



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 After Holiday Party

was Tuesday, January 15, 4:00pm at the 10 Barrel Brewing Company



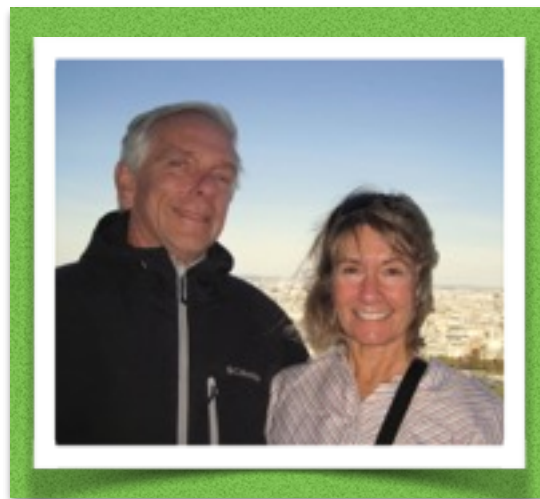
2019



NEW MEMBER BIOS....

Stew and Hilary Garrett

The Garretts joined HDV in May, 2018. They are both long-time Bend residents who are now retired. Stu has been very active in the environmental conservation community. He was the chairman of the committee whose diligence led to the creation of Newberry Volcanic National Monument in 1990. He founded the High Desert Chapter of the Oregon Native Plant Society, was on the board of directors of The Nature Conservancy, Oregon Museum of Culture and Natural History, and the Deschutes Commission on Children and Families, among others. Stu and Hilary are currently assisting the East Cascades Audubon Society's sage grouse habitat preservation efforts. Hilary was a State and Regional representative for the Section on Women's Health of the American Physical Therapy Association, board member for The Nature of Words, and has been active with Planned Parenthood, Saving Grace, local politics, and the Latino Community Association. She coaches children's cross-country skiing with MBSEF. Both Stu and Hilary enjoy travel, year-round outdoor activities, their 2 grandchildren, and community involvement.



Jan Hildreth

I grew up in Eugene, went to U. of O. School of Nursing, married, had 2 daughters (and now 3 grandchildren). Divorced after living in Colorado, Maine and Australia. Moved to Bend in 1971 and have worked at the Deschutes County Health Dept, COCC, St Charles Medical Center, and private practice as Family Nurse Practitioner. Since retirement have volunteered for Partners in Care with both Transition ("medically fragile") and Hospice patients. I volunteer with C.O Symphony and the Central Oregon Parkinson's Council and soon to be involved with Council on Aging's program "Aging Together". Last year I was treated

for an aggressive type of breast cancer and discovered much to be grateful for! Love to cross-country ski, hike and bike.

Helen Bohnhoff...ON REACHING 95

Recently, long time HDV member and dispatcher, Helen Bohnhoff, reached the stately age of 95 (February 6th). Helen is admired by many friends and acquaintances for her astute mind, positive outlook and a general ability to function so well at such a lofty age. I decided that It may be interesting to explore how she managed this and maybe learn some of her life lessons.

Diet wise, Helen, is a healthy eater and always has been. She grew up during the depression. Her father owned the local newspaper, but the subscriptions were often paid for with chickens, eggs and produce. This meant there was always sufficient and nutritious food on the table. As a wife and mother, she always cooked from scratch and often maintained a garden, canning the vegetables to eat during the winter. Even today she cooks for herself eschewing frozen dinners and fast foods. The only shortcut she takes today is to use more frozen veggies. Her snack of choice is fruit. Food is important to her and she maintains that "it is even better and tastier when shared with a friend!"

Walking was her exercise of choice and she tried to walk at least a ½ mile per day during much of her life. Water aerobics was another activity she enjoyed. Physical activity has been curtailed since she fractured her hip 2 ½ years ago, but she still walks the halls of her apartment building with the aid of her walker when her energy is strong. When she learned exercises from PT after her hip fracture and after a back issue, she followed the instructions faithfully. This is admirable since so few of us maintain the exercises after PT ends...right???

Helen has always been an avid reader. She stated during her teen age years, while living with an especially strict aunt and uncle, she probably read almost every book in the local library. She continues to read voraciously today and especially enjoys biographies. Always a goal orientated person, she enjoys learning how others set and maintain their life goals. She believes in setting her personal goals high. "You may not reach all of them, but you will have fun trying and be proud of the effort". Also, she encourages others to get lost in a good book. "It's relaxing and who knows, you might learn something great!" I experienced her vast knowledge accumulated from reading one recent holiday where she joined our family for dinner. A topic was raised about a new space engine that NASA was developing. Helen knew the name of it and what it was all about. My grandson, a recent mechanical engineer graduate, sat there agape. He later stated that he wants to be just like her when he gets old.

Helen has always been a sports fan and enjoys watching games. But she also has a purpose of doing this...not to just pass time. "My sons call me frequently, and I want to have something interesting to discuss with them, not just talk about me." After her car died last year and Helen decided to give up driving, she began to feel the walls closing in on her. Instead of wallowing in her loss, she started playing cards with other building residents. Because she hadn't played Pinochle since age 14, she just observed until one day they asked her to join them and she has been playing and improving ever since. We can't overlook the great job she has done as our dispatcher for HDV. When it was suggested she do this job, I queried whether she might be a bit old for that responsibility. That was before I knew Helen well and of course I was so wrong.

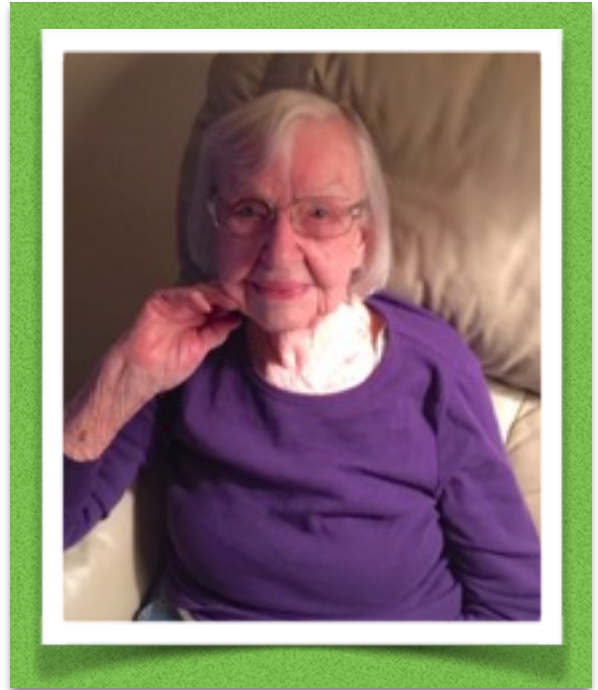
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Helen's mental attitude and positive life philosophies are perhaps her greatest attributes. Living through a complicated and difficult childhood including losing her mother at age 11, she was able to overcome these emotional scars in her young adulthood. She raised three sons and had a long and happy marriage. Much of this she attributes to her faith. She has always been an active church member, even today. In fact, at one time while living in Minnesota, she was a Lay Speaker which entailed her giving sermons at Sunday service to several small-town churches.

Helen tries to concentrate on the positives in her life. She states, "Life is what you make of it, so make it the best you can. No one else can make it for you." She values friendship claiming it is one the greatest gifts you can give or receive, and she holds it as a high priority. Laughter is also a key element in her life. She maintains that "a good belly laugh is good for the soul" and to share your joy freely.

Her last pearl of wisdom is "Age is only a number. Attitude is more important than that number".

Submitted by Alice Johnson



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

INSPIRATION FOR THE MONTH

The happiness of your life depends on the quality of your thoughts.

One thing you can give and still keep...is your word.

If you lack the courage to start, you have already finished.

The best vitamin for making friends....B1.

PRESIDENT'S CORNER

The village movement is growing in Oregon. There are three new villages starting up in the Portland area in addition to the seven already existing villages there. And, of course, we have our village here in Bend. This movement is vibrant and spreading to other countries as well.



Lately I have been thinking about what it takes to have courage as we age. These thoughts were sparked last week when I received a poem on courage from the Center for Courage and Renewal. Parker Palmer, the founder of the center, has written several books, one of which is "Hidden Wholeness", one of my all time favorite books.

Some of the main ideas from the aforementioned poem are the following: It takes courage...to speak up...to stand out...to right wrongs...to find wholehearted ways to be known as vulnerable...to say "let's find out"...to try to make a difference when the outcome is not guaranteed..to have faith in the future...to be part of the process... to process your parts that are shadows...to give the world your best self and ideas.

I think it is courageous to join a village and, as a result of that, experience times when we are challenged to step out of our comfort zones. Thank you to all of our courageous members who are up front and behind the scenes keeping High Desert Village seamless and vibrant.

A big thank you also to those who helped make our January party and 10 Year anniversary celebration a well attended success. It took a village to make it happen and it was fun. Keep an eye on our calendar and newsletter for more High Desert Village gatherings and, in the meantime, stay courageous.

Thank you,
Pam DiDente
President
High Desert Village

2019 High Desert Village Board Members



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Jeanie Young
Welcome Aboard/Membership



George Chesley
Archives



Ron Smith
Handyman Team



Clarissa Jurgensen
Communications/Tech Team



Leslie Miller
Drivers Team

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 21

Handyman 4

Helping Hands.....11

Techie 4

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

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!

Linda Melton lmfannypack@bendbroadband.com

Nora Miller nlkolberg@gmail.com

Matinee Monday!

Periodically some of our HDV members have gathered to see a matinee at the movie theater. A notice via email is sent out and members are asked to RSVP.

For now, hosts are Nora Miller and Meredith Mason. Join us if you can!

Next one is scheduled for Monday, March 4, movie and time TBD. Check our website calendar for updated information <https://highdesertvillage.helpfulvillage.com/events/45-matinee-monday!>

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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