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The Eastside
Village VOICE
September 2021

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STAY SAFE! COVID UPDATES & SUGGESTIONS

Until we vaccinate enough Oregonians to stop the spread of COVID-19, we're going to have to keep doing what we're doing to protect ourselves and others. Which means that we're all going to have to continue to—

- Wear our face covering when we are around people who don't live in our home or are not fully vaccinated.
- Keep our gatherings small.
- Stay home when we are sick.
- Wash our hands often.
- Keep our distance from people we don't live with.

Some activities are more risky than others. Here are guidelines and risk levels to help you and your loved ones plan and stay safe from COVID-19.

LOW RISK:

- Staying home
- Spending time outdoors by yourself
- Spending time with people you live with
- Spending time with people you don't live with, but who have also been vaccinated

MEDIUM RISK:

- Spending time outdoors with others and staying 6 feet apart
- Spending time indoors in public spaces while vaccinated, wearing a mask, and staying 6 feet apart

HIGH RISK:

- Not being vaccinated
- Spending time indoors in public spaces without wearing a mask
- Spending time indoors in public spaces, especially if not vaccinated

Because of the Delta variant, there is a surge of COVID-19 infections in Oregon, including breakthrough cases in vaccinated individuals. As you may know, there are also cases of fully vaccinated people passing the virus

to others after being infected with COVID-19 even though they themselves show no symptoms. Therefore, we should be taking precautions whenever we contact people outside of our household.

You can access the current local recommendations at the Oregon Health Authority (OHA) through the following means:

- Go to the website govstatus.egov.com/OR-OHA-COVID-19
- Text ORVAX to 898211 to get text/SMS updates (English and Spanish only)
- Email ORCOVID@211info.org (All languages)

If you can't find the answer to your questions on the website, by text, or by email, you can call 211 or 1-866-698-6155 from 6 AM–7 PM daily, including holidays. (TTY: Dial 711 and call 1-866-698-6155)

We are all tired of this, that's for sure, but please be careful. You can help take care of yourself and our community by staying informed.

*By Lee Lancaster
EV Member*

Save the Date:
All-Member
Meeting Oct. 16

RAIN OR SHINE TEAM SEEKS NEW MEMBERS



The Rain or Shine Team is made up of several people in Eastside Village who — among other things — send out cards to those celebrating birthdays as well as to any Member who is sick, in recovery from surgery, or grieving the loss of a loved one.

Susan McCall has been devotedly sending out birthday cards to everyone in

Eastside Village's membership for the past 2½ years. Thanks, Susan, for filling this special role on the Rain or Shine Team. We all know how good it feels to be recognized on our birthday!

We are actively seeking someone to take Susan's place, as she is stepping down from this position. It could even be a shared responsibility! This is a fun and meaningful way to easily contribute to our Village from your home computer.

If you are interested in being part of our Team, please contact Marilyn Lipko.

*By Marilyn Lipko
EV Member*

COFFEE HOUR MEETS ON NEW GROUNDS

The 8:30 Friday In-person Coffee Hour will now meet in the generously large outdoor spaces on the second story of New Seasons Market at 4500 SE Woodstock Blvd.

Getting there is easy: Park nearby or in the spacious parking lot under the store. Take the elevator or stairs to the first floor where you can buy your coffee or tea and maybe a sweet or two at the counter to your right. Return to the elevator and head for the second floor. Walk past the now-empty Treehouse Bar to the rooftop tables and chairs.

Hope to see you there!

*By Judy Ringenson
EV Member*

[Let's all lift our cup of joe in thanks to Judy for all her work to make our Virtual and In-person Coffee Hours such a success!]



SIDNE LEWIS: “MY GARDEN IS ALWAYS OPEN”

Sidne Lewis is, by her own admission, an obsessive gardener. She has been gardening all of her adult life—whenever or wherever she could get her hands on a patch of dirt in which to plant a bulb or a few seeds. She became a Master Gardener in the early 1990s. Then, after living in New Hampshire for 30 years, she decided to move to Portland to be near close friends but also because, “as a gardener, this was where I wanted to be.”

Sidne made several house-hunting trips to Portland in 2008 and finally found the perfect place on a double lot in the Foster-Powell neighborhood. She closed on the house in November but came back in March and April to plant fruit trees and check on some work she was having done on the house. There were no gardens on the property, so after moving into her new home on Memorial Day weekend, Sidne began removing the lawn to create gardens. In the fall of 2009, she drove back to New Hampshire to bring out “a ton” of perennials from her previous home.

Sidne’s flower and vegetable gardens took shape quickly, and she now raises tomatoes, cucumbers, garlic, shallots, beans, lettuce, and peppers as well as a wide variety of flowering plants. She freezes and cans vegetables.



She preserves pears, plums, figs, persimmons, apples, and quince from her nine fruit trees through canning, drying, and making jam and jelly; she has even frozen pear pies.

In addition to her love of gardening, Sidne said, she is “totally mad about chickens.” After leaving a flock of 30 to 35 in New Hampshire, she has kept her current flock at seven silkies, who are “very busy and very social.” She loves to commune with them and watch them feed and chat with each other. The flock is more involved in the gardening cycle

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MEMBER PROFILE

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than her large flock was; she lets them out into the gardens after harvest so they can pick through the dead plants and eat the bugs. They don't produce many eggs, but Sidne doesn't mind. She loves their companionship.

Although gardening is her life, it is becoming a more difficult venture for Sidne. She has had back surgery for stenosis and has had both knees and a hip replaced. She never knows what her pain level will be on any given day, and she relies on a cane to walk any distance. This is where Eastside Village has come into the picture. Sidne has called on EV volunteers to help out with her gardening, pruning, and harvesting, and she has been very happy with the results.

Sidne knew about the Villages movement before coming to Portland and was surprised that it wasn't farther along when she arrived in 2009. She hasn't participated much in EV gatherings because she

has a large network of her own friends and has always been busy gardening. But, she said, "If something comes along that I'm interested in I'll get involved." She also acknowledged that the time may come when she will need to become a full EV member so she can access more services that will enable her to stay in her home.

Meanwhile, Sidne hopes that more EV members will stop by to enjoy the peace and solace of her lovely garden and fruit trees.

*By Carlotta Richard
EV Member*

REMEMBERING TO CHECK IN

For those of us lucky to have family nearby, this "time of the plague" seems to have lasted for at least a decade. But for those without additional family nearby, or who don't have good neighbors, or are just a bit shy in general... well, it may seem that it's been a *really* long century.

But you know what? There's a remedy that works for both groups of us: just reaching out and calling someone else!

That's right, go into the EV Member Directory online, find a few people you haven't met yet, screw up your courage, and *just call them!*

Chances are that, once you've explained yourself,—you'll find that they are

feeling just as lonely and isolated as you are and would be delighted to talk with you for a bit.

Until we can do all our large in-person things again, we're just going to have to make do with a phone call, a Zoom meeting, or small outdoor gatherings.

Go ahead, be brave! You might just make someone's day or even find a new friend.

How
are
you?

WOODSTOCK GIVES BACK

On Sunday, September 19, participating Woodstock Business District businesses will be raising funds for their favorite charity or nonprofit cause.

Each business supports the charity of its choice in their own way. Whether it's a furniture store that raises money for Friends of Trees, a pet store that raises money for a pet-adoption group, or a grocery store that raises funds for the local food bank, each participating business will offer opportunities to their customers to give from their hearts to causes they cherish.

Lots of fun activities will appeal to families and people of all ages! Festivities will be centralized along SE Woodstock Blvd. between SE 40th & SE 57th, including tabling spaces for businesses located

off the Boulevard. A host of charitable organizations are joining the fun with games, arts and crafts projects, and plenty of opportunities for event attendees to help support these wonderful nonprofits.

Collect business cards to exchange for raffle tickets and enter to win great prizes donated by our businesses!

Eastside Village will have a tabling booth at this event; be sure to stop by and say "Hi!"



SOME OF EV'S NEWEST MEMBERS

We here at "Newsletter Central" have developed a series of five questions that we ask every new Member as a way to introduce them to the Village. Here are more responses from some of our newest members. Watch for others next month!



Jan deLeo

1. How did you hear about Eastside Village?

I went to a Richmond neighborhood street fair years ago, right after I thought I'd retired, and picked up brochures. Shortly after that I went back to work in Southern California and forgot all about it. Lately, I've really wanted to connect to community and remembered Eastside Village. I went to this spring's plant sale and picked up brochures and met some of you. So, I joined.

2. What interests you about the Village?

The opportunity to meet people in my age group, participate in group activities, and maybe take advantage of Eastside volunteers occasionally.

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

I'm interested in the book club and maybe a walking group. If Eastside Village

has a group that plays mahjong, I'm an experienced player and I would be very interested in joining. I like to read and I make stained-glass mosaics on occasion. I've already volunteered at the rummage sale and attended a RISE meeting at Woodstock Park, both of which I enjoyed.

4. How long have you lived in Portland?

While I've maintained a residence in the Richmond neighborhood since 2006, I've only been here full time since 2017. It is time for me to branch out and get involved in the community and make friends in the area.

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

I plan to be an active volunteer as soon as I finish some planned travel and other minor life interferences. I want to be as involved as I can because for so many years I've not focused on being part of the Portland community, and the time is now.

.....

Laurie Hansley

1. How did you hear about Eastside Village?

I first heard about the Village when I was enjoying the Hawthorne Street Fair with my daughter. There was a table with a couple of grey-haired people who looked like me, so I stopped to see what they were up to. They told me about the Villages and I thought it was a grand idea, so I took a brochure and tucked it away.

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2. What interests you about the Village?

What interests me about the Village is the idea of intentional community, which has been a lifelong interest of mine. I have been in several types over the years, and I tend to be drawn to them and to the people they attract. At this time in my life, I feel lucky to have the opportunity to participate in this one.

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

I am interested in so many things that it's impossible to list. I usually stick to art, science, and philosophy. What I actually DO is paint, read, crochet, crosswords, and take care of my grandkids and my dog and cat. But I'll try anything once.

4. How long have you lived in Portland?

I moved here in 2015 from San Diego to be with my family. Portland feels like home to me now.

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

I feel that this is a very rich time of my life. I want to have friends and to support and be supported. What a magnificent concept is the Villages.

.....

Lori Ubell

1. How did you hear about Eastside Village?

I honestly don't remember. I have an email from Richie and Chana Adler, dated July 2013, inviting me to a presentation at Southeast Uplift. I don't know that I went, but I've been on the mailing list ever since.

In June of 2017, I did go to an informational meeting and, although I liked what I heard, I did not feel ready to commit at that time.

2. What interests you about the Village?

I am very interested in peer-to-peer support, as I think it works very well in many different circumstances. The Village idea has always appealed to me for that reason.

Although I have always said I'd go into assisted living if and when it was necessary, this feels like a way of forestalling that eventuality for several years.

I joined primarily to be able to avail myself of the services if and when I need them. As the years pass, I find that tasks I used to be able to do easily (like yard work) I can now do with difficulty or sometimes not even at all.

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

Hmm, I am interested in all things book related, art, movies, music, gardening, and politics.

At this point I'm not sure how involved I'll be getting in the groups and activities,

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as I'm not much of a group activity person.

4. How long have you lived in Portland?

This time, close to 22 years. I also lived here from 1976 to 1984, and then spent 15 years in the Bay Area.

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

After I retired from work, I finally finished that degree I'd been working on since 1969, getting a BA from PSU at the age of 62. I then embarked on a second career as a children's book writer. Although I'm as yet unpublished, I've finished three books and am currently revising a fourth.

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EMERGENCY FIRST AID REFRESHER ZOOM

Eastside Village Members have expressed renewed interest in a First Aid Refresher as we support and care for ourselves and each other.

Do you feel comfortable with your possible response to a friend's health emergency? Many of us have questions about First Aid, particularly as we and our friends and family get older. What are your questions?

Alice Busch, Division Chief of Operations for the Multnomah County Emergency Management, has offered to moderate a one-hour Zoom First Aid Refresher for EV Members and Volunteers to be held at 9:00 AM on Saturday, September 25. We anticipate it will be a one-hour presentation, but it could go longer if we receive a number of questions.

Those interested in participating should formulate their questions for Alice Busch so she can know what information our group is interested in. Possible topics that we have arranged for Alice to cover are heart attacks, strokes, high and low blood sugar, choking, and severe allergic reactions. This list does not preclude any questions you may have

outside of these broad topics.

Just a reminder: our first action in a medical emergency should *always* be to call 911. Our role is to provide initial lifesaving care until the arrival of emergency medical staff.

Please email me if you are interested in this Zoom and include your questions.

*By Ann Gaffke
EV Member*



FIRST (ANNUAL?) POTLUCK JAMBOREE



We're going to attempt something awesome this month: our first Potluck Jamboree! Across the length and breadth of Eastside Village, EV members will be joining their colleagues on Saturday, Sept. 25, at a multitude of potluck dinners. We've got space for about 46 guests at the moment; another 8 or 9 hosts would give us space for *all* of our Members to attend.

If you would like to join us, please go into the online Calendar and sign up with one of the potlucks listed. (Life Pro Tip: Sign up with someone you haven't met yet!) Your host will contact you later with any other information that might be needed.

Please realize that COVID could change things, but for now, let's move toward a good time.

NOTE: To accommodate those hosts who will be holding their meals outside, the Jamboree will be rescheduled for Monday, Sept. 27 in case of rain.

These are the generous folks (and their guest capacity) who have offered to host a potluck as of September 1. We'd love to have enough venues for everyone, so please let me know if you'd like to host, too!

Jin Darney / Craig Johnson 6

Jana DeMartini 5

Peg Farrell 5

Anne Gaffke 5

Ellen Howard 5

Sidne Lewis 6

Carlotta / Bill Richard 4

Marjie Takei 5

Mary Beth Young 5

*By Mary Beth Young
EV Member*

HOLLYWOOD SENIOR CENTER IS RENAMED

The very popular Hollywood Senior Center is now the *Community for Positive Aging*. Under this new title are the Meals on Wheels program, all of the activities and clubs of the original Hollywood Senior Center, Community Gleaners, and the Giving Tree.

The Community for Positive Aging is located at 1816 NE 40th Ave. Check out their website at hollywoodseniorcenter.org for more information.



CALENDAR FOR SEPTEMBER 2021

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 Events Calendar for each event's link.

1, 15 EV Movie Club

(R, MV, Z) We watch a movie individually, then talk about it together. 3–5 PM.

3, 10, 17, & 24, Coffee Hour

(MV, IP/Z) Join us in person at 8:30 or by Zoom at 9:30 AM. See p. 4 for new in-person location.

3 RISE Circle Meeting

(MV, IP) Please join us at Woodstock Park; bring your own chair and lunch/snack. 12–2 PM.

6, 13, 20, & 27 Happy Hour

(MV, Z) Share stories of what you're happy about with fellow EV folks. 5–6 PM.

7, 21 Tuesday Hiking Group

(MV, IP) See online calendar for location details. 10:30–11:30 AM.

9 EV Council Meeting

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

11 Virtual EV 101

(R, Z) Zoom in for a virtual introduction to Eastside Village. Please sign up with the office. 10–Noon.

12 Eastside Circle Potluck

(R, MV, IP) Join fellow Eastsiders for a fun potluck and meet the new Members. See online calendar for details. 4–6 PM.

14 EV Book Group

(R, MV, Z) We will discuss *Small Island* by Andrea Levy. Registration is required. 10–Noon.

15 Men's Lunch with Adult Beverages

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

17 Sandy Branch Circle Meeting

(R, MV, IP) Please contact the office if you wish to attend. 10–11 AM.

19 Woodstock Gives Back

(IP) More information on p. 7. 10 AM–4 PM.

25 EV Climate Crisis Crew

(R, MV, Z) 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.

26 Knot Just Knitting

(R, MV, IP) Bring your project or problems and let's have fun together. 1–3 PM.