



Village Life

*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.*

After Holiday Party at The Bend Golf and Country Club

61045 Country Club Drive
Wednesday January 22, 2020
10:30 am - 1:00pm

Reservation deadline is January 15!

The buffet will begin at 11:00, but feel free to start arriving at 10:30. This is a hosted event with no charge to members. Let's celebrate together with food, conversation, and prizes. As a bonus, the committee has obtained a number of lovely raffle prizes to be given away. Space is limited, so "don't be left out in the cold"!

If you need a ride, please call HDV at 541-419-9912

MUST RSVP to Irene Nuzzo at imnuzzo@gmail.com or 802-760-9673

----- SEE MAP ON P.4 -----

High Desert Village Welcomes New Members!!

NEW MEMBERS BIO...

Tom and Mary Hartrich

Tom and Mary were college sweethearts raised in St. Louis, Missouri, and have had an amazing 50 year journey together. Tom's career in the Indian Health Service took them to the Navajo and Nez Perce reservations.

Tom continued his work as a healthcare administrator with Alaska Native people in Fairbanks and Sitka, Alaska, where they lived for 34 years. He likes delving into family history and reading.

Mary was mostly a stay-at-home mom for their five children, and later an elementary school librarian. She loves quilting and reading.

Tom and Mary enjoy hiking and have lived in Bend since 2007.



NEW MEMBER BIO ... Greg Byrne



I am originally from Texas, and my parents had the good sense to leave when I was four. As a military brat I grew up in a variety of places. Educated at Virginia Tech and Uof O, I worked primarily in government service, including Air Force intelligence, and as planning director for a few cities in the West. Retired now, I have lived in Bend since 2011. Passions include sailing, guitar and woodworking. I'm active in the UUFCO fellowship. My only son, Sam, lives in Seattle and attends UW.

KUDOS TO PEGGY CAREY!!!!

Once again, our own Peggy Carey has been honored by the city of Bend for her tireless efforts in health care services. This time she was named grand marshal of the annual downtown Christmas parade! We are so proud of you, Peggy--keep up the good work!

High Desert Village Welcomes New Members!!

NEW MEMBER BIO ... Wendy Howard



I grew up in New Jersey and went to Goucher College in Maryland. I received my MSW from the University of Maryland (75) and my PhD from ASU in (88). I married Bob Barber in 1982. We have a blended family, 6 children between us. Oregon has been our home since 1985. My professional work and calling is end of life care and bereavement support. As an active retiree I volunteer at my faith community [UUFCO] am a member of the Pastoral Care Team. I travel, hike, read, cook, speak Spanish, ballroom dance, garden and enjoy my three granddaughters.

NEW MEMBER BIO ... Bob Barber

I grew up in Briarcliff Manor, NY. north of NYC. I graduated Cornell University (BA). I was a Naval Officer on destroyers during the Vietnam War. Returned to graduate school (MA) and became a teacher. Joined a Connecticut community college and returned again to graduate school (PHD). I served as an Oregon Community College President for 19 years, the last 14 years at COCC. I am married to Wendy Howard in a blended family of 6 kids. I enjoy hiking, ballroom dancing, traveling, Spanish, being a grandparent, gardening, and painting.



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

If you can smile when somethings go wrong, you have someone in mind to blame!

The sole purpose of a child's middle name is so he can tell when he's REALLY in trouble!

Did you ever notice when you put the 2 words "THE" and "IRS" together is spells "THEIRS"!

AGING: Eventually you will reach a point when you stop lying about your age and start bragging about it!

After Holiday Party

Tuesday
January 22, 2020
10:30 am

Map for The Bend Golf and Country Club

61045 Country Club Drive
Bend, OR 97702



PRESIDENT'S CORNER



Friends Helping Each Other

Our national organization, the Village to Village Network, is located in St. Louis, Missouri. There are now 230 operating villages and 150 villages in development. Villages are in 42 states. The result is that this movement is impacting the lives of 40,000 members and is growing rapidly.

The national conference was held in Chicago in September. Mandy Summerson, President, stated in her greeting, "The Village Movement is a leader today in advancing our society to work together to embrace the second half of life, making all stages of life fulfilling and rewarding." There was a presentation on the Science of Successful Aging, the results of which indicate that 70% of how we age depends on our lifestyle choices. One of these choices is whether to join an organization such as HDV. Tom and I are happy that I have made the lifestyle choice to be in HDV with all of you.

Since September we have 10 new HDV members. Please join me in welcoming them at our Post-Holiday Brunch (one of our 3 annual gatherings) at Bend Golf and Country Club on Wednesday, January 22, 10:30 a.m. Time and time again we see that the community of HDV strengthens its bonds through members getting involved and in getting to know each other. When we come to know one another better, we feel more comfortable both asking for and receiving services. This is what makes a great village.

I wish you all the warmest of holiday times.

Pam DiDente
President

A Balancing Act

Tips on Balance for the HDV Community

According to national statistics, approximately 1 in every 3 adults over the age of 65 will fall each year, and the risk increases with age. Even though a variety of factors influence fall risk in older folks, problems with balance play a major role. The purpose of this article is to explain the basics of balance, the effect of aging and medical conditions on balance, and some practical strategies for improving balance and maintaining stability.

What Controls Normal Balance?

Balance depends on a number of body systems, mostly related to the brain and peripheral nervous system. The **vestibular system**, part of the inner ear, is familiar to most and is the biggest contributor to our overall sense of balance. The **sensory nerves**, especially the ones known as **proprioceptive fibers**, provide constant feedback to the brain, keeping us aware of where the body is in space. Although it might not be obvious, the **visual system** is particularly important in maintaining balance (try standing on one foot, then close your eyes, and see what happens). Several areas of the **brain** work together to integrate all this sensory input, sending appropriate output to the **motor nerves** which control our leg muscles and keep us upright by constantly correcting for changes in body position or the surface upon which we are walking or standing.

Medical Causes of Poor Balance

Each of these neurological systems can be affected by medical disorders. Inflammation of the vestibular system from various causes (vestibulitis, benign positional vertigo, Menière's disease) can lead to dizziness, which can be disabling, even though these conditions are often manageable. Brain damage due to vascular disease (minor or major strokes), tumors, trauma, or hemorrhage can produce serious derangements in balance and stability. Impairment in the sensory and proprioceptive nerves (neuropathy) can be caused by diabetes, autoimmune disorders, vascular disease, and exposure to toxins or drugs, including chemotherapy. Many of these diseases also affect the motor nerves controlling muscle function, as do Parkinson's disease and other neurodegenerative disorders.

Aging and Balance

Even in the absence of disease, however, the aging process itself can have a detrimental effect on balance. The vestibular ganglion cells are the sensors in the middle ear that signal us when we are off balance. Most of us will have lost half of these important sensors by the time we turn 80. That's why we walk with a somewhat slower, wider-based gait and find it easier to walk while hanging on to something. As noted above, balance is highly dependent on visual input, which often diminishes even with normal aging. Finally, we lose proprioception (awareness of body position) as we get older. All these factors, along with any specific medical conditions we may have, result in challenges when it comes to maintaining balance.

Strategies to Preserve or Improve Balance

So, what can be done to optimize function and reduce the chances of losing your balance as you age? For answers I turned to some of our own members to ask what they see as most important, based on their own unique background and experience. Here's what they had to say:

The Johnsons. "I've had problems with balance all my life" **Alice** told me. Born with a club foot, she was in and out of casts throughout early childhood before undergoing surgical correction when she was 7. Even then, she was left with some deficits that required her to adapt. She skated as a child, which was great for balance, and continued that some into adulthood. She and her husband **Art** feel very fortunate to have a trainer who they have worked with for the last 12 years. The trainer now visits them at home every week and has a specific focus on issues related to aging. They work primarily on balance and core strength, with regular exercise sessions on their own during the week, including yoga and stretching. She uses a walking stick for good measure when they travel. Alice's final advice to Villagers: "exercise is the answer".

The Maunders. Qigong has become a vital part of the daily morning routine for **Dick and Karen Maunders**. They have found it beneficial for maintaining strength, balance, and stability.

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Carolyn Cook. As a retired physical therapist specializing in orthopedic care, **Carolyn** spent thousands of hours with patients, especially in the home care setting, where she dealt with people facing balance problems, falls, and the consequences of orthopedic injury. In terms of self-care, Carolyn acknowledges “I’m fanatical about exercise”. Her observation is that we often favor cardio and strength exercises to the exclusion of those that promote stability and balance. An alternative strategy she has added in recent years is Tai Chi, the ancient Chinese practice that involves slow, deliberate movements emphasizing balance and stability. Carolyn takes advantage of the free Tai Chi classes offered at Trinity Episcopal Church through the Central Oregon Council on Aging.

Jane McEldowney. When asked if she could share any strategies she utilizes for preserving good balance, **Jane** responded, “Sure – I don’t drink alcohol”, adding “on a more serious note, I try to live in an attitude of gratitude.” Surely, this is sage advice for any of us. (And Jane is correct, alcohol does have an effect on balance.)

Wendy Howard and Bob Barber. **Wendy** has been attending the Better Bones & Balance® classes offered at 8AM on Tuesdays and Thursdays at COCC. If that’s a little early for you, take a cue from **Bob**, who has arranged for the same instructor to work privately with him at home on a weekly basis. After 3-4 weeks, he has noticed improved range of motion and looks forward to further benefit as he progresses to the next level. Wendy and Bob appreciate that there are no pre-set expectations and that the program works for folks at all levels.

The Mahoneys. **Jim and Denise Mahoney** spend a lot of time cycling, skiing, and paddling, though as Jim points out, each of those involves the same movement repeated thousands of times. They have

started a class at the gym that involves a wide variety of movements performed in random combinations. **Jim’s** bottom line recommendation: “Basically, dancing! I think it helps with balance, is an aerobic workout, and stimulates my softening brain.”

Structured Exercise, Tai Chi, Qigong

As you can see, most of those who responded mentioned the importance of regular physical activity. Some attend exercise classes that are specifically focused on balance. Several members make a regular practice of Tai Chi or Qigong. Both of these are ancient Chinese practices that employ gentle, flowing movements to optimize flexibility and balance. Medical researchers have demonstrated that Tai Chi, Qigong, and a number of the specific exercise programs that focus on balance in the elderly produce consistently positive results, leading to improved balance and reduced fall risk. The Bend community has many options available for focused exercise programs, Qigong, and Tai Chi, as summarized in the table.

Balance Training at Home

Several HDV members have set up customized instruction with a trainer in the home setting. Obviously, there is an expense involved, but everyone felt the health benefits were well worth it. One other option to consider for working independently at home is the GiveFit® “Balance Better” online video program, which is based on the Otago Exercise Program developed by geriatric researchers at the University of Otago in New Zealand. This evidence-based home program has been shown to reduce fall risk by 35-40% for elderly patients who complete the training. To get a feel for what the program is like and whether it might be right for you, take a look at the 36-minute introductory video shown at the following link: [GiveFitIntro](#). \$97 for the full 2+ hour series.

Options in Bend for Classes Related to Balance	
Central Oregon Council on Aging	Tai Chi classes Trinity Episcopal Church TuTh 9:30 (FREE)
	FallProof™ The Alexander MoTh 12-1:30
Central Oregon Community College	Better Bones & Balance® TuTh 8:00 (\$149 for 16 sessions) sponsored by COCCA
	Tai Chi Mon 6:30PM or Tue 11:15AM (\$69 for 5 weeks, includes Sat Qigong class)
	Tai Chi for Health™ (slower) TuTh 8AM (\$69 for 5 weeks)
Bend Community Healing	Qigong Classes Mo 4:15 Fr 2:30 (about \$9 per session, drop-ins okay)
Hawthorn Healing Arts Center	Tai Chi Class, Tu 8AM (FREE)
Tao Mystical World (Grandmaster Franklin Wood)	Tai Chi TuTh 9:45 TDS Studio on Newport (\$75/month for 8-9 lessons)
Bend Senior Center	Tai Chi Class, Mo 2:00 for beginners (numerous pass options available)
	Qigong Class Tu 8:30 (numerous pass options available)
	Stand Tall – Don’t Fall Tu 10 (\$40-48 for 8-week session, starts Jan)
Bend Church (United Methodist)	Balance Class, Tu 10:45 (gentle) Th 11:30 (more vigorous)
First Presbyterian Church Center for Wellbeing & Wisdom	Tai Chi for Better Balance TuTh 1-2 PM (5 weeks - \$60 for 1 day, \$120 for 2)

Submitted by Dick Maunder

MEMBER SERVICES

Daily Living and Home Services

- Meal preparation when ill, injured or recovering from a surgery
- Errands
- Wait in home for a service or delivery
- Pet care or dog walking
- Basic housekeeping on a temporary basis
- Taking out trash and recycling
- Mail collection when out of town

Transportation

- Airport
- Shopping. Will walk member to door and carry in packages
- Hair and or nail salon appointments
- Doctor and Dental appointments
- HDV events

Handyman/Light Home Maintenance

- Simple house repairs

- Changing lightbulbs and smoke alarm batteries
- Heavy Lifting
- Referral to reliable vendors when problem needs more expertise assistance

Medical Advice and Advocacy

- Accompany to Doctor's office at member's request
- Calls and visits to discuss and advise members about medical conditions by RN
- Assist with obtaining durable medical equipment

Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

Gardening Advice and Help

- Water outdoor and indoor plants during brief absences
- Gardening advice
- Mow lawn and weed when member

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

Tech...7 Transportation...12
Helping Hands...4 Handyman...1
Health Advocacy...5

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

Safety in Your Home

Editor's note: This information has appeared in a previous newsletter, but it bears repeating since we have so many new members

The Bend Fire Department has a free program called Safety Outreach for Seniors (SOS). The program sends a trained volunteer to your home to conduct a review and offer advice about maximizing your safety concerning fire and fall risks in your home. They will help you ensure that your home environment is free of hazards and is enhanced with aids that reduce the chance of an accident. You can call 541-322-6300 to set an appointment. The SOS brochures will be available at the High Desert Village post-holiday brunch in January.

Submitted by Meredith Mason

When the Need Goes Beyond Our Services

When the need for a service is not one that is covered by one of our great HDV services, where do you go? How do you know who to call? Ed Green, a HDV member, can help!

John L. Scott Real Estate (JLS) creates (and periodically updates) a booklet of tradespersons and companies. In it you will find plumbers, roofers, electricians, carpet and house cleaners, painters, and so much more. Each listed company is one that agents at JLS or their clients have used and reported positive feedback. If you would like one of these booklets, contact HDV member Ed Green at 541-598-5666 or email him at Ed@EdGreenRealtor.com with the subject line "Tradespersons."

Submitted by Ed Green

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

Send this to a friend

Place
Stamp
Here

TO: