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The Eastside
Village VOICE
February 2021



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

WE'RE ALMOST THERE...

I was writing a pep talk for us all — a “yes, it’s been horrible and interminable, but the end is now in sight; hang on!” sort of thing — when I came across this poem. It says everything that I wanted to say, but better. “Dare to dream,” my friends. “Dare to dream.”

~ Peg Farrell
Editor

Today, I Dared

*Today, I dared to let myself dream,
That the world will one day open again.
That the locks will loosen, the walls will fall,
The doors will fly open and reunite us all.*

*I dared to imagine the warmth of a cuddle,
A group of my friends all locked in a huddle.
I felt all the heartbeats, drumming with mine,
I heard all the laughter, I tasted the wine.*

*I thought of the feelings I’ve missed for long,
The room full of music, united by song.
The freedom to roam, to plan and to meet
To hold someone’s hand, to meet, to greet.*

*Just for a moment I dared to dream of,
The flights I would board to the places I love.
The moment those eyes would meet mine at the gate,
The feeling of joy after so long a wait.*

*Today, I dared to let myself dream,
That the life we once had would happen again.
That we’d no longer fear the danger of air,
That our lives would not depend on such care.*

*They say that we mustn’t wish time away,
But it’s hard, my friend, when faced with a day,
So long in blank hours and so wiped of laughter,
It’s tempting to drift away to thereafter.*

*So yes, I dared to dream just a while,
Of life coming back, it brought me a smile.
One day I know, this will be in the past,
And hugs will be free, again, at last.*

By Donna Ashworth; used with permission.
<https://ladiespassiton.com/2021/01/27/one-day/>

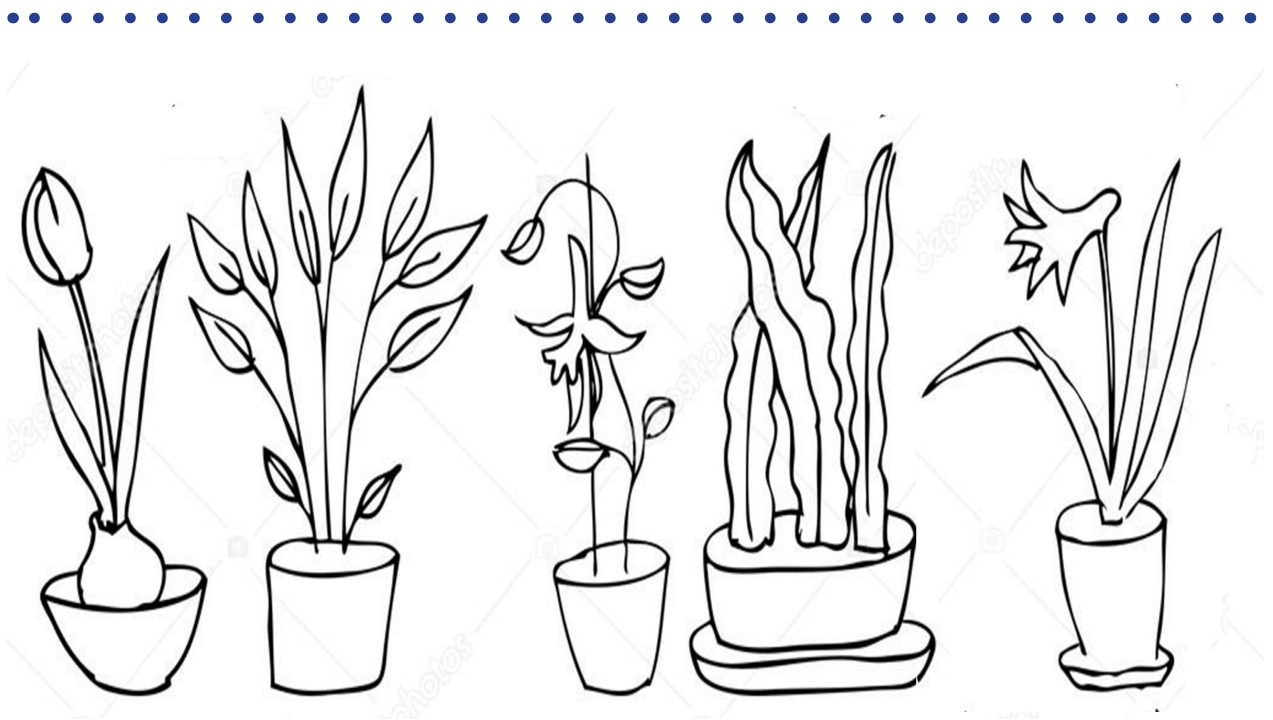
WHERE'S MY SHOT?

Your Eastside Village Council is wondering when and where you'll be getting those shots, too.

The EV Governing Council is planning to help as best we can by notifying our Members of any solid information we can gather as to times/dates/places to help get you get vaccinated.

Right now, we're depending on the Oregon Health Authority for the most valid information available. Watch for our emails updating you as we learn more.

We're also working with our Volunteer drivers to ensure that all of those requiring a ride will be able to get one.



2021 EV PLANT SALES COMING UP

Mark your calendars now for our first plant sales of 2021: Saturday, April 24th and June 5th! Like the wildly successful sales held last year, they will benefit the Oregon Food Bank POBC Pantry. Watch for more details in later Newsletters.

If you have plants to contribute to the sales, now is a good time to start your seeds and put your starts in pots so they'll be well-rooted at the time of the sale. For those interested in contributing yard art or other outdoor garden-related items, or if you have questions about plants or need pots, please contact Ann Gaffke.

*By Ann Gaffke
EV Member*

WE ASKED AND OUR MEMBERS & VOLUNTEERS RESPONDED

Toward the end of last year, Eastside Village sent out an opinion survey to its Members and Volunteers. We wanted to learn how well EV had met the needs of its community during the stresses of a pandemic year.

Here are some of the things that have been most important to our Members and Volunteers:

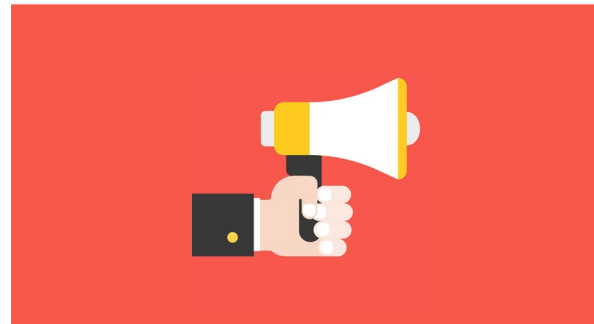
- Practical help
- General concern shown by fellow Villagers
- Opportunities to act as socially responsible citizens
- Opportunities to share laughter, joy, music, art, etc.
- Help from other Villagers in staying healthy and strong
- Opportunities to gather as a community
- Opportunities for personal contact
- Help with risky activities such as grocery shopping, picking up medicines
- Help from other Villagers in raising money for food bank and other community needs.

Despite our best efforts to include everyone, some Members said they have not participated in any social events or programs in the last year. Here are their reasons:

- 50% had too many other things to do
- 32% said the events were held at inconvenient times
- 18% don't use Zoom
- 11% weren't interested in the programs offered.

We then asked what sorts of things folks would like Eastside Village to offer,

especially once we've all been vaccinated. Suggestions included walks, picnics, happy hours, walking club, cooking groups, groups to do volunteer work outside of EV, as well as plays, movies, anything outdoors, and outings (e.g., to Mt. Hood, Astoria, and the Hood River valley). One person summed it up nicely: "Oh, to be able to potluck again!"



We were curious how our Members and Volunteers interacted with EV in the digital realm. The vast majority visited the EV website either regularly (19%) or occasionally (54%); and regularly read this Newsletter (75%), as well as the weekly Calendar of Events email (62% regularly, 32% occasionally).

We then asked our Full Service Members about their experiences with any transportation or home services they have received in the past year. The overwhelming majority were very satisfied and praised our volunteers for their prompt and courteous actions, as well as for the COVID-related precautions they had taken.

These Members were especially appreciative of the EV office staff: "Jenny is
Continued on p. 6.

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a treasure. She goes over and above expectations. I would rate her 10 if I could."

Next, we turned our questions to our Volunteers. The majority felt that the training (both in general and the driver's training specifically) they had received was excellent and rated the overall experience of being a Volunteer as a "5" (excellent).

When asked what was the best part of volunteering, we received comments such as:

- Helping our community
- Connecting with Members
- Helping others
- Getting to know other Members
- Gives me purpose
- Testing my skills
- Feeling useful
- The joy and pleasure I receive when I reach out and connect.
- I love volunteering for EV; it's what I love best about this organization.
- Villagers are interesting and pleasant people. Everyone has something to share.
- Committed, kind staff and Members
- The office staff and members are great.
- EV is a wonderful community of caring and interested people; I am persistently impressed. Very fulfilling.

We also asked about the ways that our Members and Volunteers have contributed their skills, experience, time, and/or energy to the Village. They included: helping to develop the Climate Crisis Crew, participating in the fundraising drive, helping individual Members with projects, doing tech training for Zoom, helping with the Newsletter, serving on the Governing Council, and calling friends at random to check up on them.

The best part was where we asked for general comments about Eastside Village. Here are some of those responses:

- So glad that EV exists!

- I am so grateful for EV and for all the friends I have made.
- Many thanks to those maintaining EV.
- I'm looking forward to having more in-person groups and events again.
- Thanks for the efforts made to reach out to Members.
- I love Judy R's summary of the Friday coffees.
- I had no idea I would find such wonderful social companionship available.
- It's good to know that there are enough nice, kind, friendly, helpful people around me to alleviate the misery we've been experiencing in the world lately.
- Outstanding leaders and staff.
- Without some help in my big garden, and occasional help in the house, I would not be able to live at home.
- This has been a terrific organization.
- It is such a beneficial program that I have trouble understanding why more people over 50 do not join!
- The best part of EV is all the new friends I've met—yay!
- Thanks to everyone who keeps us going, who comes up with new ideas, who reaches out to other Members.
- Thank you for being there for me.

*By Mary Beth Young & Jin Darney
EV Members*

SHARON GRADY: ARTIST & SCIENTIST

Art and science: strange bedfellows? Not at all, says Sharon Grady, researcher, artist, Eastside Village member, and grandmother (not necessarily in that order!). Studies have shown that science and creativity engage some of the same areas of the brain, and Sharon's interests prove that point.

A biochemist with a PhD from the University of Michigan, Ann Arbor, Sharon spent 30 years at the University of Colorado in Boulder researching the effects of nicotine: how it interacts with receptors that differ in structure, function, and location.

After moving to Portland in 2014, she began exploring her artistic side and has been making quilts depicting scenes from local and far-flung hikes she has taken. She has created quilts of scenes from Silver Falls, a favorite hike in Montana, elk in Rocky Mountain National Park, and other outdoor sites. She is currently working on a quilt depicting the Flatiron Mountains above Boulder.

Sharon expanded her journey into the arts in January 2020 by signing up for a class in botanical drawing offered through the

Oregon Society of Artists (OSA). The class project was to select a native plant and draw it at its different stages of growth throughout the year, while meeting once a month. The class met in person twice before going online. With an OSA botanical art exhibit planned for August 2021, Sharon is learning how to submit one of her botanical drawings to the show.



Sharon and her husband, Mike Marks, are some of the lucky few whose children all ended up in Oregon. She and Mike live a few blocks from two of their four grandchildren, so they spend a lot of time helping the little ones, especially after school went online and their parents were working
Continued on page 10.

MEMBER PROFILE

TIME FOR THANKS.....

Every now and again, it's good to pause a moment to thank those who have helped to make our lives just a bit brighter/easier/more interesting. Send us your "thank yous" to Mary Beth Young for inclusion in future issues.

Derianna Mooney wants to thank **Marnie McPhee** for sharing organic garden seeds a friend had sent her. "The plants will help feed a multitude and beautify our gardens."



Shirley Clifford thanks **Ellen Howard** for phoning to "check on my welfare and chat a bit. I look forward to hearing from her and it brings a smile as I begin the week." She's also thankful for **Peg Farrell**, who "spent many hours convincing my computer to connect and perform its duties properly. I enjoyed her company and expertise."

Jackie Lemieux is thankful to **Ann Gaffke** for sharing her wonderful figs and for even helping her to pick them.

Linda Safran thanks everyone who has learned how to Zoom! She finds that "connecting with one another via Zoom has really helped to build our community and to expand and deepen our friendships."

Roger Warren appreciates being "called in" to deliver cookie recipes and vials for medical info.

Ellen Howard is so grateful to **JoAnn Herrigel** and **Gene Ellis**, who took walks with her when she was feeling too unsteady to walk alone. Not only did they keep her safe and healthy, but they were wonderful company.

Mary Beth Young is still clapping loudly for the generous help **Jim Hauser** gave her last week. This great volunteer met her at Home Depot and helped her bring her purchased lumber home and even helped get it into its drying area. She would also like to thank **Liz Dally**, **Judy Ringerson**, and **Jim Hauser** who helped design and refine the text of the second 2020 Member Survey. Thanks also to **Jin Darney** for spending days designing a collection document, getting the surveys in the mail to all Members and Volunteers, and collecting data from the returns. **Liz Dally** was a great help assembling the survey for mailing.

When some Eastside Villagers attended Vickie Lind's memorial service recently, they were so comforted by the caring, gentle, and poignant service officiated by **Derianna Mooney**. It was a wonderful experience, and **Mary Beth Young** hopes it was a real comfort to **Jim O'Connor** and his family upon losing his wonderful wife to cancer.

*Compiled by Mary Beth Young
EV Member*

OH, THE THINGS YOU LEARN ON ZOOM!

For many EVerS, being able to connect by Zoom online has been a lifeline during the COVID pandemic. We've sung Irish songs; read poems; discussed books, movies, current events, and quilting; and even learned about composting.

Pre-COVID, we loved seeing each other, hugging, laughing, and sharing yummy food. But COVID came along, and, to our credit, we've adapted, including by using Zoom.

And much to our surprise, Zoom has given us the chance to stay connected—from the comfort and safety of our own homes.

Perhaps even more, through our Zoom sessions,

we're getting to know each other even better than before. For instance, did you know that:

- Bill Richard worked for Minnesota Congressman Jim Oberstar for 29 years, nine years as District Director in Minnesota and 20 years as Chief of Staff in Washington, DC, and that in his youth, he was a Russian linguist for the Army Security Agency, conducting intelligence against the Soviet Space Program from Asmara, Ethiopia?
- Joe Hickerson co-wrote the song "Where Have All the Flowers Gone" with Pete Seeger?

- Mary Beth Young, while working in Macedonia in her 50s, drove a truck full of supplies through a war zone to bring aid to some of her Muslim staff trapped across the border in Kosovo?
- Ann Gaffke is a ham radio operator and was a mountain climber?
- Jana DeMartini and then-fiancé Tomas Svoboda escaped to the US from Czechoslovakia before the Russian invasion?
- Derianna Mooney is an expert in compassionate end-of-life care?

Continued on page 10.

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"ZOOM" IS NOT A FOUR-LETTER WORD

One of things the recent Member/Volunteer Survey tells us is that some of our members are not participating on Zoom events because of frustration with the platform or uncertainty about how to use it.

To help members who would like to use Zoom, but currently don't, we have developed a group of tech-savvy volunteers we're calling "Zoom Toot-ers." They have offered to visit members—from a safe distance, like the front porch—and give one-on-one tutorials on how to use this now-ubiquitous meeting platform. Let the office know if you are interested in this service or if you'd like to volunteer to Toot-er other members.

*By Craig Johnson
EV Member*

Continued from page 7.

from home in a small house. Sharon said of her 7-year-old grandson, "He sees no friends; we are his best playmates."

She and Mike travel to Salem once a week to see their other two grandchildren.

Sharon enjoys living in Portland because of its museums and other cultural offerings, as well as its green spaces and wonderful trees. She enjoys hiking and biking and other outdoor activities. She heard about Eastside Village through her local Mt. Holyoke alumnae book club, of which Judy Ringenson is a member.

Sharon was looking for ways to meet more people in Portland and became

interested in the EV knitting and fabric group (currently suspended during the pandemic) and the EV coffees at Taborspace (now on Zoom). She has been a Member of EV for a year and a half.

Once the pandemic is over, Sharon plans to attend the EV Friday coffee at Taborspace, monthly art museum talks, the knitting group, and, possibly, circle meetings. She also might be interested in the bicycling group and visiting various Portland area parks with EV groups.

*By Carlotta Richard
EV Member*

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Continued from page 9.

- Linda Safran is working on memoirs of some of her family members who survived the Holocaust?
- Judy Ringenson lived in Sweden for 20 years with her Swedish husband, raised a Swedish son, taught psychology for 10 years at the University of Stockholm, and became a psychologist?
- Wendy Orloff served in the Peace Corps in Afghanistan?

Now, if you're like me, Zoom was scary at first. I think I muttered something like, "What?!? I have to download an app? How the heck do I do that? Who'll help me?"

I know I'm not alone. For instance, new Member Kaye Veldhuisen said, "It was challenging at first. But I realized I needed to slow down and get help from my family and Eastside Villagers.

"It was great that I could get it to work, to connect with Villagers, and even better

because I can use Zoom to talk with my two children who live far away. I'm really glad I've learned something new! I felt like, 'Hey! Look at me!' The most important thing is that I was able to do it at all!"

If you're feeling nervous, let me reassure you that EVers will help you! For fun, we're calling our tech-smart volunteers "Zoom Tooters." (See story on p. 9.) It's our silly term for Volunteer tutors who can help you connect to Zoom, address any issues, and answer your questions.

Once you're plugged in, you're off and running! And not only will you enjoy Zooming with EVers, but you also can create a free personal Zoom account and connect with family, friends, and other groups.

Contact Jenny in the office and she'll set you up with a Zoom Tooter! And please let Jenny know if you'd like to be a Zoom Tooter. Your help is invaluable!

*By Marnie McPhee
EV Member*

REMEMBERING VICKIE LIND

We've lost a dear Eastside Villager: Vickie Lind died on January 12, just before she and her husband, Jim O'Connor, would have celebrated their 50th wedding anniversary.

Lifelong Minnesotans, Vickie and Jim moved to the Woodstock neighborhood in 2018 to be near their son, Ben, his wife, Glenda, and their three children, Fiona, Gabriel, and Cecilia.

Back in Minnesota, Vickie had worked in accounting, HR, and other departments for many small businesses. Jim worked in admissions and student counseling as well as database reporting at the University of St. Thomas. They were active in the North Loop Neighborhood Association in Minneapolis and enjoyed urban exploring. As Jim recalled, "We walked or bussed all over Minneapolis. Sometimes we got on a bus and took it out to a spot in the city and then walked back home."

Portland was a good fit for them. They first heard about Eastside Village from their neighbors (and now friends), Lucien and Anne-Marie Dallaire. Vickie and Jim joined Eastside Village in 2019 and jumped right in: trying new restaurants with fellow Evers, and participating in RISE circle meetings and tabling events. Vickie pursued her passion for preserving trees and forests

through the Climate Crisis Crew, and Jim explored Portland with the Men's Group. When COVID hit, Vickie delivered masks to EV members.

Throughout her life, Vickie was upbeat, strong, committed, loving, and engaged in her community. She sparkled with energy. Despite her illness, and thanks to what Jim called "her usual fierce determination," she and Jim were able to celebrate Christmas with Ben and his family.

On Friday, January 22, a small group of EV RISE Circle members attended a memorial tribute to Vickie at Riverview Cemetery. EV member Derianna Mooney led us in a deeply moving remembrance.

If you'd like to, please consider making a donation in Vickie's honor to their grandkids' school, Little Village Montessori in Westmoreland.

*By Marnie McPhee
EV Member*



STORE TO DOOR NEEDS YOUR HELP

You all know about Store to Door, Portland's own community-supported treasure, right? Store to Door [<https://storetodooroforegon.org/>] was founded in 1989 when a handful of people living in low-income senior housing, unable to shop on their own, requested assistance from the community.

It's grown over the past 30 years and now provides weekly grocery shopping service to hundreds of clients. Today, 100% of its clients are homebound, 93% live alone, 80% are considered low-income, and 80% are women.

How does it work? Clients are matched with an order-taker who calls each week to take their shopping order. The order-takers are equipped with the Fred Meyer ad a week in advance so that they can offer any deals or sales.

Shoppers then take those lists and shop in two-hour shifts on Thursday mornings at the Hollywood Fred Meyer. They'll even call from the store while shopping to clarify any questions, or to offer any deals they might come across.



Clients pay their grocery bill and delivery fee when their order is delivered—and put away if they wish—by a delivery person. Delivery charges are 10% of the total grocery bill (prescriptions not included) with a minimum of \$3.

Where do you come in? Store to Door always needs volunteer order-takers, shoppers, and delivery folk. For the sake of continuity with their clients, order-takers and delivery folk are asked to make a 6-month commitment to the job, while shoppers can volunteer whenever they like, whether as individuals or with a group. That said, volunteer shoppers are asked to sign up online before arriving for their tasks [<https://storetodooroforegon.org/volunteer/>].

But what if you'd like to help, but just can't manage one of the three volunteer roles described above? You can do your part by clipping coupons at home! Check out the instructions online [<https://storetodooroforegon.org/volunteer-old/help-collect-coupons/>] and get your scissors out!

Lastly, if clipping coupons isn't your thing, your financial support is always welcome. A monthly contribution of only \$12 would cover a client's costs for an entire month. [<https://storetodooroforegon.org/donate/monthly-giving-society/>]

Let's do what we can, EV folk, to help Store to Door fulfill its vision for Portland: "... a community where all seniors and people with disabilities are nourished, included, and can age with dignity in the setting of their own choice."

[Source: <https://storetodooroforegon.org/>]

EASTSIDE VILLAGE IS NOW ON INSTAGRAM!

And what is Instagram, you ask? It's one of the most-viewed social media platforms. To raise community awareness of Eastside Village, we will be posting captioned photos of members and volunteers doing what we do.

We can "follow" people or organizations of interest to our Members and comment on their posts, and they can comment on ours. (Sorry, you'll have to follow the Kardashians from your own account.)

We can publicize our Eastside Village 101 information sessions and

our volunteer trainings to the Eastside neighborhoods.

Family members and friends can keep up with what Eastside Village is doing by following us. If you give us your permission to "tag" you in the pictures we post, they can spot you easily.

Instagram can be a valuable tool for keeping in touch, both inside the Village and with the greater community. That said, we won't identify you unless you give us your permission.

If this sounds like fun, here's how you can help:

If you use Instagram, "follow" us, and suggest to your friends and family that they do so, too. We are aiming to post every day.

If you don't use it, but want to, set up an account on your smart phone, computer, or tablet. It's easy and free (except for having to view the occasional ad.)

You can view our posts on your device of choice, too. There's lots of information online about how to set up Instagram and use it on your device. WikiHow has a pretty complete article

[\[https://www.wikihow.com/Use-Instagram\]](https://www.wikihow.com/Use-Instagram).

Send us your photos of EV people and events, and alert us if you can provide a "photo op" to take pictures of you doing some EV-related activity, or something really funny or beautiful!

And if you're an Instagram expert, please give us some pointers on this project.

*By Liz Dally
Eastside Village Council
Marketing Representative*



Instagram

CALENDAR FOR FEBRUARY 2021

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

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

1, 8, 15, & 22

Happy Hour

(MV) Share stories and chat with fellow EV folks. 5-6 PM.

2, 16

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.

3, 17

EV Movie Club

(R, MV) We watch a movie individually, then talk about it together. Join us!! Check the online Calendar for specifics. 3-5 PM.

5, 12, 19, & 26

Coffee Hour

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

9

EV Book Groups

(R, MV) Come share a conversation about *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior* by Temple Grandin. 10-Noon.

11

EV Council Meeting

(R, MV) Please contact the office if you wish to attend. 10-Noon.

13

Virtual EV 101

(R) Join a virtual introduction to Eastside Village. Please sign in with the office to get the link. 10-Noon.

18

Men's Lunch w/ Adult Beverages

(R, MV) Join the EV men for a hike/walk, bag lunch, and socially-distant conversation. 12-2 PM.

27

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. 12-2 pm.