



*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.*

## PICKLEBALL OPPORTUNITY!!!



Bert Swift, our long-time HDV member and one of its "founding fathers," is considering a move to the Seattle area to be closer to one of his daughters. So...we are looking for someone to take his place to organize the pickleball group once again as we head into warmer weather.

Please call Joan Rodine, 541-318-1669, if you are interested.



***NEW MEMBERS...**After a long process of using "Verified Volunteers" to certify High Desert Village members, we are happy to report that we have ten new members! However, by the time the "VV" applications were completed and approved, there was not sufficient time to get "new member bios" from all ten people. We are featuring the first eight below, and will follow up with the rest in the next newsletter.*

### **NEW MEMBER BIO...Peggy Carey**

I was born in Roseburg, Oregon, and grew up in Lake Oswego. I received a Bachelor's degree in Nursing from Southern Oregon State College and Masters in Public Administration from Lewis & Clark. I moved to Bend in 1973. I have one married daughter and a grandson who live in Redmond. I worked at St. Charles Medical Center in cancer care for 25 years before moving to Vail, Colorado, to provide leadership for The Shaw Cancer Center of Vail Valley Medical Center in 2010. I returned to Bend in 2016, and am now working at J Bar J as Director of Strategic Initiatives.



### **NEW MEMBER BIO ... George and Susan Kolb**



George was born in Belgrade, Minnesota, and Susan was born in Portland, Oregon. We met and were married in Kalispell, Montana, in 1982, and moved to Bend in 1991. Sue worked as a registered nurse and retired in 2013, and George worked as the County Engineer for the Deschutes County Road Department, retiring from that position in 2017. We have three children: Matt, Brian, and Michelle, and two grandchildren, Nico and Sawyer. For hobbies, we like to backpack, kayak, cross-country ski, and bicycle.

## NEW MEMBER BIO ... Marilyn Sterbick & Jeff Hammond

We moved from Port Townsend, Washington, in 2014, and have been happy in Bend ever since!

Marilyn grew up in Tacoma, and retired from the public school system in the area of mental health. She is a vocalist, who enjoys singing with Opera Bend and the Cascade Chorale. She also hikes, kayaks, and bicycles.

Jeff grew up in Hartford, Wisconsin, moved to Port Townsend in his 30s, and later retired from the Northwest School of Wooden Boatbuilding. He loves to build, and was the lead builder for four Habitat houses in Washington. Last year he worked on a small sailboat with his grandson for a homeschool project. As a retiree, he "gets to mountain bike all he wants"!

We enjoy camping and working together sewing baby blankets and other clothing items.



## NEW MEMBER BIO ... Denise and Jim Mahoney



Denise: I was a Navy "brat," moving every 3 years from coast to coast. I graduated from Moore College of Art in Philadelphia, where I majored in clothing design. Worked through college and beyond as a portrait artist. I've been in Bend since 1978, and enjoy painting, fiber arts, and knitting. I have one daughter, an architect living in Portland.

Jim: I grew up in Philadelphia, and met Denise in college, where I attended medical school. We moved to Oregon in 1972, and then to Bend in 1978. I worked as an anesthesiologist at St. Charles until retirement in 2007. I happily fill my days now with hiking, cycling, paddling, and skiing.



## NEW MEMBER BIO ... Meredith Mason



Meredith was born in Fresno, CA and grew up primarily in Chico, CA and the Bay Area. She graduated from Santa Clara University with a BA in English and also holds a California Teaching Credential in Elementary Education. Until 1991, when Meredith came to Bend, she worked in the Bay Area business community. She has fourteen years' experience in Central Oregon school districts and non-profit agencies. Meredith finished her career at OSU-Cascades, working with the undergraduate and graduate students in their Central Oregon internship placements. She appreciates the beauty and relative simplicity of life in Central Oregon, where she enjoys getting out in nature, reading and spending time with friends.

## WINE DOWN

On February 16<sup>th</sup>, HDV held a "Wine Down" at the home of Art and Alice Johnson. It was an experiment to see if this was an activity that would appeal to HDV members and be a good venue for members to get to know one another, especially our newest members. Judging by the comments from the attendees, it seemed to fulfill these criteria so the board agreed to continue this social event. What we need are people to volunteer their homes for the wine down. It is a relatively easy event to host... everyone brings their own beverage of choice and an appetizer to share. It usually only last two hours or so. The host can limit the number of people to attend in relationship to the size of their home.

If you think you would be interested in hosting a "Wine Down" please call Joan Rodine, HDV Social Secretary, at 541-318-1669.

## PRESIDENT'S CORNER

My husband, Tom, and I are in the midst of early spring cleaning and are also doing some minor upgrades around the house. Along the same lines, High Desert Village is making some positive changes as well. We have engaged the services of a new insurance agent, and he has a great deal of experience in working with Villages. In addition six stalwart members have stepped forward to evaluate for us a new electronic platform which is specifically designed for Villages. The goal is to to consolidate all of our computer needs and update our website.



*Friends Helping Each Other*

At the National Village to Village Conference last Fall, Tom and I very much liked the expressed theme that "joining a Village is being proactive in a reactive society." Our Village has sixteen new proactive members who have joined since November 1st. Let us all welcome these new members and their creative ideas for High Desert Village.

Pam DiDente,  
President, 541 390-8980

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

### **From one Friend to Another**

I've learned....  
that having a child fall asleep in your  
arms is one of the most peaceful feelings  
in the world.

I've learned.....  
That sometimes all a person needs is a  
hand to hold  
and a heart to understand.

I've learned....  
That we should be glad God doesn't  
give us everything we ask for.

I've learned.....  
That it's those small daily happenings  
that make life so spectacular.

I've learned....  
That to ignore the facts does not  
change the facts.

## THE HEALTH BENEFITS OF HUMMING

- ☑ What if you could lower your blood pressure at will?
- ☑ What if you could get a good night's sleep without resorting to medication?
- ☑ What if you could improve your circulation without ingesting some substance?
- ☑ What if you could enhance your overall health and happiness without spending a penny?
- ☑ What if you could reduce your stress and anxiety naturally?

Well, according to Jonathan Goldman, M.A., and his wife Andi Goldman, M.A., you can, by simply humming. Jonathan is an internationally renowned writer, musician, teacher, and authority on sound healing and a pioneer in the field of harmonics. Andi is a licensed psychotherapist, specializing in holistic counseling and sound healing. She is a teacher, sound healer, and award-winning author. Both have been working in the field of sound as a therapeutic tool for over 30 years.

By simply taking a few minutes each day and humming, you can experience many physical and psychological benefits. It's the truth, and it's been scientifically proven. However, there is a method and technique to making this simplest of sounds before you begin to feel the effects.

How long before you begin to notice an effect? Usually, once you get the proper technique it doesn't take much longer than 5 to 15 minutes. The more time, the more powerful the results. It has been speculated that two-thirds of people hum when they feel good. Additionally, when we hum, we can help generate a feeling of well-being. If in pain, humming can help as well.

All that's required is that you start by breathing into your diaphragm, just below your rib cage. Slow, deep breathing not only oxygenates your body and brain, it slows down your heart rate and brain waves, helping induce states of calm and relaxation.

Now, take a slow deep breath with your back straight in a chair and your eyes closed. Make one single sound, feeling the vibration within your mouth. These sounds also go into your sinus cavity and other parts of the cranium. Before you start, check in with your yourself and see how you're feeling. Any discomfort or tension? You can tell if you're humming correctly by closing off your nose. If you are no longer humming you're doing it correctly. Now, try humming for 2 minutes, stop and check in again with how you are feeling. Up the time to 5 minutes and try again.

There are many ways you can use humming for self treatments. You can get more information by reading "Humming," by the above authors, or checking the website [www.healingsounds.com](http://www.healingsounds.com). Just remember that, although humming can certainly contribute to a healthy lifestyle, it should not replace physician recommendations. With that in mind, I challenge you to give it a trial run and see how you feel. Until then, HAPPY HUMMING!

Micki Turner, Ph.D.

## **A LITTLE BIT ABOUT THREE OF OUR "SERVICE TEAMS"...**

### **"Good Time Team"**

*This group plans and organizes social events for High Desert Village throughout the year. On alternating months we have either a coffee or a "pub night," with different locales chosen by the chairman. Additionally, there are three "large" activities as well: an "After the Holiday" party in January, an annual HDV meeting and pizza party in May, and a picnic in August. All members are encouraged to attend as many of the social events as possible, as they provide a means of meeting and staying in touch with other members. This team is also responsible for sending cards and flowers to hospitalized members, and flowers for funerals.*

#### **\*\*\*UPDATE ON THE "GOOD TIME TEAM"\*\*\***

*Since events for large groups need to be reserved months in advance, we are now beginning a search for a venue for next January's "After the Holiday Party." Most HDV members who attended our event on January 16 were pleased with the variety of appetizers, but felt the room at the Phoenix was too small for people to move around and mingle. If you have any suggestions for an alternate location for this annual event, please call Joan Rodine, 541-318-1669. Also, Joan is looking for help to plan this party, and our other two big parties of the year, the annual meeting at Pappy's Pizza in May, and the picnic in August. Let Joan know if you are willing to help.*

### **NEW "DRIVER TEAM" REQUIREMENTS**

*In order to serve High Desert Village members better, and after a lengthy research process, we have chosen to contract with a new insurance company. United States Liability Insurance (USLI) has a AAA rating and has experience insuring many villages across the country.*

*With better coverage, we have more clarity about our policy limits and requirements. These include the following.*

- We cannot transport non-ambulatory persons, including wheel-chair-bound members.*
- We cannot transport persons afflicted with dementia or Alzheimers.*
- We cannot transport persons to an emergency room or to an unscheduled physician visit.*

*If there is ever a question of someone's well-being or health, we must not put that person in the car--DO NOT TRANSPORT*

*The "HEALTH ADVOCACY TEAM" consists of retired medical professionals who will assist members with health-related issues. If requested, we will accompany members to physician visits, writing down the information given by the doctor, instructions, etc. and explaining anything that you as a patient may have missed or not understood. We also make calls to those members who are ill at home and visit those who are hospitalized (if we are made aware) acting as advocates when appropriate. We can only act in the capacity of retirees, not active professionals, but can offer knowledge and experience with the medical field as well as the ins and outs of navigating the health system.*

*We are fortunate to have several team members who have end of life knowledge and experience and offer service, in cooperation with Hospice, with that vital issue.*

#### **\*\*\*\*\*REMINDER!\*\*\*\*\***

*Although the Handyman Service Team group has many talents (!), please keep in mind that they do **NOT** do electrical or roof work.*

# 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

*The following services were provided to our members by our members in the past two months:*

Transportation.....	17
Health Advisory....	1
Handyman.....	4
Techie Help.....	4
Mending.....	1
Phone Help Checks.....	6

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



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If you would like to share an area of interest  
with our Village Newsletter,  
please submit stories, pictures, combination of both to  
Linda Melton at [lmfannypack@bendbroadband.com](mailto:lmfannypack@bendbroadband.com)  
along with your contact information.

**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)

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