

# Eastside Village Monthly

April 2023

## ***April is National Volunteer Month!***

You probably know at least a few Eastside Village volunteers – and maybe you are one yourself! Here are a few fun facts about them as a mighty crew.

As of the end of February, we had 80 active volunteers, with five more prospective volunteers in the pipeline. A hard-working core of about 15 volunteers fill the majority of our requests.

We're always looking to broaden that number so we can meet all our members' needs.



In February, volunteers filled 70 service requests from Eastside Village members. There were a few home maintenance and in-home support requests (those friendly visits helped some members get through a dreary winter month!) The vast majority of the requests were for medical transportation. In all, our volunteer drivers provided 61 rides, covering 423 miles.

So, what does a full volunteer year look like? Busy, that's what!

In 2022, our volunteers filled 1,216 service requests. Of those, 842 were rides, and again, the majority (649) were for medical reasons. But there were plenty of other reasons volunteers got behind the wheel to help our members, too – 115 rides were for personal errands or shopping, 71 were for recreation and social events, and seven were for (surprise!) volunteering.

Over the course of 2022, Eastside Village volunteer drivers covered 6,753 miles.

Want to join the fun? Contact the office, 503-866-0571, to get the ball rolling. There's an online training session on April 15, 10:30 a.m. until noon, so you can jump right in.

## ***Here's how you can help your Eastside Village volunteer***

*In honor of National Volunteer Month, we asked Jin Darney, JoAnn Herrigel, and Cary Dixon to share thoughts about how we, as Eastside Village members, can help our volunteers help us.*

Eastside Village volunteers are the heart of our organization, and each one is truly a treasure. As members and volunteers, we want to be sure that the volunteer services we provide are most useful to members and most rewarding to our volunteers.

The important first step in accessing volunteer services: Email or call the office for all requests. Please do not call a volunteer directly to ask for a service.

### **SCHEDULING YOUR REQUEST**

**Be as specific as you can.** Tell us the date and time (or preferred time if it is flexible), and the anticipated length of time to fulfill the request.

**Plan in advance.** We need at least three business days to post the request, then wait to hear from a volunteer who can help you. We do not answer the phone or emails after 2 p.m. each weekday, and never on weekends.

**Have a Plan B.** We provide volunteers for 98% of our requests, but sometimes it's just not possible. If we cannot provide a volunteer for the service you have requested, we will call you 24 hours before the date requested so you can make other arrangements, such as calling a family member or neighbor, or a ride-sharing service like Lyft or Uber.



### **MORE ABOUT SERVICE REQUESTS**

**Again, be specific.** Do you need help with a task that involves lifting? If so, how heavy/bulky is the object? Does it involve stairs? Ladders?

**Anticipate tools the volunteer might need.** If you are requesting a repair service, can you provide the tools needed? Do you have the parts the repair requires?

## TRANSPORTATION REQUESTS

**You guessed it – be specific.** If you're going to an appointment, give the office the date and time of the appointment and an estimate of the time you'll need. Let us know if you will bring a walker or other assistive device. Let us know if you need additional time to get into and out of the car. Generally, the driver will let you out at your destination. Let us know if you would like help getting into the destination.

**Be ready.** You should be completely ready to go when your volunteer arrives, and be sure you have the correct address of your destination, along with a pick-up time.

**Stay connected.** Be sure you have your cell phone and have your driver's phone number (it is included in the confirmation you received)—in case you are finished earlier or later than you anticipated.

**Do you need more than a ride?** For medical appointments, let us know if you would like someone to accompany you into the appointment—to take notes, only, NOT to engage with the medical provider.

**Stick to your request.** Do not ask your volunteer driver to make additional stops. The volunteers have committed to a service with a clear beginning and ending time.

**ALWAYS** remember that our volunteers are that—volunteers! They receive no compensation beyond your thanks, and cannot accept gifts.

## ***Come celebrate the wonderful volunteers of our Village***

Volunteers -- and the members who love them -- are invited to a special event on Wednesday, April 19, from 4:30 until 6:30 p.m. at the Double Mountain Taproom, 4336 SE Woodstock Blvd. What a great chance to get together and recognize the volunteers who drive, clean, fix, comfort, and do so many other things that contribute to our quality of life!

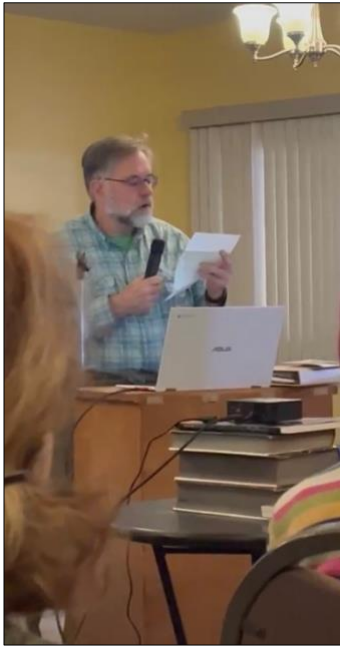
Enjoy some pizza -- and purchase a beverage of your choice, so you can raise a glass to our tremendous Eastside Village volunteers.



## ***Hear ye! Hear ye! New sound system comes to Eastside Village***

Next time you attend an Eastside Village meeting with a member or guest speaker, it's going to be a lot easier to hear.

The Governing Council last month invested in a sleek new public-address system with high-quality speakers and wireless microphones – and enough amplification power to fill the Memorial Room at Trinity United Methodist Church with easy-to-hear sound.

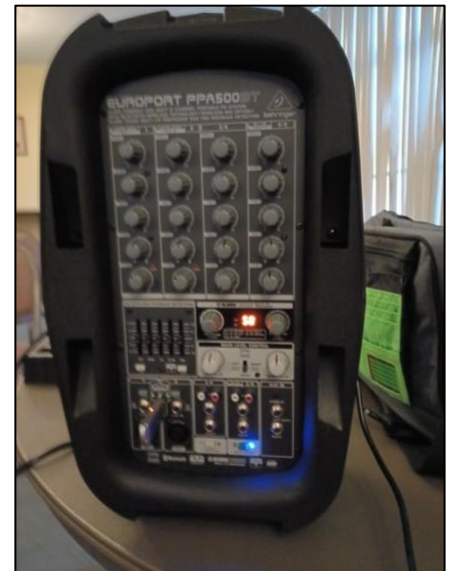


The purchase came about after some members mentioned the need for it in early February. The Governing Council enthusiastically endorsed the idea at its February meeting, immediately authorizing GC member Liz Dally and intrepid tech volunteer Dennis McNulty to research available options.

The system arrived in time for its first test run at a Climate Crisis Crew meeting on March 10 and World Cultures lecture a week later. Everyone helped with the initial setup – notably, Jill Khovy, who adjusted the five-segment equalizer sliders to achieve a strong relative volume in the high pitches, so that spoken consonants can be heard more clearly.

Members who attended gave a thumbs-up to the improved sound quality and the easy-to-use wireless microphones.

After pilot-testing the system, Liz and Dennis returned to the council with an additional request to buy a hand truck (to make it more easily portable) and a few other accessories like extension cords. Tweaks will continue with ongoing use, and as more meeting organizers get used to the equipment and settings. Over time, we anticipate the system to greatly improve our members' experience at group meetings (and even outdoor events like summer picnics!)



If you're a member with hearing challenges, please give the office feedback on how the system works (or doesn't work) for you. The setup team can make adjustments with the mixer, like emphasizing the higher tones, to enhance your experience.



Are you part of a group who could use the sound system? Let the office know, and get some quick training on setting up and operating it for your event. It's a pretty basic process, and having a team of trained folks to step in and set it up would be wonderful. Members with sound system experience or interest, please identify yourselves!

In the meantime, notify the office to put in a request – or email Liz (lizedally49@gmail.com) or Dennis (dennis@giantfir.com) – if you need sound at your event. Allow about an hour before the event for setup, and about 20 minutes afterward to disassemble.

## ***Meet the editor! Member Pete to take up newsletter reins***

We're delighted to introduce you to Pete Jacobsen – who, in addition to being one of Eastside Village's newest members, has also answered our call and agreed to take over the editor's role for this newsletter! Interim editor Anne Kenlon will transition duties to Pete over the next month, while remaining part of the editorial team.

Newsletter team member Marnie McPhee caught up with Pete to ask him these five questions.

### **1) How did you hear about Eastside Village? When did you join?**

I heard about Eastside Village from my friend Chris Gullion. I joined sometime in February (after about the fourth time Chris mentioned it!).

### **2) What interests you about the Village?**

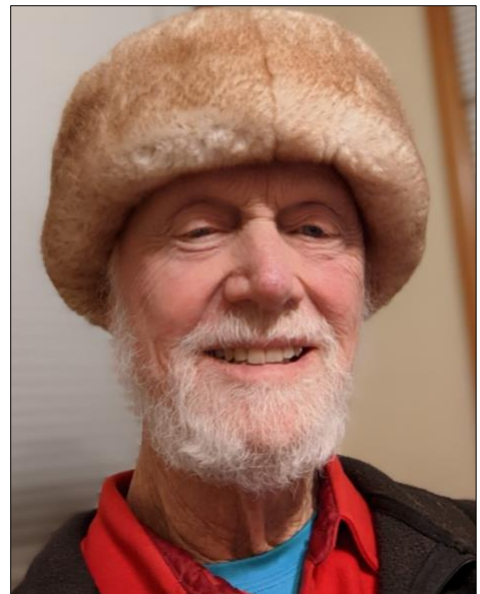
My major interest in joining Eastside Village was a search for respite assistance (my wife has dementia). Although Eastside Village's guidelines don't really seem to fit for that (two hours of assistance isn't long enough), I'm also interested in just making friends.

### **3) What are your interests? What activities and/or groups do you plan to be active in?**

My interests center around gardening, woodworking, and pondering the climate crisis. I've joined the "Climate Crisis Crew," and look forward to the first meeting of the new Native Plant group.

### **4) How long have you lived in Portland?**

I've lived in Portland about 7,300 days. Okay, 20 years. (I enjoy estimating answers to math questions.)



### **5) What else would you like EV members to know about you?**

I'll admit to being 78 years old. I describe myself as in very good health with only 107 minor things wrong. My plan is to live to at least 90 - my parents both made it to 85, and I feel honor-bound to beat their record. I also own 66 acres in rural Clackamas County that we use for a family (and friend) retreat. We have an "open farm" every August, and I invite all the new friends I meet to join us.

## ***Members' suggestions are helping to finalize Strategic Plan***

The Eastside Village Strategic Plan – which will guide our direction for the next few years – is nearing completion. Thanks to input from dozens of members during five focus groups in January and February, we updated our draft plan, and the Governing Council will vote on adopting it at the April 13 meeting (which you're welcome to join – just register on the events calendar).

Focus group attendees (and others who emailed or called the Strategic Plan team) provided 61 suggestions. About 10 of them were strategic in nature, and now have a firm place in the Village plan. The suggestions that related more to day-to-day operations are still important, and are making their way to the Governing Council to be addressed.

All the suggestions from the focus groups – along with the finalized Strategic Plan – will be posted to the Members Only section of our website in April.

The Governing Council is grateful for the interest and energy members have brought to the Strategic Plan process, and thanks everyone for their commitment to Eastside Village.

### ***Keep this handy: [evgoverningcouncil@eastsidevillage.org](mailto:evgoverningcouncil@eastsidevillage.org)***

Have a question or a suggestion about Eastside Village? Need a rumor clarified? A policy detail confirmed? One easy-to-remember email address will instantly connect you to all nine members of EV's Governing Council: [evgoverningcouncil@eastsidevillage.org](mailto:evgoverningcouncil@eastsidevillage.org).

Not all council members will have the answers on everything, but there's likely to be at least a few people who can get back to you quickly.

Please continue to contact the office or use [info@eastsidevillage.org](mailto:info@eastsidevillage.org) for day-to-day operational matters. But for issues about overall direction or decisions you may be wondering about, contact us directly! And even as council members change over time, this address will stay the same. The Governing Council represents YOU, and this is a great way to stay in touch. (Of course, you can contact any one of us directly, too – find all the members listed in the

“Members Only” section of our website. Click on “EV Governing Council Members,” then on any member’s name to get an email address.)

And don't forget, the Governing Council meetings on the second Thursday of each month are always open to all members. Find the Zoom link on the monthly calendar.

### ***Music, wine, and friends combine for a terrific evening out***



A bevy of Eastside Villagers enjoyed a couple of hours socializing at Woodstock Wine & Deli on March 18, all while listening to acclaimed Portland musician Paul Barkett. Everyone had a great time getting together and hearing familiar songs.

Is there a local event you’d like to attend, and want a few friends to join you? Simply post a note on our online forum. That’s how this fun outing came to be. You’ll be amazed at how many folks like to do the same things you do. It’s an easy way to meet up with people, renew friendships, and make new ones.

### ***Stay a step ahead of financial scammers***

Almost everyone has been exposed to scams, and we’ve become accustomed to simply hanging up when those robo-calls pop up on our phones. But if aggressive predators seem to know something about our Social Security payments or have other personal information about us, seniors remain particularly vulnerable. We should all be aware of how to protect ourselves.

The Social Security Administration (which on March 9 held its annual “Slam the Scam Day” to build awareness and education) offers tips on how to avoid being victimized – whether scammers



are contacting you through email, phone calls, text messages, or pop-up ads on your computer. While “Slam the Scam” is specific to Social Security-related fraud, the SSA’s advice applies to many other scams as well.

Scammers tend to use the “Four P’s”:

- They **pretend** to be someone you’d trust (a Social Security or police association representative, technical expert, etc. – or even your own grandchild, using facts easily gleaned from social media and even artificial intelligence to replicate a familiar voice.)
- They describe a fake **problem** – your account is in peril, you need to re-apply for benefits, they need money urgently, etc.).
- They **pressure** you to act immediately, including urging you to share personal information. Their sense of urgency means they don’t want you to take time to think.
- They ask you **pay** with gift cards, fund transfers, mailing cash, etc.

Legitimate agencies never use these tactics. Social Security and other information-protection experts advise you to stay calm and simply hang up on the calls, or ignore the email or text message. Never click on links or attachments. If the caller says they’re someone you know, hang up and call the person on a number you trust.

Tell your friends so they can be aware, too. If the scam involves Social Security, you can report it at [oig.ssa.gov/report](https://oig.ssa.gov/report). The Federal Trade Commission ([www.ftc.gov](https://www.ftc.gov)) also offers good information on protecting yourself from fraud.

## ***Climate Crisis Crew hosts pollinator expert***

Matthew Shepherd, Director of Education and Outreach of the Xerces Society, spoke to the Climate Crisis Crew on March 10 about his work conserving pollinators.

Of the many diverse pollinators in our environment (hummingbirds, bats, butterflies, etc.), bees are the most important, Matthew explained. Bees are threatened





by habitat loss, gardens without flowers, pesticides, the heat, and unstable conditions brought on by climate change.

We can help by protecting natural areas and creating pollinator habitats within the two-block areas that a bee can fly. We can plant flower colors that bees can see, like white and purple (avoid red, which they cannot see.)



Bees need flowers from early spring to late fall. Native plants like flowering willow, Oregon grape, lupin, and native thistle are important, and usually have not been treated with pesticides at nurseries. Non-natives like purple coneflower and French lavender can also serve bees. Avoid flowers that have no pollen or nectar.

Want to do more? Add a sign saying *No Mow May* to your yard and allow the white clover and other lawn flowers to bloom for the bees. So that pollinators can have access to nest sites, provide patches of bare ground as well as of piles of sticks, leaves, flower stalks, etc. for overwintering habitats.

Matthew also provided door prizes to help the bees. Check out [xerces.org](http://xerces.org) for more ideas.

The April CCC meeting (April 14 at noon) will focus on how to influence politicians and others regarding climate change by acting together with 350.PDX.

■ Judy Ringenson

## ***Let this spring bring you transportation freedom***

Remember to register for the April 12 class on using the TriMet mass transit system. Our guest presenter, Devon Driscoll of Ride Connection, will give us the information we need to get all over town like a pro. You can also sign up for the field trip on April 19. Off to downtown Portland we'll go!

Did you know that, as one of TriMet's "honored citizens," you can be out and about on the bus or MAX train for 2 ½ hours for a mere \$1.25? Even if you're out all day, the cost never goes above \$2.50. Think how much gas and parking money you'll save (to say nothing of headache medicine) when you let TriMet drivers do the driving.



Guests are also welcome - register on the calendar. We'll see you April 12 at 10 a.m. in the Memorial Room at Trinity United Methodist Church to kick off this two-part adventure.

## ***Beautiful, colorful, fragrant – learn about the incredible orchid***

Orchids are often regarded as the most exotic and fascinating of botanicals. You can learn more about this highly prized flowering plant on April 26 from Eastside Village member Mike Salapka.

Mike's presentation will be in the Memorial Room at Trinity United Methodist Church, 3915 Steel Ave., from 1 until 2:30 p.m.

Mike will present a brief history of orchid collecting and some examples of orchids' influence on society. He will discuss the major groups of orchids and their origins and culture. He will bring some examples of orchids, along with reference information.

Mike has been sharing his extensive knowledge of orchids with others for many years. He was a volunteer orchid specialist for the annual orchid show hosted by the Smithsonian Gardens in Washington, D.C. He received extensive training by Smithsonian staff to identify orchid types and their culture. Thousands of people visited these shows from around the world.

Be sure and register your attendance on the EV online calendar.



## ***Earth Day is April 22 – join SOLVE neighborhood cleanup***

The Climate Crisis Crew (CCC) is leading the Eastside Village support of SOLVE on Earth Day, April 22. All EV members are invited to join CCC at 9 a.m. in the Floyd Light Middle School parking lot (10800 SE Washington), for one of SOLVE's many neighborhood clean-up events. SOLVE will provide grabbers and bags. Stay as long as you like and represent Eastside Village!

SOLVE brings together diverse volunteers, young and old, and sponsors like PGE. These volunteers not only clean beaches and neighborhoods; they also plant native trees and shrubs, and do what they can to protect Oregon's habitats for wildlife, pollinators, etc.

■ *Judy Ringenson*