



Village Life

HDV Member Profile - Jim Lee

If it is true that some of us have a calling in life, then Jim Lee is the example of how innate skills lead one on a path as a counselor and guide. For more than 30 years Jim has been listening and helping others find their way be it working with teens, folks with special needs or married couples wishing to improve their relationship. His has been a career of service as a psychologist and therapist.

“People have been telling me I am a good listener since I was 15 and a leader in a church youth program,” he says.



That prompted him to study psychology at Westmont College in Santa Barbara. He has used his psychology degree in a variety of institutional settings first at a YMCA, then a residential treatment center for at-risk youth and later as a Marriage and Family Therapist.

Jim and wife, Carol, began vacationing in Bend in the early 90's and made the move to reside here in 2003 after Carol retired. It wasn't long before he took a job as Executive Director of Abilitree, which serves adults with both intellectual and physical disabilities, helping them improve their levels of independence, work productivity and inclusion in community life.

Although he officially retired in 2012, Jim says he re-purposed himself as a volunteer for Court Appointed Special Advocates, Shepherd's House Ministries, City Club of Central Oregon, Opportunity Knocks and even Awbrey Glen Golf Club.

“It's the bike I ride,” he says of the need to live his values by offering his talents to the wider community.

Golf is one of Jim and Carol's passions and it was the vehicle for meeting his wife in 1985. A friend introduced the two as they were about to tee off at Simi Hills Golf course. They became fast friends and two years later married. Now he and Carol, who had a 38-year career with Prudential Insurance in California, play golf most days at their home course on Awbrey Butte. But they also enjoy traveling during the winter months where they can play courses either in Hawaii or Palm Desert and see friends who enjoy similar activities.

Even in what he calls his “re-purposed” phase of life, he advises boards of directors of nonprofit organizations like our own High Desert Village. He will apply his knowledge and skills to the Village board at the request of our president, examining the way the board operated in the last few years to identify strengths and opportunities for improvement.

The pandemic has challenged many organizations so now is a good time to assess what works and how to focus on the mission. If there is one piece of advice he gives any board, it is focus on the mission and “keep it simple, don't make rocket science out of baking brownies.”

Joette Storm, Associate Editor

Village News

October Board Meeting - A Special Session

Tuesday's in-person October HDV board meeting will be a strategy session looking back at services provided over the past few years while looking ahead at improvements possible going forward. Jim Lee, the subject of this month's Village Life member profile, will facilitate the session. This will be a major step for most of the board, which has met almost exclusively via Zoom over the past two years during which time many new members joined the body. As you can see from Jim's profile, he is eminently qualified to lead us in this session. We thank him for volunteering for this task. Look for a report in a future newsletter on the results of this effort.

Pam DiDente, President

The October Pub Night is at Monkless Pub on Tuesday, Oct. 25th from 4 to 6 p.m. The pub is at the end of Wall St. on Industrial Way. It is spacious with outdoor deck seating in the back and windows in the front that will open.

Are you interested in calling or sending an email to another HDV member? You can get member contact information by logging into the HDV website, clicking on the Members tab and then the Members Directory from the pull down menu.

Music Corner



The blending of the beautiful voices of Barbra Streisand and Céline Dion are here in the studio recording of the song *Tell Him*. No diva egos are present, only mutual respect and affection as they create a musical masterpiece. Enjoy!

<https://www.youtube.com/watch?v=xKWWyO-C2oo>

To Your Health

What is Breast Cancer Awareness Month?

Breast Cancer Awareness Month, held in October every year, was created in 1985 to promote screening and prevention of the disease, which affects one in eight women, about 285,000, in the United States every year. In 2022, it's estimated that 43,780 people—43,250 women and 530 men will die from breast cancer in the U.S. Yes, men get it, and are more likely to die, because of delay in diagnosing it.

Mammograms are the most important tool doctors have for screening. They are safe and have been in use for more than 50 yrs. It is recommended that annual screening begin at age 40. If at higher risk, it may start sooner.

Common questions about mammograms.

Why no deodorant, lotion, creams or powders? Many deodorants have metallic substances which can look like calcifications. Even natural deodorants can have particles that look like calcifications. Lotions can make the skin slippery and move during compression. Calcifications are a sign of some underlying process in the breast. It can be benign or sign of cancer. Sometimes it is hard to distinguish and may require additional imaging or even biopsy. Avoid extra testing by not using deodorant, etc., or wash it off upon arrival.

What is breast density? Breasts have fibrous, glandular and fatty tissue. If you have a lot of fibrous or glandular tissue, but not much fatty tissue your breasts are considered dense.

Why does breast density matter? For two reasons: Women with dense breasts have a higher risk of breast cancer and dense breasts make it more difficult for doctors to detect breast cancer on mammograms because the dense breast tissue appears white, just like cancer and benign masses do.

If I have dense breasts should I still get a mammogram? Absolutely, it is still the only test proven to reduce breast cancer deaths.

Mammograms are critical for early detection. Take the pledge to take care of yourself!
<https://www.nationalbreastcancer.org/take-the-mammogram-pledge/>
Jan Hildreth, Health Advocacy Team

The Water Is Fine, Come On In . . .

As winter approaches many of us look for low impact exercises we can do to keep fit. Juniper Swim and Fitness Center is offering Mobility through Water Fitness on Tuesdays and Thursdays at 9:30 a.m. in the main pool.

Taught by Carolyn Creedican, a long time Juniper instructor, the water class is suited to persons suffering from arthritis, MS or recovering from surgery. Carolyn leads through a series of warm up exercises and stretches while keeping a watchful eye on how participants are executing the movements. It is a stress free option for waking up the body. The sauna, steam room and hot tub located adjacent to the pool deck are also available.

Steady on Your Feet . . .

As we age, avoiding falls that can lead to critical injuries is very important. Maintaining our balance is integral to remaining upright. Here is a link to an exercise that can help us improve our balance.

<https://www.youtube.com/watch?v=cll2BHDyc-k>

Keeping Your Brain Fit . . .

Cognitive decline need not be an accepted state of aging. There are life style factors including exercise and diet that can contribute to maintaining healthy brain function. Research has also shown that mental stimulation is a critical factor in keeping our brains fit. Here from Healthline are 13 brain exercises that can help keep you mentally sharp.
<https://www.healthline.com/health/mental-health/brain-exercises>

With a Fit Brain, Think Critically

We often hear that critical thinking is something we should incorporate into our thought process. What exactly does that mean? The term critical comes from the Greek word *kritikos* meaning “able to judge or discern”.

The most definitive definition of the term that I've encountered is:
Critical thinking is the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action. In its exemplary form, it is based on universal intellectual values that transcend subject matter divisions: clarity, accuracy, precision, consistency, relevance, sound evidence, good reasons, depth, breadth, and fairness.

An understanding of that process can help us make decisions that best serve our own well-being and that of our families, communities and the world. With the exercises you learned in **Keeping Your Brain Fit** it is time to think critically.

Gene Storm, Editor

GROWING OLD CAN BE FUN
IF YOU DO IT
WITH THE RIGHT PEOPLE