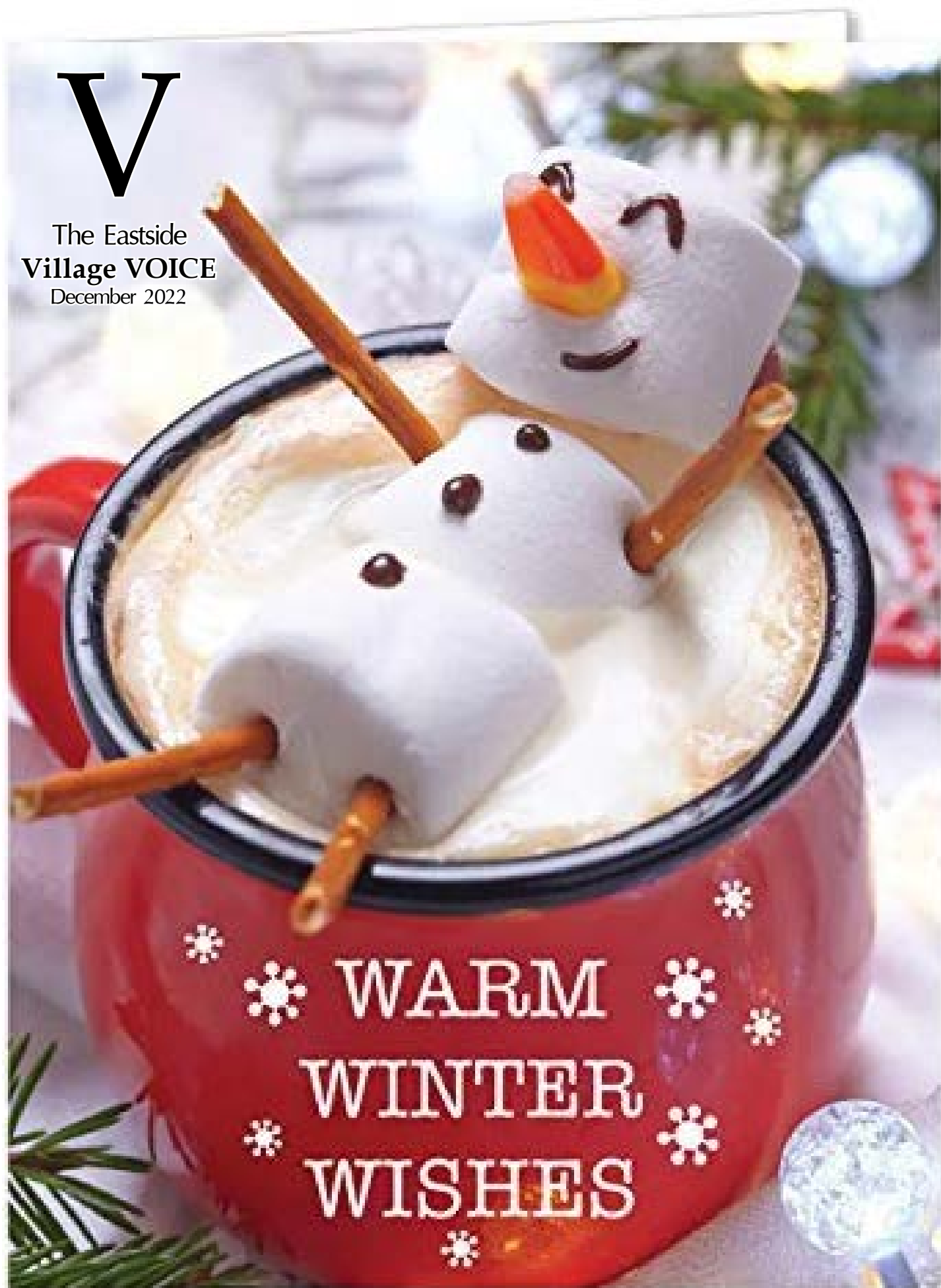


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Village VOICE
December 2022



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The Eastside Village Voice is published monthly by Eastside Village PDX. EVPDX is a program of Villages NW, a 501(c)(3) nonprofit, which serves as the Hub for a network of community-based Spoke Villages across the Portland metro area.

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Peg Farrell, Editor | Ellen Howard, Marnie McPhee,
Carlotta Richard, and Anne Kenlon, Co-Conspirators



READERS WRITE: FAVORITE HOLIDAY MEMORIES

During winter break 2005, while in graduate school, I went to Paris to visit my daughter who was studying abroad. I stayed in a boutique hotel near a little park that was beautifully decorated for the holiday and about one subway stop away from my daughter's home stay.

My visit highlights included a dinner at her hosts', which led to a date with a mutual guest who showed me around the city. Paris at Christmas is truly spectacular.

Nancy Arntson

I was raised in the middle of London on Great Ormond Street, home of the famous Children's Hospital. Back in the '40s and '50s the nurses used to live in a home around the corner from our third-floor flat.

Very early on Christmas morning while it was still dark, the nurses would walk down the street, crocodile style, singing Christmas carols on the way back to their residence. It was the most beautiful sound, and a signal for me to grab my stocking (a REAL one of my mother's!) from the end of my bed and climb into bed with my mother for the excitement of opening my gifts.

Val Johnstone

My favorite Christmas memory goes back to my childhood. I'd save up allowance money all year to buy little gifts for all my relatives and friends. Then I'd spend hours wrapping them as beautifully as I could. On Christmas

Eve, all my dad's relatives got together to exchange gifts. I'd watch each one closely as they opened my gifts, hoping they would like them. All this gave me such a warm, happy feeling inside.

Pat Sanders

I grew up in a redwood forest and so it made sense to have a redwood tree for Christmas. Those familiar with these trees will know that although they may look lush when you're looking up into the branches, they start out rather scraggly, much like the Grinch's tree. But we decorated our tree and loved it and once all was done, at least one of our Siamese cats would inevitably test how well we had secured the bulbs by climbing up into it. A few bulbs usually were lost to the cause.

Jill Khovy

My only child was born in the early morning on Christmas Eve of 1980. What's better than the gift of a baby? This experience turned me into a Christmas nut as well as an early riser.

Then in 2004, Jim and I went to Paris at Christmastime. We were lucky because it snowed, but we were hungry because all the restaurants and shops were closed. As we walked along the streets of Montmartre, a woman came out and invited us into her tiny cafe. What a meal! The best part of that trip was that Jim proposed to me and we married a year later.

Jean Longwill

TIME TO GET YOUR 2023 BOOK GROUP NOMINATIONS READY

Hello EV book lovers. A special year-end celebration and planning meeting to select next year's books is coming soon. If you're currently a Book Group member, or if you'd like to be one next year, please join us at the December meeting. Optional: bring along three dozen of your favorite cookies for an exchange when we get together.

Here are the details, so mark your calendars:

Dec. 13: ATTEND the meeting in person or via conference call. (time, location, and call-in details will be on the EV calendar for that date when you register. REGISTRATION IS REQUIRED!)

Be prepared with the title, author, and a short description of up to three books that you've already read. These can be classics or recent bestsellers, and either fiction or nonfiction. You'll have three minutes to pitch your choices to the rest of us.

Dec. 15: DEADLINE TO EMAIL your three nominations—including the title, author, whether it's fiction or nonfiction, year published, and a short description of each—to Debbie Kogan and Patty Greenfield.

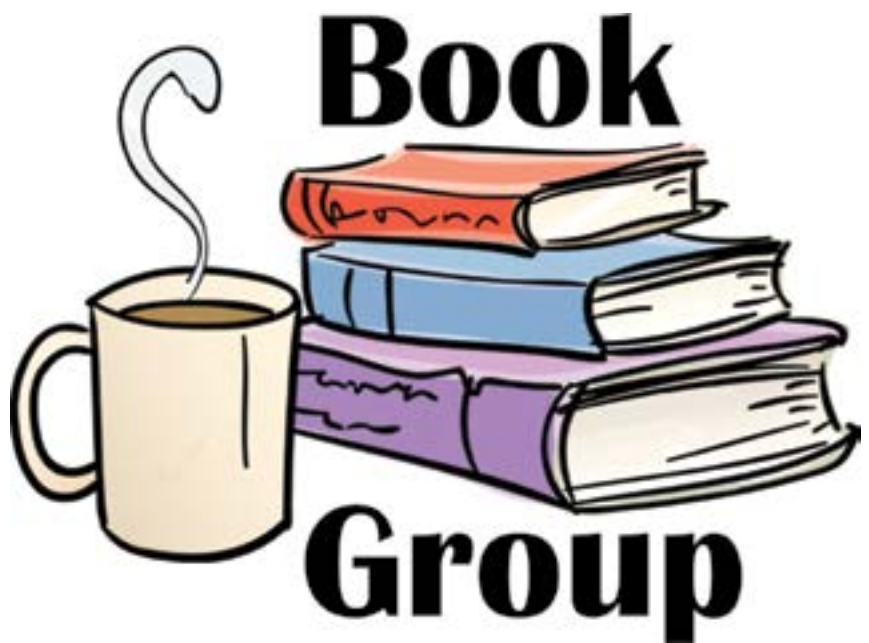
Dec. 17: Debbie and Patty will compile a list of all nominated books and email it to all the Group members.

Dec. 18: LOOK over that list carefully; then **CHOOSE** the 11 books you'd most like to read in 2023.

Dec. 20: DEADLINE TO EMAIL those 11 book choices to Debbie Kogan and Patty Greenfield. The top vote getters will form the 2023 book list.

The monthly meeting and reading schedule will be published in the January 2023 Newsletter. Note: Our first group meetings will be January 10, 2023. The Groups will be re-randomized for the new year, so be sure to look for an email announcing which Group you will be in for 2023.

By Debbie Kogan and Patty Greenfield



IT'S SANTA TIME OF YEAR AGAIN

Hello! My daughter is a social worker and has worked for Oregon Department of Health Services' eastside office for 17 years. She told me years ago that most foster kids get little, if anything, for Christmas.

Once I learned that Christmas gifts from Toys for Tots were almost always geared toward babies and toddlers, I made a cash donation every year so that the caseworkers could buy Christmas gifts for their older foster kids. Frequently they buy gift cards and let the foster parents or kids pick out what they want/need.

Several years ago, I asked if other Eastside Village people wanted to join

me and was overwhelmed at their generous response.

It's become a bit of a tradition now: my asking seniors in my community to help support their youngest neighbors. Yes, that's right. The boundaries of Eastside Village and the boundaries of DHS's eastside office are nearly identical, so these kids really are our neighbors. This is a shining example of "keeping it local"!

Last year, EV Members donated enough cash to ensure that every adolescent/teen in foster care in East Portland received a \$25 gift card.

Members also donated new toys and books. My daughter and I laid out all the toys on a huge conference

table at the eastside DHS office (see photo). It was such a joy to watch the caseworkers "shop" from it. Sometimes I think the caseworkers got as excited as their kids!

EV member Ellen Howard has generously supported our efforts every year. She writes, "As a former CASA (Court Appointed Special Advocate) for foster children, I know firsthand how difficult it can be for a child to spend the holidays with a family who, however well-meaning, is not their own."

Continued on page 6.



Image by Cary Hixon

Continued from page 5.

"Oregon's foster system is understaffed and underfunded to adequately nurture the shocking number of such children in care each year. Nonetheless, a dedicated group of social workers, case managers, and foster parents do their best.

"It seems like such a small thing to be able to help them with a little money and/or a few gifts that might let a child know he or she is thought of."

Members Catha Loomis and Mary Anne Joyce have also been long-time supporters. "So many have so little, and we have more than we need. We are fortunate to be able to donate."

Over the years, Village Member donations have shifted toward gift cards, probably because they're easier to buy. Truth be told, caseworkers and foster parents prefer them because they allow for customized gift options for teens.

Some favorite cards are Target, H&M, Nike, Adidas, even Fred Meyer! Increments of \$25+ are greatly appreciated. (It's hard to get much of anything for less than that.)

If you'd rather give toys, those are great too! Just make sure they're new. Foster kids get a lot of hand-me-downs, so we like to be sure to give them something just for them.

If you'd like to join us this year, our deadline is Wednesday, Dec. 7. We will deliver everything to the DHS office near the Lloyd Center that evening. Caseworkers will then distribute gifts to their families.

Most of us don't get to write off donations on our taxes, but if you do, please include your name, address, and the value of your gift so that the caseworkers can send you a receipt.

You can bring your donation to my house or to EV's office. You can also call the office to arrange for a contact-free porch pick up.

Please don't put gift cards or cash in the mail. But do email or text/call me if you have any questions.

My sincere thanks to everyone who has donated over the years. The caseworkers at the DHS office are thrilled beyond measure that we have lightened their load a bit.

By Cary Hixon



HELP EASTSIDE VILLAGE CHART ITS COURSE FOR THE COMING YEAR

Do you have a holiday plan? Probably! Having that detailed plan is how you can make sure the cookies are baked, the rides are arranged, and the decorations make everything sparkle.

Eastside Village also has a plan, and for similar reasons. Our strategic plan helps us set our priorities as a Village, use our funds and energies wisely, and make sure we're working toward the objectives that matter to us all.

Each year, we take a close look at that strategic plan and make sure our goals and priorities—and the actions we've charted around them—still make sense. In the past, this assessment has sharpened our focus on providing membership scholarships, ensuring our financial health, and engaging Members in new and creative ways.

The EV Governing Council leads our strategic planning process, and it's important that other Members participate in the process as well. Why? Because we're a member-driven

organization, so your priorities—in other words, how well Eastside Village is meeting your needs—are an essential part of our strategy.

You can get involved in two ways.

1. Send your thoughts on Eastside Village priorities, make suggestions, and voice opinions about our overall direction by emailing Jackie Lemieux by Jan. 1.

2. Become part of the Strategic Planning Team! We hope to have a half-day retreat in mid-January to review Member feedback and closely evaluate how well our activities match up with our mission.

We'll emerge with a refreshed strategic plan that will guide our efforts through 2023. We need at least five or six Members to join the Governing Council in this effort, so please email Jackie by Jan. 1 and help us solidify a great strategic plan.

By Anne Kenlon

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DESPERATELY SEEKING EXTROVERTS

Each month, Eastside Village hosts a short, Zoom-based information session we call "EV 101." It introduces the how/what/who of EV to anyone who's interested. Chances are good that you attended one of these sessions yourself prior to joining Eastside Village.

If you'd like to take your enthusiasm about EV to a new level, please consider being one of the co-hosts of this fun class! If you think you'd like to volunteer for this critical-and-fun task, please contact either the EV office or Peg Farrell for more information.

RAIN OR SHINE RESOURCES & REVIEWS



New Equipment Lending Library

Have you ever had a medical problem that required special equipment, like a wheelchair, walker, brace, or commode? Where did you get the equipment? And after you no longer needed it, what did you do with it?

Many Members are storing some of these items in our garages or attics, and other Members will temporarily need one or more of them. Let's help each other! The newly reconstituted Rain or Shine Committee wants to create a virtual Medical Equipment Library from which we can both borrow and lend.

Until recently, this exchange has been informal, through our "Open Forum" or word of mouth. We hope to make it easier by creating a list of what's available and where it's located that all of us can access.

If you have unused medical equipment at your home, please let us know by calling or emailing Debbie Savage or Ellen Howard (you can look us up in the Members' Directory). Debbie will compile the list of "library" holdings and we'll soon let you know what's available and where to find it.

Just one more way that we Eastside Villagers can help each other during the "rainy" times, as well as when the sun "shines."

By Ellen Howard



NeedyMeds: The Lowdown

NeedyMeds is a National 501(c)3 non-profit information resource dedicated to helping people locate assistance programs to help them afford their medication or health care costs. It was started in 1997 by Rich Sagall, a physician, and Libby Overlie, a medical social worker.

So how does NeedyMeds work? The NeedyMeds organization's website features information from every charitable foundation, pharmaceutical company, and business that offer discounts or free medical or financial assistance. Listings are searchable by drug name (brand name and generic) or disease. Most, but not all, of the programs are geared for the uninsured or underinsured.

NeedyMeds currently has more than 40,000 entries covering every kind of assistance available in healthcare and offer a drug discount card. You'll also find several videos and webinars about

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how to navigate healthcare resources and find the help you need. Everything is free.

NeedyMeds seeks to make its information available to everyone through its:

Website: [NeedyMeds.org](https://www.NeedyMeds.org)

Helpline: 1-800-503-6897

Email: info@NeedyMeds.org

YouTube: Search for NeedyMeds

NeedyMeds: My Review

When I visited the website, I was impressed by how much information they offer, and that they offer free Covid tests and sharp needle containers.

It took be a few minutes to check out all the headings under the main menu and to locate the information I wanted. I chose "Healthcare Savings" and then "Save on Prescriptions: Brand Name Drugs." When I located the drug

I was looking for, I discovered that the pharmaceutical manufacturer had a program for the underinsured with a free 60-day supply. The listing included eligibility criteria and links to the program website and program application. Really helpful!

When I went to the "Search for Savings by Diagnosis" category, I discovered that San Diego Gas and Electric offers discounted heating for people with my diagnosis (who knew?).

Although many of the programs listed on the website won't work with Medicare benefits, there are enough that might. Income is a main eligibility factor.

The NeedyMeds website is totally worth taking some quiet time to explore because it may have solutions for you or friends and family. Definitely worth knowing about!

By Laurie Hansley

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FUN NEW YEAR'S FACTS & TRADITIONS

- The first New Year's celebration dates back 4,000 years to ancient Babylon.
- Be sure to eat leafy greens on New Year's. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience (what an incentive for staying healthy!).
- "Auld Lang Syne" is a Scottish folk song made famous in America by Canadian bandleader Guy Lombardo in the late 1920s.
- Antarctica's annual IceStock music festival may be one of the coolest (pun intended) ways to spend New Year's. The event is held at McMurdo Station, Antarctica, when the local population balloons to more than 1,200 people during the summer months.
- Find a way to include a round food (think donuts, bagels...) into your New Year's meal. The shape symbolizes that the year has come full circle.
- As many as 18 million flowers are used on the New York's Rose Parade floats.

CCC UPDATE: CLIMATE CHANGE BASICS

At the November meeting of the EV Climate Crisis Crew, we discussed the need for more people to know what climate change is and what can be done about it, so we developed this listing of online resources for EV Members.

What is climate change?

- NASA: How do we know climate change is real? [climate.nasa.gov/evidence]
- United Nations: What is climate change? [un.org/en/climatechange/what-is-climate-change]
- National Oceanic & Atmospheric Agency (NOAA): Four sections explaining how climate change works and what it affects [www.noaa.gov/education/resource-collections/climate]
- National Academies of Science, Engineering & Medicine: Based on science, humans **are** causing global warming [www.nationalacademies.org/based-on-science]
- *An Inconvenient Truth* by Al Gore, 2006 [plus *film of the same name*]
- *Field Notes From a Catastrophe* by Elizabeth Kolbert, 2006

What can be done about climate change?

- NASA: Responding to Climate Change [climate.nasa.gov/solutions/adaptation-mitigation/]
- Natural Resources Defense Council: How You Can Stop Global Warming [[nrdc.org/stories/how-you-can-](https://nrdc.org/stories/how-you-can-stop-global-warming)

[stop-global-warming\]](https://stop-global-warming.org)

Where can you best put your efforts and force?

- Neighbors for Clean Air [neighborsforcleanair.org]
- Columbia Riverkeeper [www.columbiariverkeeper.org/],
- Metro Climate Action Team [www.olcv.org/metro-climate-action-team]
- 350PDX.org
- Extinction Rebellion Portland OR [xrpdx.org]
- Portland Audubon Society [audubonportland.org],

What organizations specifically engage older adults?

- Elders Climate Action [www.eldersclimateaction.org/oregon-chapter]

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The CCC logo is based on the "Doug flag," an unofficial flag of the Cascadia bioregion.

WELCOME, NEIGHBOR: CINDY TUINSTR

We like to introduce our newest Members by asking them to answer the same five questions. This month we are pleased to present **Cindy Tuinstra**.

1. How did you hear about Eastside Village? When did you join?

I stopped at the information table at the Woodstock farmers market and joined this past September.

2. What interests you about the Village?

I'm interested in the social aspect of the group. It's really been difficult to stay engaged and active socially during the pandemic, as we all know!

3. What are your interests? Which activities and/or groups do you plan to be active in?

I love to garden, read, sew, knit, and walk/hike, and am open to learning most anything new. I love spending time with my daughters and two grandkids.

I'm interested in the knitting group, book club, cooking group, lunching/coffee get-togethers, walking group, and making new friends.

4. How long have you lived in Portland?

I lived in West Linn for 30 years, moved to Indiana to be with my



daughter for a few years, and moved back to Oregon in November 2019.

5. What would you like EV members to know about you?

I'd love to join some of the groups but I'm finding it difficult to make some of the times work. I watch my four-year-old granddaughter three days a week.

I'm looking forward to becoming more involved.

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- *Third Act* [thirdact.org], organized by Bill McKibben, founder of 350.org.
- Local publications regularly report on climate change events and issues: *Oregonian* [www.oregonlive.com/], *Portland Tribune* [pamplinmedia.com/], *Willamette Week* [www.wweek.com/homepage/], *Street Roots* [www.streetroots.org/], and *Southeast Examiner* [www.southeastexaminer.com/]
- *Locus Focus* [kboo.fm/program/locus-focus], a weekly radio conversation about climate, broadcast Mondays 10-11 AM.

By Chris Gullion

EV VOLUNTEER GOES ABOVE AND BEYOND

I needed to return a gas grill to a certain big box store, and I needed to do it quickly, while it was still under warranty. I called my friendly EV office and asked for a Volunteer to help load the grill and drive me and the grill to said box store in some kind of vehicle that was larger than my semi-compact car.

I was delighted when I received a quick response saying that Glenn Applegate was available and willing to help. He arrived at my house one recent gray morning and loaded the defective grill into his jeep, but not without some wrangling and detaching of the hinged lid.

The trip to the store was uneventful, but it went downhill from there...

I wheeled the grill inside and Glenn waited at the curb, both of us expecting a quick return and substitution for a non-defective version of the same item. Nearly an hour and several store employees later, I still had not located the replacement grill, which was supposed to be in stock.

We looked in the aisle where it was listed in inventory—no luck. We looked out in garden supplies—no luck. We looked at a huge display of grills out in front of the store—no luck.

Meanwhile, a steady rain had started and continued pelting me into a soggy mess.

Finally, an employee who appeared to be a great candidate for EV membership located the elusive model among the forest of outdoor grills. Hooray!

But hold on—the grill I was supposed to receive as a substitute was not the same model as the one I had actually returned.

Apparently, the warehouse at a different store location had shipped me the wrong model. Another half hour passed while many store personnel debated how to handle this strange situation.

Ultimately, a store manager was able to deal with the Gordian knot and Glenn and I loaded the replacement grill in his jeep and headed back to my house.

Through it all, Glenn remained calm, patient, and full of good humor. I don't think he had any idea what he was getting himself into when he volunteered to drive me and my grill to the nearby store, but he was a great sport through it all. Thank you, Glenn. EV Volunteers are amazing!

By Carlotta Richard

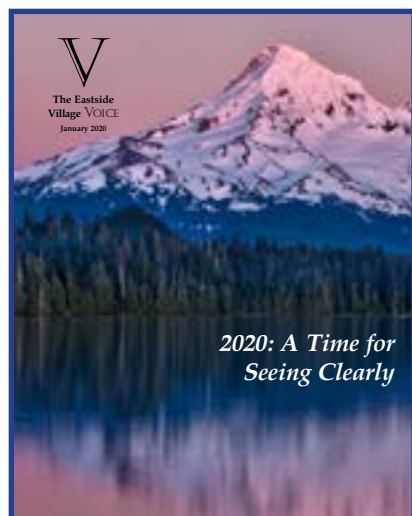
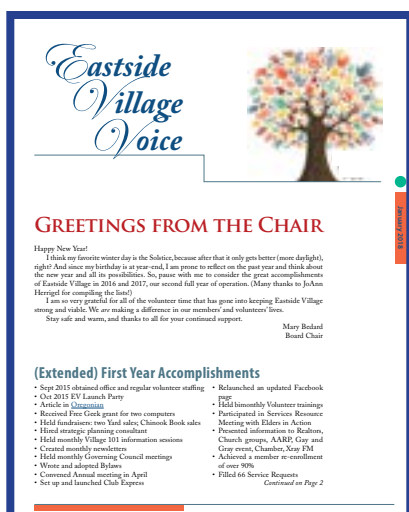


HELP WANTED—No, REALLY!

It has been my great pleasure and honor to have been the Editor of this fine publication since August 2017. While I've enjoyed every minute of it, five years is an eternity for a member-driven organization. It is time (some would say past time!) for a new voice, a new vision, a new direction.

We need someone (like you, perhaps?) with a passion for Eastside Village, a love of words and images, some familiarity with desktop publishing and image manipulation, and a few hours every month. You would have the opportunity to collaborate with a staff of skilled and experienced editorial Member/Volunteers. This position also includes membership on the EV Governing Council (subject to approval by the EV Membership).

If you'd like to know more, please contact Peg Farrell, Editor.



CALENDAR FOR DECEMBER 2022

R = Register online or with office. **MV** = Attendance limited to Eastside Village Members or Volunteers. **IP** = Events held in person. **Z** = Events held via the Zoom online conference platform. See the online Events Calendar for more information.

1, 8, 15, & 22

French Club

(R, MV, IP/Z) 9–10 AM

7, 14, 21, & 28

Happy Hour

(MV, Z) 5–6 PM

1

Brunch at Toast

(R, MV, IP) 10:30–11:30 AM

8

EV Council Meeting

(R, MV, Z) 10 AM–Noon

2

RISE Circle Lunch

(R, MV, IP) 12–2 PM

9

Climate Crisis Crew

(R, MV, Z) 12–2 PM

5, 7, 12, 14, 19, 21, 26, & 28

Biking Group

(MV, IP) 9:00 AM

10

Virtual EV 101

(R, Z) 10 AM–Noon

5, 12, 19, & 26

Coffee Hours

(MV, IP) 8:30–9:30 AM

(MV, Z) 9:30–10:30 AM

12

Chronic Disease/Pain Support Group

(R, M, Z) 1–2:30 PM

6, 20

Tuesday Hiking Group

(R, MV, IP) 9:30–10:30 AM

13

EV Book Groups

(R, MV, IP) 10 AM–Noon

Card Players Group

(MV, IP) 1–3 PM