



*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 Annual Picnic



**August 20, 5:00pm**

**In the gazebo at Mountain High (entry just off Knott Rd)**

Free food ~ hamburgers, hot dogs, salads, cookies, and desserts will be provided, along with a choice of beverages.

It is always a fun event, and a chance to meet or reconnect with fellow HDV members. Additionally, last year we were entertained with background music by Tom Comerford who played his guitar. If anyone would like to do something similar this year, we would be glad to have you do so!

Please contact Carolyn Cook at 541-389-7875 or [cookykooc@yahoo.com](mailto:cookykooc@yahoo.com)

to make a reservation. See you at the picnic!

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

### When Insults Had Class

*These glorious insults are from an era before the English language got boiled down to 4-letter words...*

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." "That depends, Sir," said Disraeli, "Whether I embrace your policies or your mistress."

"He has all the virtues I dislike and none of the vices I admire." Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book: I'll waste no time reading it." Mark Twain



### WINEDOWN

Date: Saturday, July 13th

Time: 5 p.m.

Where: Home of Art and Alice Johnson 61982 Janalee Place  
Bring your personal drink of choice and an appetizer to share

R.S.V.P. 541-385-3325 or [alicejeanj@q.com](mailto:alicejeanj@q.com)

### SEWING HELP AVAILABLE

We now have six people in HDV who are available to help with simple sewing projects (hemming, replacing buttons, etc.). If you are in need of this service, just call the Dispatch number to make your request. Helen will get in touch with someone to help you. (Keep in mind that this service is not for extensive sewing projects--anyone wishing to have a complete suit made need not apply!!!)





### NEW MEMBER BIO...Nancy Alvarez

Nancy Alvarez has been a writer and worked in film and TV production virtually all her life.

She discovered her love of writing at Sarah Lawrence College, and followed that experience with a graduate degree in Russian History. As her career developed, she wrote both magazine articles and books, and did screen-writing for several TV movies. Since then she has taught writing at various colleges.

Eventually she co-produced video workshops for adjudicated youths. In July of 2012, Nancy was awarded "Woman of the Year" at the meeting of the National Association for Professional Women.



### NEW MEMBERS BIO ... Jim and Becky Powell



Jim and Becky Powell: Jim is a retired physician, raised in Virginia. Becky grew up on the Oregon coast, and retired from practicing art. Married 48 years they have two sons and three grandchildren. They have volunteered in many community organizations. Becky is an avid reader, loves travel and adventure, with a passion for nature; Jim has been active on the planning commission, is a jack of all trades - tending home and computers, and a Ham operator. Both enjoy hiking, the ocean, animals and the outdoors.

## PRESIDENT'S CORNER

I hope you are enjoying this beautiful summer weather. We have all certainly earned it.

Today I learned that as of January of this year there are more people over the age of 60 in our country than under the age of 20. Because of numbers like these, people over 60 are now looking for ways to help each other largely because they feel less confident in depending on the ability of younger generations to help. As I write this letter to you, two more villages are starting in Oregon, one on the coast and one in Salem.



The process of how villages open is interesting. Once one village, like ours, is established in an area and gains nonprofit status, it enables other villages in the area to form off of that status without having to spend time and money to obtain that status themselves. Ten years ago it took HDV 1 1/2 years to obtain our nonprofit status. We will know that the HDV movement in Bend has really grown when another village forms here. In the meantime we do have some openings, and if you know of anyone interested in joining, now is a great time to invite them to look at the website and fill in the contact section.

"Don't ask what the world needs.  
Ask what makes you come alive and go do it,  
Because what the world needs  
is more people who have come alive."

Howard Thurman

One of the benefits for me in being president of High Desert Village is that I have the privilege of observing most of what goes on. Seeing how High Desert Village members respond to one another's needs with teamwork, effectiveness, respect and genuine caring truly makes me come alive. I am inspired by all of you. Thank you!

Our annual summer village gathering picnic will be Tuesday, August 20 at Mountain High. Let's have fun and make memories together. If you have a musical instrument, bring it!

Thank you,  
Pam DiDente  
President  
High Desert Village

## Wild Fire Concerns

By now we are all too familiar with the devastating signs of climate change: more tornadoes in the midwest and south, more vicious hurricanes along the Gulf Coast and Eastern seaboard, more “Nor’easters” in New England. And all these weather phenomena often bring horrendous floods with them. Here in Central Oregon, we’ve seen unusual erratic winters in recent years. But routinely, even in snowy years, we rarely see enough snow pack to get us through our increasingly hot and dry summer months.

While storms and flooding are an almost constant worry for many of our fellow citizens across the country, more often our worries here are around the issue of wild fires. Recently we have witnessed impacts on tourism and more instances of asthma and other breathing conditions when our air becomes thick with smoke. But greater than these concerns is the fear of what a massive wild fire could do to homes and businesses in our own community. We have only to remember what occurred in Paradise, California, last year to imagine the same horrific result here.



Although we can't predict a fire in Central Oregon with much accuracy, we can make preparations in case the unthinkable actually happens. George Chesley distributed pamphlets at the May 21 meeting. This pamphlet, entitled “Wildland Fire Action Guide,” is based on three elements: Ready, Set, Go, and details preparations that include: early awareness of your surroundings and creating defensible space on your property, monitoring news of a fire, creating a 72-hour emergency kit, planning for what to do with your pets, what to take with you, and finally when and where to evacuate. This pamphlet covers virtually everything you need to know to be prepared for the worst scenario.

If you were not at the annual meeting at Pappy's Pizza, you can still get a copy of this helpful publication. George assures me that he still has many more. Please give him a call at 541-480-8070 to request yours.

*Submitted by Linda Melton*

# Meetup

Meetup is a social platform that was conceived by some New Yorkers after the 9-11 tragedy. Their community was so disrupted by the events of that day that the need to “come together” was stronger than ever. The social platform of Meetup helped people reach out to others with similar interests. It has since grown to be world-wide.

Our HDV member, Nora, joined Meetup before moving to Bend. As she moved into a community of not knowing anyone, Meetup helped her to join people for a hike, a movie, dinner, kayaking...you name it, it's available on Meetup!

The platform is very user friendly. You enter your zip code, the next step is to click on “your interests” the list is not overwhelming but you can add as much or as little as you like (same with creating your profile: add as much or as little as you like).

Meetup was mentioned to High Desert Village as a way to make socializing easier to our members a number of years ago. It does cost money (not for the individuals joining meetup, but for the organizer of any given meetup). As an organizer, a “once a year \$5 fee” can be designated to pay for the cost of hosting a site.

We can have a limited number of organizers or you can make EVERYONE an organizer so that they could post an event at any time (pros and cons to both).

I think having a High Desert Village Meetup site is a great idea. I believe we can limit membership to those who are members of our village (more info on that to come).

Here is an example of Meetup:

<https://www.meetup.com/CONewFriendsConnection/>

and

<https://www.meetup.com>

*Submitted by Nora Miller*



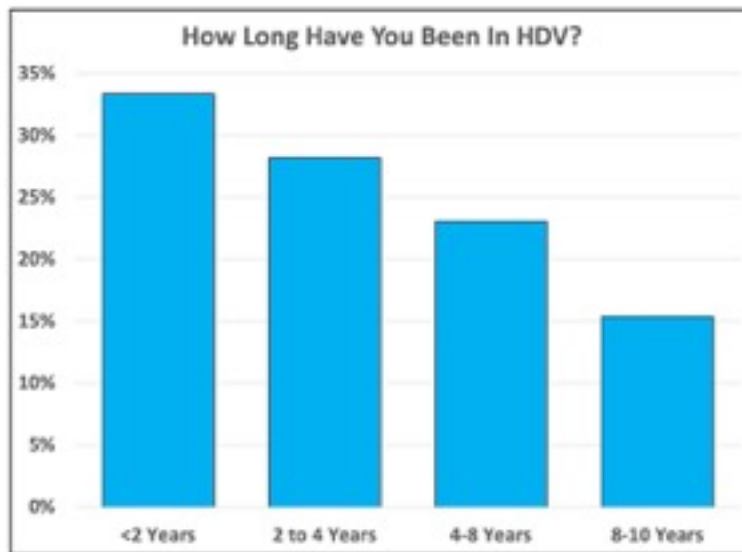
*As you may recall, it was announced at the general meeting on May 21, that some newsletter back-up would be very helpful. Both Nora Miller, publisher of the newsletter, and Linda Melton, editor, travel often, making the deadline, “crunch-time,” a challenge. The newsletter is published on a bi-monthly basis, usually at the end of the month. If you are interested in helping with the production of “your” newsletter, please contact Nora Miller, 541-460-9053, or Linda Melton, 541-312-3964.*

## 2019 Member Survey Results Discussed by Board

On an icy winter afternoon in early December a few members of High Desert Village met with President Pam DiDente at Townshend's Bend Teahouse. A key topic of discussion was "How are we doing as a Village?", and at the time there were more questions than answers. Thanks to the work of Meredith Mason and Micki Turner, those questions were turned into the 2019 HDV Member Survey, which was distributed at the Annual Meeting in May. Those who were unable to attend the meeting in person received the survey by email and completed it electronically.

41 surveys were returned. Results of the survey were reviewed at the June Board meeting and used to guide planning for the 2019-2020 year. Here are some of the highlights.

**HDV membership is dynamic, yet balanced.** Most current Villagers have joined within the last 4 years, but there is a healthy mix of newer and older members.



**Living the mission – members helping members.** Most respondents listed multiple reasons for membership, but nearly all indicated that helping others was a primary reason for joining HDV. A majority of respondents also valued getting help from others as well as social activities.

**Members needs are being met for the most part.** Most indicated that their needs are currently being met. The benefits cited most often by respondents were:

- Various activities related to the Helping Hands Team (>40%)
- Handyman support for home maintenance and repairs
- Transportation services
- Social interaction and meeting friends
- Home Tech support

*Continued on page 8*



Continued from page 7

**A few unmet needs were identified.** Survey respondents were also asked about unmet needs. One person mentioned “checking in on one another” as an unmet need, and one responded that they would like to have members call periodically to check in. Another request was for easier access to the HDV membership list. 17% indicated a desire for more social activities. Ideas included gatherings in people’s homes, a walking group, book group, dancing group, and more singles activities. One member complained “I haven’t gotten my free trip to Australia”!

**Most members were unaware of the Friendship Line.** In response to a survey question about the Friendship Line for Central Oregon, 24% of members said that they knew about the Friendship Line and what it could do for them, 51% said that they did not know about it, and another 24% did not respond to that question. *(FYI: The Friendship Line 800-971-1006 is a free service available to seniors 24/7 by phone for help with needs ranging from grief or loneliness to elder abuse concerns or crisis intervention for suicidal thoughts. Not only is experienced staff available 24/7 to receive calls, there is a call-out option, offering clients up to 7 check-in calls per week by volunteer staff.)*

**A significant proportion of members would like more information on aging.** 39% of respondents indicated a desire to see more information on aging distributed by email or in the newsletter, 20% said that they did not want more information, and 34% had no response to the question.

**HDV Buddy system launched.** A survey question was included to identify existing members interested in being paired with new members to serve as an added layer of support during their first few months. Five members indicated an interest in volunteering to be Buddies. One new member has joined in the last month, and a Buddy has been assigned.

After reviewing the survey results in detail, the Board focused its attention on two of the more prominent unmet needs identified by the survey: 1 - checking in on members and 2 - the desire for more social activities. The Board will be proposing solutions to these concerns at its next meeting in July. The Comm/Tech Team will be working on providing easier access to the membership directory, including a list available in PDF format and a printed version for those without computer access. It looks like the member waiting for their free trip to Australia will have to wait – maybe next year, mate.

*Submitted by Dick Maunder*



### A NOTE OF CAUTION IN USING SUNSCREEN

Recently I had a basal cell cancer removed from behind my right ear. Surprisingly, I learned this is a very common site of skin cancer especially for men and women with short haircuts. I realize that although I usually apply sunscreen to my ears, I probably never applied it to behind my ears. So avoid what I went through and routinely apply that sunscreen behind your ears when going out into the sun.

*Submitted by Alice Johnson*

### AVAILABLE MEDICAL EQUIPMENT

I have several items of equipment available for HDV members to borrow when needed. These include a commode, a toilet seat riser, a shower chair and a "deluxe" walker with a seat. Just give me a call at 541-385-3325 if you have need for any of these items.

*Submitted by Alice Johnson*

## RESOURCE CORNER

You might like to explore these books on aging:

- From Age-ing to Sage-ing by Zalman Schachter-Shalomi and Ronald S. Miller
- Falling Upward by Richard Rohr
- Women Rowing North by Mary Pipher
- The Second Half of Life by Angeles Arrien



If you know of any other books on aging, just send the titles and authors' names to Meredith Mason ([meredith@bendbroadband.com](mailto:meredith@bendbroadband.com)) and she'll submit them for the next newsletter.

*Submitted by Meredith Mason*

**Remember...**High Desert Village events are posted on the website calendar. For easy reference and RSVP options, visit [https://highdesertvillage.helpfulvillage.com/events/index\\_list](https://highdesertvillage.helpfulvillage.com/events/index_list)

## SIX TIPS TO STAY COOL AND HEALTHY THIS SUMMER

### 1. Use sunscreen—but not just any sunscreen.

Wearing sunscreen, especially when the sun is at its peak between 11 a.m. and 2 p.m., is an important first step. But choosing the right sunscreen makes a big difference. Opt for a “broad spectrum” sunscreen that protects from both UVB and UVA rays. This will give you the most even protection and will be most likely to protect against burns. Try to plan ahead by applying sunscreen before you leave the house (at least 15 minutes before you go outside). It takes this long to absorb into your skin and to provide full protection. If you go outside prior to this, you may not be protected, and you also run the risk of sweating off part or all of your sunscreen, which doesn’t absorb as well when the skin is wet.

### 2. Drink plenty of water and avoid dehydrating foods.

Carry a glass or metal water bottle with you when you go out to ensure that you’re drinking water regularly. While water is an excellent baseline, you can also incorporate other hydrating liquids that are low in sugar and high in electrolytes and eat water-rich foods like fruits and veggies. Try coconut water, natural fruit juices (not from concentrate and not containing added sugars) and try adding water to them to make a less sweet and concentrated beverage. And eat lots of fruits and veggies.

### 3. Choose your timing wisely.

During the summer months, the height of the day is the hardest on your body. With solar rays at their peak, you are more susceptible to dehydration, sunburns, and fatigue. If possible, plan your outdoor activities for the morning (before 10:00 a.m.) or later in the afternoon (after 3:00 p.m.). This practice will help you avoid long-term sun exposure when the sun is at its peak.

### 4. Avoid direct sun exposure when possible.

When it’s hot out, we tend to pull out tank tops, shorts, and anything else that gives our skin some breathing room. But light, breathable clothing that covers more can often keep you cooler while protecting your skin from the sun. Recommended fabrics for hot days include linen, rayon, and cottons, because they’re “breathable” and allow for air circulation but still protect your skin from absorbing heat from the sun. Plan to wear a hat too. It will protect your scalp, and if it has a wider brim, your face and eyes will be covered as well.

### 5. Know your limit.

Fun in the sun is great...until it isn’t. Listen to your body and look out for signs of overheating or too much sun exposure. Headaches, muscle aches, and general fatigue are all signs that it’s time to take a break, drink some water, and rest in the cool shade.

### 6. Look out for those at risk.

We should all be careful in the sun, but there are those of us who are at greater risk for these issues. Elderly family members and neighbors, especially those who live alone and are a fall risk, should be checked on regularly. Children and infants are also more susceptible to heat-related illnesses and complications and should be kept out of direct sunlight during peak hours. Be sure they have sunscreen (if over the age of 6 months), plenty of water, and a hat or umbrella if possible.

*Submitted by Tom Comerford*

# 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:*

Welcome....1

Handyman.....6

Helping Hands...7

Health Advocacy.....24

Transportation..10

Board Services.....11

**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](mailto:lmfannypack@bendbroadband.com)

Nora Miller    [nkolberg@gmail.com](mailto:nkolberg@gmail.com)

**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 <http://highdesertvillage.com>

Email us at [desertvillage@gmail.com](mailto:desertvillage@gmail.com)

Send this to a friend

Place  
Stamp  
Here

TO: