



Village Life

HDV Member Profile - Nancy Tyler

When Nancy Tyler tells people she had a career playing around, they might get the idea she was a professional athlete. But although she does love travel and being active, one of her many jobs was Director of Training with the New Games Foundation teaching play as a team building approach in a corporate setting.

“It was a system of cooperative play that fostered team work. What attracted me to the approach was that the New Games concept offers an alternative to traditional sports,” she says. New Games allows changing the rules so that people of various skill levels can participate and enjoy the game. A mixed age group might level the playing field by making older players hop on one foot while younger ones are allowed to run.

Born in California where she earned a Social Sciences degree at U.C. Berkeley, Nancy and her former husband applied to the Peace Corps right after graduation. They were assigned to Kenya in the fall of 1968.

“We knew little about Kenya and had no expectations,” she recalls. “I loved Africa and the people, but the challenge was teaching young boys in a school organized under the British system. Unfamiliar with that system and the testing regime, Nancy felt the students were not as prepared as they should have been for the rigorous testing under that system.

Upon return to the States, she continued in education working for 4 H and various community education programs. She moved to Bend in the 90s while continuing in a job that required her to travel quite a bit. It wasn’t until she retired that Nancy began to settle in here. She took a hiking class at COCC that prompted her and some newly acquired friends to start their own hiking group. Those women hiked together for more than 15 years.

Over time Nancy has hiked the Inca Trail, the Grand Canyon Rim to Rim and Yosemite’s High Sierra Camps as well as many Cascade trails.

Those friends shared a passion for reading as well. Nancy, a life-long reader, has long been a volunteer for the Deschutes County Library’s *A Novel Idea...Read Together* program. The community reading project has been going on for 19 years. Nancy is one of the readers who screen books to be considered for the community read. As a result she has read many, many selections and had an influence on the final book. The next book to be chosen will be announced Dec. 3rd.

Nancy joined High Desert Village to fill a need in her life. “Although I have lived in Bend a long time, all my extended family, including my son, live in other states. Nieces with whom I am very close, are older and with families of their own. So I am aiming to build a non-DNA family as the aging years come my way,” she says.

She is looking forward to the Film Noir series starting in January as a means of gathering in person with other Village members.

Joette Storm, Village Life Associate Editor

Council on Aging Resource Directory Available

The 2022-2024 Council on Aging of Central Oregon Directions resource booklet has been released. It contains all sorts of local information and contacts that HDV members may find useful. Meredith Mason has hardcopy booklets and, if you would like one, call her at 541-550-0277. Also, an electronic version of the directory is available on the COCOA website via the following link:
https://www.councilonaging.org/wp-content/uploads/sites/385/2022/10/10_21_22_FINAL_ReaderSpreads_Directions-2022-2024.pdf

Music Corner



Paul Simon and Art Garfunkel were staples of the American music scene during the 1960s. Performing in the folk/rock genre, Simon and Garfunkel recorded music that has stood the test of time. Here is their 2009 Madison Square Garden performance of *The Sound of Silence*. Enjoy!

<https://www.youtube.com/watch?v=L-JQ1q-13Ek>

From the President’s desk. . .

Update from your Board Members

During the last quarter of this year the Board is in the process of holding strategy sessions to look back at our tremendous growth and progress and to look for opportunities for improvement based on our member survey that was completed in April of 2021. One of the potential areas we have identified so far is discussing how we might continue to improve our member experiences with their team involvement, service requests, volunteer opportunities, as well as increased opportunities for connecting with one another. As always we encourage your continued feedback by contacting any Board member with your ideas, questions or concerns. We will continue to provide further updates as to how we might make 2023 our best year ever!

Pam DiDente, HDV Board Chair

To Your Health

Music and Our Mental and Physical Health

How much has music been a part of your life? What associations does music bring to mind?

Interestingly more and more research is emerging regarding health benefits of music. “As is well known, sound has great power over inorganic matter. By means of sound it is possible to cause geometric figures to form on the sand. How much more powerful, then, must be the impact of this force on the living substance of our sensitive bodies,” says Robert Assagioli, MD.

There is documented evidence of music's healing power. As another example, Helen Bonny, PhD, CMT, established *Guided Imagery and Music* as a modality used in psychological growth therapy and also in physical healing with significant benefits.

Larry S. Sherman, PhD, a professor of neuroscience at the Oregon Health Sciences University recently gave a delightful presentation at COCC, entitled, “Every Brain Needs Music” based on his book by the same title coming out in 2023. His premise is: brains love music! Dr. Sherman talked about musical instruments shown in prehistoric drawings, specifically an instrument like a flute, suggesting music is universal, a common language. He and his research team have findings that show playing musical instruments activates and stimulates the brain to grow new neurons, stimulate myelination and synaptogenesis, as few other things can do.

So if you need a little nudge, here it is: dust off the instrument you used to play, crank up your I-tunes, sing and stimulate your brain with learning, playing and listening to music.

If interested in the entire talk, here is the link.

https://cocc.zoom.us/rec/share/BAE7HUz6R_G_GiNJMYWNakJ3FklKW4iSkmeiXcWpywysxVj kf-WCq qEwEuruDmtL.-y4uHr3Qz3g7lsoW

Jane Clemens



Film Noir Schedule - Popcorn Anyone?

The HDV Film Noir series will meet at the Sons of Norway Lodge at 549 NW Harmon on Wednesdays 2-4:30 p.m. The end time is not fixed, but we do need to clean up before 5:30 p.m. The film schedule follows. I plan to offer a short lecture before the viewing and the group can discuss the film afterwards while we eat and drink. Full kitchen is available.

- Jan. 11 - *Mildred Pierce* (1945)
- Jan. 18 - *Pitfall* (1948)
- Jan. 25 - *Night and the City* (1950)
- Feb. 1 - *American Cinema: Film Noir* (documentary)
- Feb. 8 - *Touch of Evil* (1958)
- Feb. 15 - *Lone Star* (1996)

Greg Lyons

High Desert Village Board Meeting
Tuesday, November 15 - 3 p.m.