose to concentrate on this topic

Quoting from the series, the following statistics were presented: 10% of 65-year-olds, 25% of 75-year-olds and 50% of 85-year-olds will develop dementia or Alzheimer's disease. Alzheimer's is now the seventh leading cause of death and the most common form of dementia. There is a genetic factor that predisposes you to Alzheimer's. It is a gene called ApoE4, but having this does not necessarily determine you will get the disease and not having it doesn't guarantee that you won't develop it. In this discussion, we are not talking about early onset Alzheimer's that can develop in the 50's, but the later onset disease. In discussing prevention, a neurologist, Dr. David Perlmutter stated strongly, "We really have to get the word out that we may be able to cut our risk in half by adding aerobic exercise on a daily basis and that not becoming a type 2 diabetic may also cut our risk in half." In fact, scientists now call Alzheimer's disease, type 3 diabetes. New research shows that insulin resistance is one of the major factors that start the brain damage cascade. According to Dr. Hyman, "Eating sugar and refined carbs can cause pre-dementia and also dementia. But, cutting out sugar and refined carbs and adding lots of good fats can prevent and even reverse pre-dementia and early dementia."

That above statement kind of blew my mind. I had no idea there was a connection between diet and the development of dementia. Another physician revealed that she has been working for the last year and a half with something called the Bredesen Protocol for reversal of cognitive decline. They work with both mild cognitive decline as well as moderately advanced Alzheimer's disease. The very first thing on the list is diet. Dr. Ann Hathaway explains that when your blood sugar is high, it pumps your insulin high, and insulin is inflammatory. Inflammation is a major factor in cognitive impairment. Also, high blood sugar causes something called glycation, where the proteins throughout your body, including in your brain, get a sugar molecule added to them. That addition to a protein is damaging--that's actual damage to that particular molecule in your brain. The more that glycation happens in the brain, the more prone we are to Alzheimer's.

Besides diet, the other factors that are addressed are exercise, stress and sleep. One researcher contended that every neurologist should write a prescription for exercise before he or she writes anything else. Sleep should be a good quality of sleep and that means dispensing with iPhones and technology at night because the blue light from these devices tell the brain that it is daytime. There is a whole section on stress, but one interesting fact is if you are a guy and you have depression, you have four times the risk of Alzheimer's disease! Another mind-blowing fact.

The DVD on the subject of Alzheimer's lasted over an hour. Because the series also has a written transcript, I was able to pick out parts that I felt were important. Obviously this article just brushes the surface of the subject matter. But I also found hope that some of the symptoms of dementia can improve through better diet, sleep, stress-reducing activities and exercise. If you are interested in seeing any part of the Broken Brain series, please call Micki Turner at 541-706-9347 or write her at mctrnr@bendbroadband. She is willing to have showings for small groups at her home.

submitted by Alice Johnson R.N. (retired)

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...*

Transportation 5

Handyman 12

Health Advocacy 6

Techie 1

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

THANK YOU!

Helen Bohnhoff, our long-time dispatch voice on the phone, was recently under the weather. She tells us that during that time she received a number of delicious meals prepared by our Helping Hands team members, and wants to thank them wholeheartedly for their kindness and culinary talents!

*Thank
you*



WINE DOWN

Based on the success of and attendance at our first wine-down event in February, we would like to do it again! If you would be willing to host this casual gathering, please let Alice Johnson know, alicejeanj@q.com

"AFTER THE HOLIDAY PARTY"

Although January seems VERY far away (!), we are once again starting to plan the annual "After the Holiday Party," scheduled for Jan. 15. Because part of the fun of this event is a drawing for gifts, please be on the lookout for simple gift items, and keep them tucked away until we collect them later in the year. (Hint: there are always lots of bazaars and craft fairs that take place in November--perfect for picking up inexpensive "treasures"...)



TRIP TO EGYPT

In April, Pat and I were lucky enough to take a real “bucket-list” trip, one I’d long wanted to do. Thanks to a lot of help from AAA Members’ Choice Vacations and our great AAA travel agent, Patty Morgan, the trip to Egypt turned out to be just what we had hoped for!

Our first day on the tour was an introduction to iconic Egypt—the pyramids of Giza and the Great Sphinx, so close we could even have touched them. At this same site, I had the pleasure of riding a camel, fortunately guided by his owner!

One day in Cairo we visited the amazing Museum of Antiquities. We were blown away by the vast number of statues, sarcophagi, and relief carvings. Additionally, the entire upper floor was devoted to the huge collection of King Tut artifacts, including the famous mask, made of solid gold and inset with precious gems.

Part of the trip was spent in a ship sailing the Nile River for 4 days. We made stops along the way to see beautiful temples, with impressive statuary, gigantic stone columns, hieroglyphics, and vivid painted carved reliefs. It left us with a great appreciation for the advanced civilization and math ingenuity of these ancient people.

We also visited the Aswan Dam, third largest in the world. The Nile River has always been important to the lives of Egyptians. But with the taming of the river, it brought more water to everyone, but especially to the farmers who use it for irrigation. The sight of so many military folks and weapons at the dam reinforced our tour guide’s comment that, “Any act of sabotage at the dam would be considered an act of war against Egypt, and would be acted upon accordingly.”

While construction of the dam was an engineering marvel, it also presented a huge problem for a number of historical sites. To save them from the inevitable flooding, the incredible temples of Abu Simbel and Isis were moved, huge stone by huge stone, to new locations. It boggles the mind to imagine the intricate work of cataloging the pieces so that everything fit back together at the end. Thank goodness they were able to save these iconic images of ancient Egypt.

The trip was wonderful in other ways as well. All four hotels were lovely. The ship was very comfortable and provided great food! And our tour guide couldn’t have been any better. With a degree in Egyptology, he was full of fascinating information, always calm, and professional as well as personable.

A good trip? No—a fantastic trip that met all expectations!

Submitted by Linda Melton

High Desert Village Newsletter is published for the
members by the members.
Please share your areas of interests with your fellow members.
Submit photos and articles
to Linda Melton (editor) or Nora Miller (publisher)
for newsletter consideration!

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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

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