



Village Life

HDV Members - From the Beginning

To the newer members of High Desert Village the organization looks like a smooth running time piece. But founding members **Alice and Art Johnson** can tell you a lot of trial and error went into developing our little community.

Alice and Art moved to Central Oregon from Washington, D.C. in 1998 looking for a place to retire after an adventurous life sampling cultures and countries across the globe. Art had a career in law enforcement including 25 years with the Drug Enforcement Agency that took the family to Denmark, Malaysia and Hong Kong.



The couple, who will celebrate their 60th anniversary in November, were looking for a smaller community. And at first they settled in Powell Butte, moving to Bend in 2012.

"In 2007, a group of folks from the Methodist church decided they would like to have a plan as they continued to age which focused on remaining in their homes as long as possible. One Sunday over brunch they decided to pool their money and send for the manual published by Beacon Hill Village, recalls Alice.

From this publication, they wanted to learn if starting a Village here was feasible. Meanwhile a similar group of friends who gathered for a monthly potluck dinner had the same discussion. One person who participated in both groups arranged for all parties to discuss the Village concept. That meeting resulted in participants contributing to a start-up fund and the formation of a board."

The founding board, of which Alice was a member, began the work of organizing over the next year and a half. That board funded an attorney to help with legal matters. In 2009 with a mission statement, bylaws, a business plan and tax certification as a nonprofit, the High Desert Village came into being.

Initially they copied the Beacon Hill model. Dues were \$350 for a single member and \$450 for a couple. After two years the board decided to lower the dues and make theirs an all-volunteer organization. "That was the best decision we made," she recalls.

Over the years leadership changed. Alice served as President for a time. Art was one of the original Handymen, doing repairs and chores for members. "In those days, we even did plumbing," he says. Now there are some limits on the type of tasks the Handy Hands can do.

"I learned how important it is to share responsibility and spread the tasks to maintain an organization," she says. "When I asked members to step up, they did and teams provided much. Still High Desert Village has a simplicity I like."

Her advice to new members is to be available. "I believe most people join because they wish to be of service," Alice says. The team concept makes it easy for members to fulfill their volunteer obligation and serve others.

As so many Village members, the Johnsons are an adventurous family. They enjoy sailing with their three children and grandchildren, exploring new places. They even toured the Inside Passage to Alaska with the family.

Joette Storm, Associate Editor

Happy Birthday Helen!

At 99 years-of-age, Helen Bohnhoff both a founding member and long-time HDV dispatcher, is the oldest member of the Village. The Village delivered a gift basket on Feb. 6th to celebrate the occasion of Helen's birthday. Helping Hands Team member Anne Brickner took the basket to Helen and enjoyed the visit.

"It was a real pleasure to spend time with such a vibrant 99-year-old and to exchange stories with each other," Anne said. Helen asked Anne to thank the Village for the birthday gift and the friendly visit.

Helen, the pleasure was ours!



Time for coffee!

Let's gather for a coffee at 10 a.m. on Tuesday, Feb. 28th. It will be at Back Porch Coffee in the Franklin Building, 550 NW Bond St. See you there!

Music Corner

Here is a trip down memory lane, not so much for the music, but for the spectacle of two old guys dancing. In this case it's Bob Hope and James Cagney - 52 and 56 years of age - showing off their talent as hoofers at a Friar's Club Meeting circa 1955. Enjoy this step back in time!

<http://videos2view.net/Hope-Cagney.htm>



Events Success & a Changing Dynamic

Recently we have had two very successful and well attended, in person HDV events: a new member orientation as well as the annual midwinter brunch in late January. Both events felt to me like our pre COVID community is back, as members interacted with one another with renewed camaraderie and enthusiasm. Kudos to the Good Time Team for organizing such a wonderful brunch. Also, a tip of the hat to Jane McElDowney for planning the event. (Best of travels to you, Jane, as you work volunteering in Kenya to build houses.)

About midway through my presidency of the Board we increased the HDV Board membership number to twelve so that we could micro-manage our way through the travails of COVID. As the COVID epidemic has abated, that model has become cumbersome, unnecessary and unsustainable. The new Board will provide governance and oversight, and the eight volunteer service team leaders and the team members will micro-manage the Village.

Recently I realized that some members don't think of these roles as "volunteering". Volunteering your time on the board, organizing events, team leading, attending team meetings are part of what HDV considers to be your volunteer time. We cannot survive as a vibrant village without multiple members volunteering their organizational skills to the village.

HDV needs volunteers: four volunteers for the new board, volunteers to lead teams (even if you are not on that team), volunteers to ask for services, and volunteers to deliver the services. Think about it. If none of us requests services, we do not have the opportunity to provide services. Time and again villages report that when members are engaged with each other on multiple levels and make personal connections, the village thrives. Jump onboard.

Pam DiDente, Board President

Board Service - Volunteering to Make a Difference

The High Desert Village is in transition, evolving in a positive way as we enter our 16th year of existence. The Board of Directors has voted to reduce its membership and place greater emphasis on how Village functions at the Service Team level.

Under the new alignment, the Board will consist of the four officers—president, vice president, secretary and treasurer—and up to three members-at-large. No longer will the Team Leads be required to serve on the board, focusing instead building each team's strength, cohesiveness and ability to respond to requests for service.

The newly constituted board will only meet quarterly to oversee the operation of the Village in accordance with our bylaws as a 501c3 not for profit organization. The duties of each board member will not be onerous and easy to discharge. Service on the board will count towards the volunteer provision that each member agreed to when joining the Village.

The new board will begin its duties on June 1. The vacancies to be filled by then include president, secretary and up to three members-at-large. A nominating committee from within the board will accept nominations and volunteers for those positions. Please forward your nominations or volunteer to serve by contacting Mary Hartrich at email mshartrich@outlook.com or 541-317-9287 by phone.

You all have a wealth of life and work experiences that qualify you to serve, even if you don't have board experience. Go to our website and explore if you have any questions about the organization of the Village. You can explore the bylaws and the Village handbook there.

High Desert Village is a vibrant community of people willing to befriend and serve each other. Here is an opportunity to step up and serve at the next level. You may well find it an enjoyable experience.

Gene Storm, Board Member

To Your Health

Health Advocacy Pearls . . .

Over the past few weeks, we have worked with several people and want to share a few things that might be helpful to you, since they were helpful for other Villagers.

- One person had more than a few floaters, it was a "snow storm." (Also, a curtain like shadow over your vision is as serious). This is an eye emergency (could be vitreous or retinal detachment) and needs to be seen ASAP by ophthalmologist, not ER, or urgent care. The person wasn't established with an eye doctor but called an office and referred to Winter Lewis at InFocus who triages emergencies and got him immediately to a retinal surgeon.
- Get established with eye doctor and dentist - as we age these parts can "break at any time"!
- If told not to use NSAIDs (non-steroidal anti-inflammatory drugs, e.g. ibuprofen, naproxen /Aleve, aspirin) remember Tylenol (acetaminophen) is OK. But limit to no more than 4000 mg/day. If also taking narcotic pain pills, they may have acetaminophen in them. Be sure to look and add in that dose.
- NOW clinic is Urgent Care for bone or muscle injuries. Located at The Center, staffed by MDs and PAs, and you rarely wait long to be seen. They have imaging, casts, braces, etc. readily available. But, only open 8-5 M-F.
- Covid is still lurking but most home tests have had their expiration dates extended by 6 months. To see if your tests are still effective, click [here](#) to see a comprehensive list.

Jan Hildreth

**High Desert Village Board Meeting
Wednesday, February 22 - 3 p.m.
Downtown Library**