

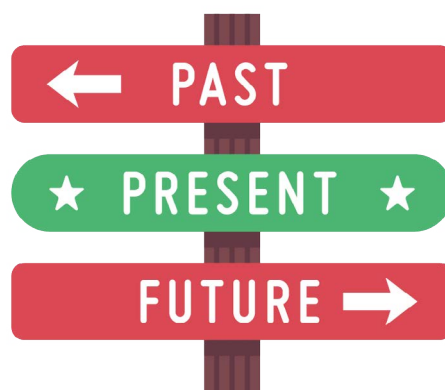


The Eastside Village VOICE

September 2020



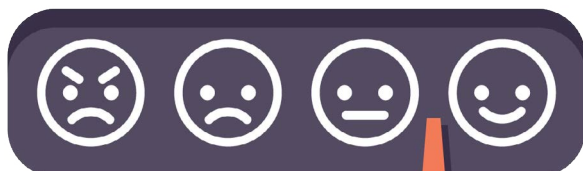
BREATHE



BE MINDFUL

It's Time for a "Monday Refresh"

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SHIFT TO THE POSITIVE



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Peg Farrell, Editor | Ellen Howard & Marnie McPhee, Goof Catchers

REDUCE STRESS WITH THE “MONDAY REFRESH”

As of September 1st, there are only 62 days until a very momentous (and very contentious) election. There is continued strife in our streets and across the country. We are deep in the grip of a ruthless and, as least so far, unstoppable pandemic that has disrupted work and school routines, brought many to financial ruin, and taken far too many from us.

Is it any wonder that we're all feeling a bit stressed out?

We can't offer any magic solutions, but we can offer some help in changing your mindset. Research tells us that by starting fresh at the beginning of the week, you can positively change your behavior toward better mental and physical health throughout the rest of the week.

DeStress Monday is a series of tools that helps you better manage stress, improve focus, and maintain a healthier mindset throughout the week. Funded by the Grace Communications Foundation and developed in partnership with researchers at The Lerner Center at the Johns Hopkins Bloomberg School of Public Health, NYU Langone Health and Columbia University Irving Medical Center, **DeStress Monday's** programs help people

manage stress on Monday and throughout the week.

Here are some of the resources developed by **DeStress Monday**:

Deep Breathing

This 8-week package is designed to help you reduce stress with a variety of deep breathing practices.

Mindful Monday

Another 8-week package, this one introduces opportunities to practice mindfulness throughout the day.

Shift to the Positive

This 12-week package features practices for promoting and sustaining positivity.

Meditations

Refresh your mind each Monday with a guided audio meditation. Led by experienced practitioners, these brief meditations use proven stress-reduction techniques, such as deep breathing, mindfulness and positive imaging.

Yoga Videos

Expert-guided yoga videos offer easy-to-follow exercises for introducing yoga practices into your **DeStress Monday** routine.

*Want a quick jump-start to your week?
Try this series of refreshing activities::*

Breathe.

Focus on your breathing to settle your mind.

Be Mindful.

Let go of thoughts about the past and worries about the future.
Be in the moment.

Shift to the Positive.

Detach from any harmful feelings and redirect your thinking to be positive.

Get Moving.

Stay positive by staying active! Even a simple walk can boost your endorphins.

HEAR YE, HEAR YE: IT'S MEETING TIME AGAIN!

Yes, it's that time of year when members of Eastside Village come together to approve the annual budget, hear what our Village has been up to since last fall, and elect new Governing Council members. (And who are these amazing folks? Check out p. 7.)

As with most things during these COVID-19 days, we won't be able to see one another in person and must—like late-night talk show hosts and presidential candidates—resort to a virtual Zoom gathering instead.

But fear not: you won't be faced with trying to make out the expressions on dozens and dozens of tiny faces or forced to listen to that one person who insists on answering the phone without turning off his sound.

What you will see instead will be very much like watching a television show or a YouTube demonstration with the speaker in a small bubble in the corner of your screen. As Mr. Serling might have said: we will control the audio; we will control the video. You need only sit back and enjoy. (Don't have a laptop, tablet, or smart phone? No worries! You can call in and listen on your regular phone.)



While we can't entice you with a fabulous potluck like last year, we can promise that there will be door prizes and entertainment. You'll also have a chance to visit with State Rep. Rob Nosse (District 42).

Mark your calendars for 3-5 pm on Saturday, September 26th and watch your email inbox for the sign-on link. (If you haven't done a Zoom meeting before, please contact the office; a volunteer will help get you set up.)

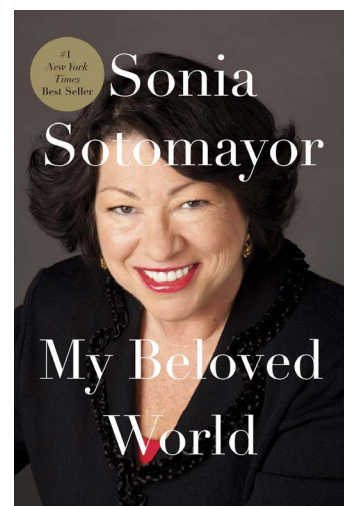
See you there!

(Did we mention door prizes??)

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BOOK GROUP READS SOTOMAYOR

Join the EV Book Group on Tuesday, Sept. 8th, 10-Noon, for a discussion of Supreme Court Justice Sonia Sotomayor's book, *My Beloved World*. The first Hispanic and third woman appointed to the United States Supreme Court, Sonia Sotomayor has become an instant American icon. Now, with a candor and intimacy never undertaken by a sitting Justice, she recounts her life from a Bronx housing project to the federal bench, a journey that offers an inspiring testament to her own extraordinary determination and the power of believing in oneself.



EASTSIDE VILLAGE NEEDS YOUR HELP!

As you know, our Village's mission is to help seniors live independently and thrive at home. The COVID-19 pandemic has changed everything *except* our commitment to each other.

We've adapted to meet our changing service and social options. We're expanding our community by welcoming more diverse, low-income, and socially isolated members. And we continue to look out for one another!

Here are a few examples of how we're adapting to the COVID-19 challenge:

- » Delivering groceries and medicines
- » Checking in by phone, text, email, and Zoom
- » Holding virtual coffees, happy hours, discussion, and hobby groups
- » Organizing judicious in-person activities: walking, biking, and patio visits
- » Supporting one another with yard work, urgent repairs, and rides for medical visits

During these extraordinary times, your additional financial support will fund programs and services for current and future members, as well as reduced membership fees for those with lower incomes.

As an incentive to encourage such support, Eastside Village has been fortunate to have been promised donations totaling \$2,000! BUT.... These are "matching" gifts that only come to us if matched with support from folks just like you. Please consider making a year-end gift, won't you?

In any case, thank you for being part of our community! With your help, Eastside Village will continue to grow and thrive.

With appreciation,

The EV Governing Council: Craig Johnson, Judy Ringenson, Lee Lancaster, Lucien Dallaire, Peg Farrell, and Wendy Orloff

P.S.: We really are in this *together!*

Our Villages: Providing Lifelines During the Pandemic

"My Village has kept me connected during the COVID-19 pandemic in a meaningful way at a time when it would be all too easy to withdraw and disengage. Seeing Village friends, in person and in virtual gatherings, has helped me keep loneliness at bay."

» Peg (Member)

"During my usual 'how are you doing?' call, a member mentioned how she had not been well for several days. I got concerned and alerted her emergency contact. After that, I called every day to check in and made sure we brought her food that was easy to eat."

» Irene (Volunteer)

"As the 'tech guy' for my Village, I've been especially busy during the lockdown helping members get themselves and their devices set up for online conference calls and other virtual events. It makes me so happy to know that we can still stay connected with our friends in some way."

» Tom (Member/
Volunteer)

Eastside Village is one of 11 local Villages in Villages NW (www.villagesnw.org), a 501(c)(3) non-profit organization. Together we have more than 600 members and a comparable corps of volunteers.

MEET THE CANDIDATES!

Five generous people have volunteered — pending their election at this month's Fall Meeting — to serve on the Eastside Village Governing Council: Liz Dally and Jim Houser; Marilyn Lipko, Marnie McPhee, and Mary Beth Young.

Liz Dally

I was raised in Ben Avon, Pennsylvania, a Scots-Irish enclave on the Ohio River, northwest of Pittsburgh. In 1967 I moved to Portland to attend Reed College, where I majored in anti-war activities, draft resistance counseling, and women's liberation. It was there, in 1968, that I met my future spouse, Jim Houser.

I later transferred to Portland State College and graduated with a BA in political science, with a minor in statistics. In 1976 I embarked on a career in auto repair, starting with an on-the-job training program at a mechanics' co-operative, Mom's Garage.



In 1983, Jim and I bought the shop where I worked, which became Hawthorne Auto Clinic, beginning 37 years of 12-hour workdays. We sold the business to a longtime employee and retired in January 2020.

Now I spend my time growing vegetables and re-landscaping our yard with Willamette Valley native plants, removing invasive species from local natural areas, studying botany, hiking, and practicing Tai Chi. I have volunteered with Metro's Native Plant Center, Citizen's Rare Plant Watch, Peoples Food Co-op, the Association of Women in Automotive, and most recently with Eastside Village as a "handyma'am."

We joined EV a couple years ago, wishing to contribute to a support network because we have no other family in the area.

Jim Houser

I was raised on a farm in Western Ohio. Came to Oregon in 1965 as a VISTA Volunteer assigned to the Valley Migrant League, lived and worked in a migrant labor camp for 1 year near Dayton, volunteered for an additional 1½ years with a farmworker organization, VIVA, in Forest Grove.

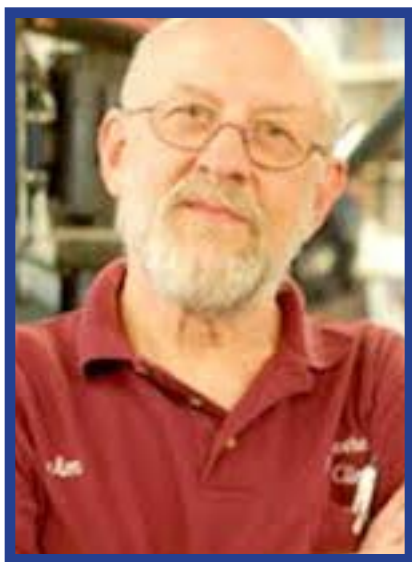
In the late 1970s Liz and I worked in a mechanic's cooperative, Mom's Garage, in NE Portland. In 1983 we founded Hawthorne Auto Clinic in SE Portland, which we sold to a long-time employee on January 1, 2020.

I've served on several non-profit, automotive trade, and Oregon State and federal government work groups, boards, and advisory committees over the years. Currently I'm on the Oregon Health Authority's (OHA) Marketplace Advisory Committee (MAC) (Oregon's link to the federal Affordable Care Act). I also serve

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on the advisory committee for ECOBIZ, a voluntary certification program for Oregon auto repair and landscape businesses whose air, water, and hazardous waste practices exceed government standards, administered by Oregon DEQ and pollution prevention



experts from around the Portland region. Lastly, I'm the Co-Chair of the Main Street Alliance of Oregon and Board Member of the national Main Street Alliance (MSA), a network of small business voices for the most pressing public policy issues locally and nationally.

Liz and I joined EV in 2019.

Marnie McPhee

I've loved the Northwest for 45 years and am thrilled that, thanks to yoga, sturdy boots, and walking poles, I continue to enjoy hiking, birding, and exploring my chosen home. Gardening is my big passion right now.

In the 1980s, I was an organic farmer and have been very active in the organic movement. I'm redesigning my yard to be more productive—for the birds, bees, and me—while improving the soil, using

less water, and pulling carbon from the atmosphere and putting it back into the soil. I enjoy making jams and juices, and drying herbs.

I'm so grateful I was asked to join EV's Governing Council. EV has been a lifeline to me since I joined a year ago. I've met so many fascinating, caring—and funny—people! Now, with COVID-19, EV is vital to seniors.



I look forward to contributing my experience as founder, staffer, board member, and volunteer with a variety of businesses and nonprofits. In particular, I'd like to help with fundraising and outreach/membership.

My friend, Derianna Mooney, joined EV and invited me to several events. I enjoyed everyone I met. A *lot*. So in 2019 I became a member.

Marilyn Lipko

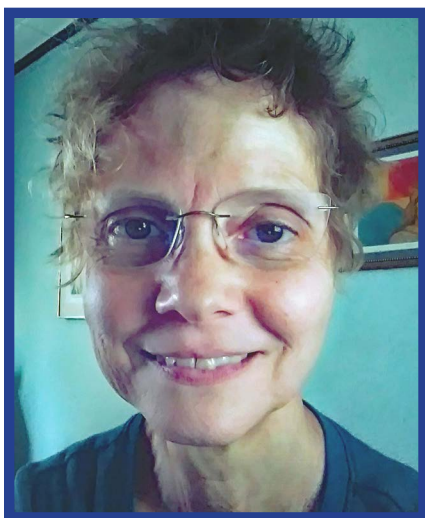
My name is Marilyn Lipko, aka Kamala. That was my Sanskrit name at a yoga ashram in the Berkshire Mountains of Massachusetts. I studied there for 10 years, learning hatha yoga and practicing selfless service by learning all aspects of running the book shop.

When I left in 1995, I slowly drove across country visiting friends along the way, and landed in Portland.

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My experience of almost 20 years in administrative work at local non-profits including Sisters of the Road Café, Friends of the Columbia Gorge, and Bicycle Transportation Alliance, has given me the grace of honoring community by listening to others with the heart and the mind. It has also honed my organizational and computer skills, so that I am able to navigate today's information age.



Chairing Eastside Village's Rain or Shine Team for the past year with a dedicated group of EV members has been a joy and given me the self-confidence to step up to the plate and lend my skills to our Council.

I am grateful to be a part of Eastside Village.

Mary Beth Young

I was born in Texas but raised in South Milwaukee, the oldest of 5 kids. After high school I waded through university classes until I married and promptly had three kids. By the age of 37 I was divorced and widowed.

Thankfully my three active, athletic kids kept me out of the bars and I eventually graduated from the University of Wisconsin after 29 years of part-time study.

When my youngest graduated from ASU and I had no more tuition payments to make, I decided to hit the road. I sold the house and went to graduate school for some fun. Loved it in Mississippi and made many very interesting friends. Interesting because they all came from somewhere else.

With my new MA in Teaching English as a Second Language, I volunteered with the SOROS Foundation in Chisinau, Moldova and went on to work for USAID in tax reform there also. That was followed by a 3-year stint in Macedonia working for Project Hope as a Country Director.

In the meantime, my youngest had moved to Portland with her Nike team runner husband and I decided to follow her.



I run Airbnb out of my front house and live in my very sweet and snug ADU. I loved Bootcamp fitness classes at Mt. Scott Community Center and miss it terribly. I ride the "grown-up's" tricycle that Ellen Howard gave me and really do enjoy tooling around the neighborhoods.

I also like to garden, read good literature, and eat everything that isn't nailed down.

Every day I thank all the stars for Eastside Village and all the folks I reach out to via Zoom or very small gatherings. Where would I be without your friendship and support?

GOT QUESTIONS? WE'VE GOT ANSWERS!

Have you been listening to your friends rave about Eastside Village and are curious what all the fuss is about? Or maybe you heard about us at a street fair last summer, started getting the newsletters, but are wondering what the next step should be? Wherever you are on the curiosity spectrum, EV has got you covered!

From 10-12 on Saturday, Sept. 12th, your EV hosts—Peg Farrell and Lucien Dallaire—will lead a Zoom-based Info Session for anyone who has questions about Eastside Village. Please contact the EV office for the sign-in link.

You'll be glad you did.

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HELP WANTED: MARKETING WIZ



The Villages NorthWest Marketing Affinity Group is looking for a volunteer (or small team of volunteers) experienced in marketing to help us adapt our materials and strategies to the changing realities resulting from the coronavirus, the impact on the economy, and Black Lives Matter movement.

Some of the tasks needed include:

- Facilitate monthly meetings with marketing volunteers from our 11 Villages
- Serve as a resource for Village marketing chairs
- Oversee development of Villages-wide branding and marketing strategies
- Help us assemble a team of volunteers to implement and manage different aspects of marketing activities

If you—or someone you know—would enjoy contributing about 10 hours a month to help the Village Movement flourish in these challenging times, please contact Lyn Trainer, Managing Director, info@villagesnw.org, 503-515-1948.

EASTSIDE VILLAGE DELIVERS THE GOODS

First it was a pair of hand-crafted masks for nearly every member in our Village. Then it was vials to store emergency information for first responders.

Your Village comes through for you!

Clockwise from top left: Roger Warren delivers a packet to Liz Campbell; Linda Safran shows off her new vial package; Lucien and Anne-Marie Dallaire ready the vial packages for delivery.



BALLOT DROP-OFF SERVICE AVAILABLE

There might be some cause for concern as to whether your mailed ballots will make it back to the Elections Office by the November 3rd deadline. Eastside Village is here to help! There is an [online map of all official Drop Boxes in Multnomah County](#) that can help you find the one closest to you. If you do not drive, please let the EV office know *no later than Thursday morning, Oct. 29th* and an EV member or volunteer will come by to collect it and drop it off for you.

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JULY GOVERNING COUNCIL MEETING MINUTES

Ellen Howard's story about our 100th member and spouse will be given to NextDoor and FaceBook with appropriate photo. Jenny Rockwood is continuing to collect quotes from members about what EV means for them during the pandemic and to take photos for the newsletter.

The Circle of Representatives report by Lee Lancaster proposed a new way to help interested members with bill paying using specially trained volunteers. Laundry and walking services were discussed.

Judy Ringenson's Resource Development report announced a grant of \$10,000 to Villages NorthWest from Kaiser Permanente to be distributed to the member Villages.

The Diversity/Inclusion report by Jurie Lewis suggested various ways to reach out to prospective members and others in a positive manner.

Jenny suggested Zoom panel discussions with young activists on what social justice means for them and what it means to be an advocate.

The Villages NorthWest "Planning for Growth" initiative is continuing according to Lee. He will send out a report to the Council on the identified priorities. The question of what tasks should be decentralized is especially important during an emergency. Jurie suggested that a future survey of volunteers should include information on earthquake safety. Lucien Dallaire will collect more emergency precautions information for our members from Dennis Hopper and Jon Feldhausen, who have taken training on this. There

is information on how to turn off gas and water in an emergency on YouTube that members can watch.

A proposed association with Meals on Wheels Portland and other partners will now include a friendly chat by phone to conduct wellness checks and help combat loneliness. This could also be a way to help recruit new Village members. Jenny will contact Helen Elder at MOWP to get more information.

Efforts are being made to recruit new council members.

Recognition was given to Peg Farrell on the importance of the newsletters to our members, and even to members of other villages. Lyn Trainer is among those in VNW who has praised our newsletter.

Gatherings during good weather are being planned. Expansion of access to Zoom meetings will be done by Jenny asking presenters if they wish other Villages to have access to any Zoom meetings being planned.

*Submitted by Judy Ringenson
Governing Council Secretary*

CALENDAR FOR SEPTEMBER 2020

R = Register online or with office. MV = Attendance limited to Eastside Village Members or Volunteers.

Please note: ALL Eastside Village events will be held via the virtual Zoom online meeting platform. See the Events Calendar for each event's link.

1, 15

Current Events Luncheon

(R, MV) Join us for lunch and a great discussion of the current events in our ever-changing landscape. 12-2 pm.

4, 11, 18, & 25

Coffee Hour

(MV) Join your friends and neighbors for coffee and conversation. 9:30-10:30 am.

7, 14, 21, & 28

Happy Hour

(MV) Share stories and chat with fellow EV members and volunteers. 5 pm.

8

EV Book Groups

(R, MV) Join your fellow EV book group members for a virtual joint discussion of *My Beloved World* by Sonia Sotomayor. 10—Noon.

9

EV Council Meeting

(R, MV) Please contact the office if you wish to attend. 1–3 pm.

12

Virtual EV 101

(R) Want to learn more about Eastside Village? Join a virtual introduction. Please sign in with the office to get the link. 10 am-12 pm.

17

EV Men's Lunch Bunch

(R, MV) See Events Calendar for more info on our virtual format. Noon–2 pm.

26

EV Climate Crisis Crew

(R, MV) Join us to share ideas, from small and energizing changes in how we live our lives, to what we can do together. Noon–2 pm.

26

All-Member Meeting/Elections

(R, MV) See p. 4 for more information. 3-5 pm..

