



Village Life

HDV Member Profile - Karen Gardner



After living in the hustle and bustle of the Bay Area cities such as Berkeley, Oakland and San Jose, new member Karen Gardner and her husband Joe decided to purchase a business in Bend. They were looking for cleaner air and water, less commute time, and less congestion. Thirty-four years and tons of memories later, they have retired, gotten through the COVID years, joined HDV and look forward to getting to know fellow members.

Karen wanted to be a teacher, but no one was hiring at that time, so she landed a job as an Insurance Underwriter, Property and Casualty, right out of college. While a stay-at-home mom, raising her two daughters, Kat and Emily, Karen volunteered with La Leche League, a breastfeeding advocacy organization. She facilitated monthly support groups, did phone counseling and taught breastfeeding classes at St. Charles and for Deschutes County Health Dept. Women Infants and Children program.

Once her youngest daughter was a senior in High School, she started teaching with Central Oregon Intergovernmental Council, in their high school credit recovery and work experience program. Karen had a California Teaching Credential, but had to go back to school and get her Master’s in Education to be certified in Oregon. So, while she was teaching full time for COIC, she earned her Master’s and also got a Reading Specialist Endorsement. Karen worked for Bend La Pine Schools as a Reading Specialist, at Juniper Elementary for ten years until she retired in 2016.

Not only did Karen help others learn to read, but reading is truly her passion. For members looking for a book recommendation, you can always call Karen for ideas. Currently she is reading *The Healing of Natalie Curtis* by Jane Kirkpatrick. She also volunteers with First Presbyterian, Bend with their quilting group, the Burundi Team, and Kits for Kids, as well as their education project in Guatemala.

Karen and Joe love to cruise, and are looking forward to getting back to it, after a two year hiatus. Holland America is their line of choice. They love to sail off the West Coast to avoid long airplane trips. Having just had her hip replaced in April, Karen is really looking forward to being able to walk for exercise again. That will set her up beautifully for their next cruise exploring the delights of French Polynesia.

Renee Iverson

HDV Film Series - Just for a Laugh

Film fans, it’s time to laugh. Here are the dates and titles for the HDV comedy film series this fall. We will meet at the Sons of Norway on Mondays at 2:30-5 pm. Further details are available on the HDV website under EVENTS. I hope you will be able to enjoy our viewing and discussion.

- Sept. 25, *Modern Times (1936) with Charlie Chaplin and Paulette Godard*
- Oct. 2, *Howard Hawks' Bringing Up Baby (1938) with Cary Grant and Katherine Hepburn*
- Oct. 9, *Billy Wilder's Some Like It Hot (1959) with Marilyn Monroe, Tony Curtis and Jack Lemmon*
- Oct. 16, *Mel Brooks' The Producers (1967) with Zero Mostel and Gene Wilder*

Hope to see you next month.

Greg Lyons

In 1959 I was an usher at the resplendent, 2,500 seat Capitol Theatre on Chicago’s south side. It was an era when going to a neighborhood movie house for families or couples on a date was something special.

The Friday night the film *Some Like it Hot* opened for its week-long run is memorable to this day. Mr. Kennedy, the theatre manager, had an especially staid demeanor. He was all business and seldom smiled. He stood at the back of the theatre during the film’s first showing and was moved to notable laughter, at one point shedding tears. I saw Mr. Kennedy in a new light as a result.

There are many moments in Billy Wilder’s comedy classic that evoke laughter. If you’ve not seen the film, or it has been a while since your last viewing, plan on attending Greg Lyon’s HDV showing on Oct. 9th. You may even be moved to tears of laughter!

Gene Storm, Editor

Music Corner



In the best New Orleans tradition, here is the band **Tuba Skinny** playing a street concert. Here they give their spin on the tune **Weary Blues**. Enjoy the sights and sounds from The Big Easy.

<https://www.youtube.com/watch?v=PoAkglGNDg4>

To Your Health

Macular Degeneration is normally a change that occurs with aging.

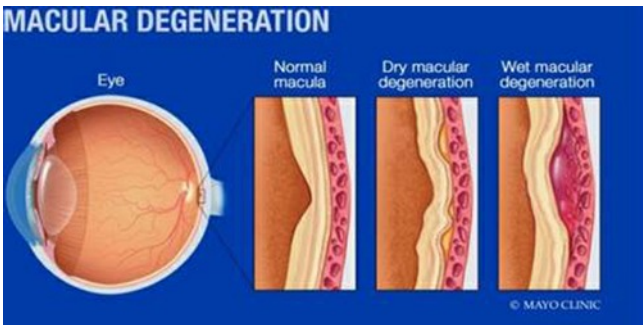
DRY macular degeneration progresses slowly with increasing amounts of “drusen” in the macula. Normally your eye doctor would see you about every six months to monitor this for change. Though the dry type is less serious, it can convert to wet macular degeneration if not monitored.

Your eye doctor may recommend eye vitamins called AREDS 1-2 times a day to support retinal health. You should check to see how much vitamin A is in your other vitamins before starting these as you may not need both. Vitamin A over 15,000 units a day may be toxic. There’s a new medication on the horizon, Syfovre, that works with your immune system to treat dry macular degeneration.

Wet macular degeneration is more serious and is the leading cause of permanent central vision loss. It happens more suddenly when a “blister” of fluid or blood forms underneath the macula causing a sudden central vision loss. This is an emergency! See your eye doctor ASAP for possible treatment. Wet macular degeneration can usually be treated with injections.

- The things you can do to help your eyes are:
- 1) Eat a healthy diet with lots of colorful fruits and veggies like spinach and red pepper. Include fish twice a week, use plant-based oils, whole grain breads.
 - 2) Control high blood pressure, cholesterol, and heart disease.
 - 3) Wear good UV blocking sunglasses and a hat when out in the sun.
 - 4) Quit smoking!

Ann Kerr



Village News

The HDV board meets face-to-face quarterly and communicates electronically between these meetings throughout the year. The board recently updated and approved two policies related to the **Driver's Service Team**. These policies can be viewed by members on the HDV website. After members have logged into the HDV website, the menu called “Volunteers” has these updated policies as well as a listing of current service team leaders. Members are encouraged to explore the website regularly to see upcoming events and news.

Jane Clemens and Debbie Fields have graciously stepped up to co-lead our **HDV Helping Hands Team**. There will be a team gathering in Compass Park in Northwest Crossing for the team to meet Jane and Debbie on Tuesday, **August 29, at 1:00 p.m.** This is also an excellent chance to get to know some of our HDV Helping Hands Team members a little better. Please bring your own chair and a drink. Please RSVP to Mary Hartrich: mshartrich@outlook.com so we know how many to plan for and to let you know if we need to change the venue due to smoke or heat.

Should Have Called the HDV Handy Hands Team!



“I see you’ve fixed the drip!”