



The Eastside
Village VOICE
April 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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RUMMAGE SALE 2.0: A HUUUUGE SUCCESS

Our second EV Rummage Sale is over, and boy, are we glad it is! Pulling off something this big truly requires “all hands on deck.” We are so fortunate to have had so many fabulous donations and so many home bakers who contributed to the bake sale. Add to that a wonderful group of helpers from start to finish, and we have the formula for success. Amazingly, many of us actually had fun!

The great news is that we surpassed last year’s sales and, after we pay a few bills, we hope to net somewhere above \$2,400. YEAH, US!

There are so many folks to thank this year—many who hadn’t volunteered before. It really turned out to be a whole Village effort. I hope you all know how valuable your help was to our success.

Special thanks to...

Ellen Howard and Sherry Hall were responsible for all those calls asking EV folks for help and assigning various duties. They also took several shifts themselves.

Anne and Dan Kenlon worked tirelessly both Friday and Saturday moving furniture, setting up tables, helping folks unload their donations, and finally taking a lion’s share of the leftovers to the ARC.

Glen Applegate was a huge help again this year. He is our connection to St. Paul Lutheran Church (our host) and a blessed volunteer for Eastside Village.

And who could leave out our Jenny Rockwood? She made that fabulous sign in front of the church and helped with everything else from start to finish.

Quince Affolter brought the most fantastic buffet of snacks for the workers at the sale. Then she stayed to help throughout the day and with the end of the day pack up.

Derianna Mooney organized the bake sale, recruiting bakers, and staffing the table even while recovering from recent hip surgery. Dan Kenlon and Nicole Ritz supervised the table in the afternoon.

Then there was “Saint” Phyllis Frus, who worked tirelessly and patiently for two days, sorting, hanging, and arranging all the donated shoes and clothing.

But there were so many others who picked up rummage, set up the sale, took a shift during the sale, or helped take it down at the end. I sincerely hope I haven’t accidentally left anyone out; please accept my apologies in advance if I have. Cheers to the helpers!!

They include Quince Affolter, Glenn Applegate, Cathy Beard, Andra Cassen, Claire Cofsky, Marnie Colburn, Liz Dally, Jin Darney, Jan deLeo, Peg Farrell, Phyllis Frus, Ann Gaffke, Sherry Hall, Laurie Hansley, JoAnn Herrigel, Marty Honig, Dennis Hopkins, Jim Houser, Ellen Howard, Craig Johnson, Val Johnstone, Anne Kenlon, Dan Kenlon, Sidne Lewis, Marnie McPhee, Derianna Mooney, Jim O’Connor, Nicole Ritz, Jenny Rockwood, Patricia Sanders, Diana Scholl, Kait Skyler, Marjie Takei, Tom Tilton, Verna Triller, and Kaye Veldhuisen.

Thanks, too, to everyone who donated to the sale!

By Mary Beth Young

LIKE NUMBERS? GOOD WITH TECH? GOT SOME FREE TIME? READ THIS!

Are you looking for a way to participate in Village life on a deeper level? If you're comfortable with math and technology and have a bit of time to spare, Villages NorthWest is looking for people just like you to be back-up to its Finance Team.

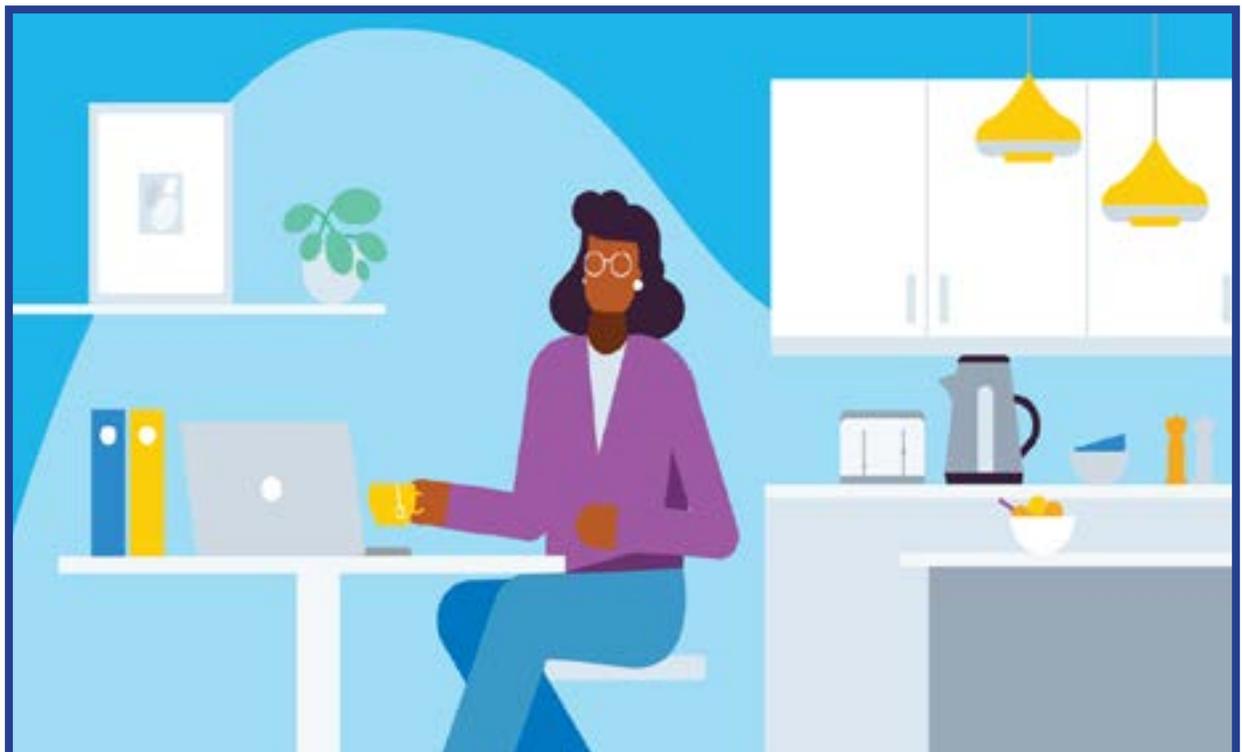
The folks they need are detail oriented, good with numbers/reports, able to work independently *and* with a team. They can meet deadlines, like to write procedures and letters, and enjoy solving mysteries.

The following tasks will be broken down into "bite-size" pieces to keep the time commitments to a minimum—generally between 2-10 hrs per month, depending on the task.

- Accounts Receivable
- ACH-Monthly Payments
- Payroll Accounting
- Credit Card Payments
- Recurring Invoices
- Checks
- Mail
- Donor Receipt Letters

This is an opportunity to learn more about our dynamic network of Villages and know that your work will be instrumental in keeping our Portland-area Villages on an even financial keel.

We welcome any and all who might be interested in this opportunity. For more information, please contact Lee Lancaster, EV's Finance Team Liaison.



UPDATED EV COVID POLICY

Now that the Centers for Disease Control (CDC) has rated Multnomah County as green—the lowest risk level—and Oregon has dropped its mask mandate for most indoor activities, the EV Governing Council has updated its recommendations for how our Members and Volunteers can protect themselves from the pandemic.

Please feel free to continue to wear a mask if you prefer, if you have underlying conditions, if you are immunocompromised, or if you are going to be with someone who is at high risk for infection. If you have been exposed to or are experiencing COVID symptoms, please *stay home* until you can test negative.

Eastside Village Volunteers may request that you wear a mask when you are in their cars or when you are together in your home. Thank you for accommodating their request.

For more information, visit www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html. For information about Oregon's rules, visit the Oregon Health Authority's website, sharedsystems.dhsosha.state.or.us/DHSForms/Served/le3818.pdf.

sharedsystems.dhsosha.state.or.us/DHSForms/Served/le3818.pdf

We've made it this far with everyone still here. Let's keep on taking care of ourselves and each other and we'll get through this together!

By Marnie McPhee & Peg Farrell



Basically, because all of us are fully vaccinated (and probably boosted), we can all choose for ourselves whether or not to wear a mask indoors, to continue to maintain social distancing, and to frequently sanitize our hands. What is *not* optional, however, is our need to respect each other's preferences and needs.



ALWAYS READY TO HELP: VOLUNTEER JANE FOREMAN FINDS NEW CONNECTIONS THROUGH EASTSIDE VILLAGE

Jane Foreman has been helping others her entire life. Her long career in the health care field developed her natural ability to listen to people, seeking to understand “not only what they say, but what they don’t say.”

And as a new Volunteer for Eastside Village, she’s finding joy in connecting with Members, giving them rides to appointments and learning about their lives along the way.

“I’m so curious about people, and I love their stories,” she says.

Jane retired 10 years ago but had remained very active as a community volunteer, until the pandemic brought many volunteer programs to a halt. Then her tight-knit community at Rosemont Court in North Portland suffered an outbreak not of COVID-19, but of Legionnaires’ disease, prompting her to move to a new apartment in the Gateway neighborhood.

The long months of isolation had Jane eager to be active again in safe and helpful ways. She mentioned this to her doctor, “and she told me to go home and research Villages NorthWest—it’d be a great way to get out of the house and meet new people.”

Indeed, it has.

Over recent months, Jane has volunteered as a driver and an in-home technical assistant for Eastside Village Members. She’s identified a long list of other tasks she’s willing to take on in



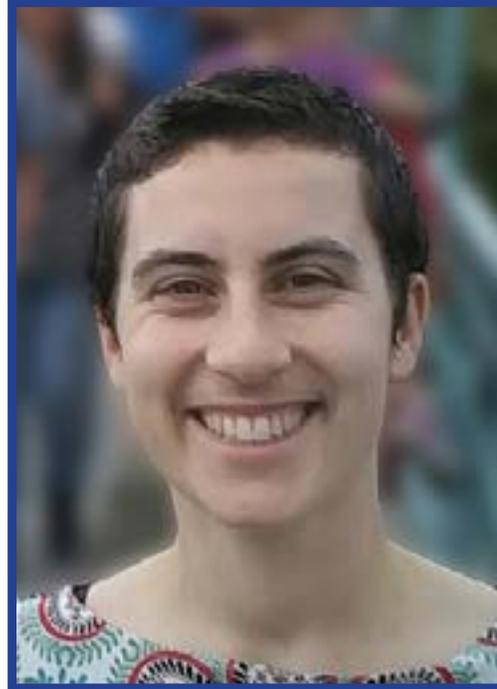
the future. “And I’ve already met some people I know will become lifelong friends.”

Those who meet Jane are immediately put at ease by her warmth and caring demeanor. She jokes that she’s had “30 jobs in nine different careers,” but the common thread has been one of helpful service. She was a registered nurse for 10 years, guiding cancer patients through the tough process of clinical trial. After earning a master’s degree in health care administration, she led major programs

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VILLAGES NORTHWEST HAS A NEW LEADER

After many years of strong leadership, Charlie Meyer has stepped down from his role as President of the VillagesNorthWest (VNW) Board to follow more family-oriented pursuits. (Maybe an actual retirement this time?) [Note: VNW is the organizational “hub” to Eastside Village’s “spoke.” See the February 2022 issue of the EV Voice for more information.] Althea Ender, our current VNW Board Vice President, has assumed the leadership role.



where she guides the development of regional social needs resources, with a focus on housing, transportation, and legal services. Her personal values reflect a deep respect for the activities and opportunities that build better, more colorful, and cohesive communities.

The success of VNW and its member Villages depends upon the willingness of many to share their perspective, ideas,

and skills. Please step up and lend us your time and talent. Help us keep the Villages and VNW Hub vital, colorful, and evolving. We need you, and perhaps you need us.

Together let’s keep Villages NW growing and glowing with the energy of springtime throughout the year.

By Nancy Doty

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at Providence, Shriner’s, Legacy, OHSU, and more.

Also a passionate advocate for animals, Jane managed an animal shelter for two years while living in North Carolina (where she lived for six years). Her volunteer work has also included doing fundraising to benefit people of Africa.

“When I think about it, I’ve been volunteering since I was a teenager,” Jane said. “It’s just something that gives me a lot of happiness.”

By Anne Kenlon

COME FOR THE CHALLENGE, STAY FOR THE FUN: MAHJONGG



Clicking tiles, specific rules, a sense of accomplishment, lots of fun—all these are part of the Eastside Village Mahjongg Group, which meets the second and fourth Wednesdays of each month. Members gather from 1 to 3 pm in the Memorial Room of Trinity United Methodist Church, 3915 SE Steele St.

The EV Group plays the American version of this ancient game that began in China. All levels of experience are welcome. The Group has hosted as many as 11 people and as few as six (be sure to register so organizers can plan the space). Often there is a table dedicated to new players. Seasoned players

are on hand to answer questions and to help beginners get off to a great start.

Because the Group pays a \$15 fee for the room, everyone pitches in a few dollars to cover the cost. When the weather gets nicer, we may begin meeting on outdoor patios at Members' houses.

Mahjongg is often touted as an ideal fit for experienced card players, but that's not necessarily the case. When a friend invited me to play for the first time, I thought I'd be horrible at it. I don't play cards, and I was like a deer in headlights.

Two years later, I'm a believer: You see your friends; you have fun; and you learn rules that can seem arbitrary at first, but everyone's willing to help. You end up being really proud of yourself for what you've learned.

Never played? Call me to set up a starter game!

By JoAnn Herrigel

WELCOME, NEIGHBORS!

We like to introduce our newest Members by asking them to answer the same five questions. This month we are pleased to present Dennis McNulty and Linda Toenniessen. Each exemplifies the spirited and often-surprising nature of Eastside Village Members.



Dennis McNulty

1. How did you hear about Eastside Village?

Last summer, I was looking for volunteer website technical development opportunities and found a “help wanted” posting for a nonprofit I hadn’t heard of: Villages NW (VNW). I liked VNW’s mission. Since I have no family in the western U.S., I thought I might need the Village Member services in a few years.

Lyn Trainer at VNW liked my application. She also said that, since I’m a senior living in Portland and can easily drop in on Village social events, I might want to join the Village for my neighborhood, which is EV.

I started out at EV last July as a non-member Volunteer, but at nearly every event or meeting I attended, someone urged me to become a Member. I joined in mid-February.

2. What interests you about the Village?

The social events are great! Without them, my relationship with EV would be all work and no play, as has happened with many other nonprofits.

It’s fun to chat with other members and learn about their experiences with technology. I’ve met a few members who also worked in technology and enjoy discussing our careers.

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

I’ve already mentioned the technology interest, and I’m actively updating the VNW and EV websites. To assist with that update work, I’ve joined the VNW Marketing & Outreach Affinity Group and joined EV’s website update team.

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I also enjoy bicycling and have pedaled on many of the rides organized by Lucien Dallaire, regardless of the weather. I enjoy hiking, too, but so far haven't been able to join Judy Ringenson's hiking group.

I'm also a coffee-holic and can't wait for the in-person Friday morning coffee klatches to resume. I also enjoy singing, but we don't have an active group for that yet.

4. How long have you lived in Portland?

My wife Pattie and I moved to Portland in late winter 1982. We had hoped to move to Seattle, to help our elderly parents, but there weren't any jobs in my particular field of engineering. Fortunately, I found a great job with the Bonneville Power Administration in nearby Portland, and worked there until I retired, in summer 2005.

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

I've been widowed for almost three years. Pattie died after a four-year battle with a rare slow-growing form of pancreatic cancer that eventually spread to her lungs. In her last year, she was bedridden, and I was her main caregiver. She spent her last five weeks in a specialty hospice home. I learned a lot about the healthcare system and the importance of having adequate insurance.

After she died, I tried a number of grief remedies and attended a few group sharing sessions, but they didn't really satisfy me.

What finally brought me out of my slump was this whole new social circle composed predominantly of seniors who are still active: Eastside Village.

My son, who lives in the Chicago area with his wife and 10-year-old daughter, enjoys visiting the Northwest. I wish they could move here but they can't right now.

A reminder to members: The EV office is now open on Fridays, from 10 AM to 2 PM. I'm one of four Volunteers who are eager to help you on Fridays. Please call us!

Linda Toenniessen

1. How did you hear about Eastside Village?

I heard of EV first online and then from other volunteers with the homeless project WeShine.

2. What interests you about the Village?

I'm planning to age in place and don't want to rely entirely on my local daughter for support. Right now I'm most interested in social/learning activities.

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

I enjoy spinning yarn and knitting, and I've been to the EV knitting group once. I'd love to find other spinners.

I vegetable garden every summer.

I'm not a woodworker, but I'm fascinated by trees and woods.

I inherited a large stash of tonewood (for musical instruments, though much

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of it would also work for fine joinery) and would love to find woodworkers to advise about possible uses for some of the wood.

My social/political interests are homelessness and criminal justice reform, both connected to mental health.

4. How long have you lived in Portland?

I moved to Portland for education in 1978 but left for a job in Pittsburgh in 1982. I rushed back to Portland in 1984, so altogether about 40 years.

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

I LOVE Portland, even though it's in such a mess now. I'm really, really happy to be retired. I have dogs: a Corgi and two Beagliers (a cross between a Beagle and a Cavalier King Charles Spaniel).



I'm not very political but I vote and am an "off and on" news junkie. I'm on the quiet side socially.

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CAN YOU DIG IT? JUMPSTART YOUR GARDEN ON MAY 14

Plant enthusiasts will find plenty to love on Saturday, May 14, at an annual event to benefit not only your home garden, but a thriving local food pantry as well.

The sale runs from 10 AM until 2 PM at the home of Sarah and Greg Camp, 2014 SE 59th Ave. You'll find a wealth of vegetable seedlings, flowering botanicals, shrubs, ferns, fruits, garden art, and much more.

The sale has become a popular tradition for a group of local gardeners, including several from Eastside Village who are providing divisions of their own perennials. Proceeds will benefit the Oregon Food Bank food pantry at Portland Open Bible Community, an inclusive pantry that has earned national recognition for its outreach to diverse populations and its smooth, efficient distribution systems in the pandemic era.

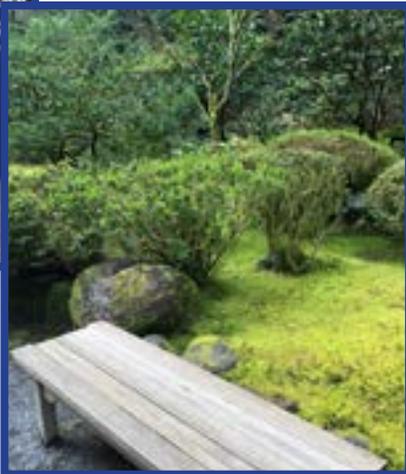
By Anne Kenlon

ENJOYMENT WITHOUT BARRIERS!

If you use a mobility device or have other physical concerns, each outing can bring worries about steps, narrow doorways, or other barriers that can limit your participation. There are no such worries with Eastside Village's new Easy Outings group, which takes Members to local attractions that are both beautiful and accessible.



The group met for its initial outing in March (organized



by Linda Safran) at the Portland Japanese Gardens. Those wishing to forgo the steep terrain could take a shuttle from the lower-level Welcome Center to the upper-level Cultural Village (currently featuring a breathtaking display of intricate netsuke carvings). Gentle ramps offered an alternative to steps, and benches aplenty encouraged time to sit, reflect, and refresh the spirit.

Building on this great start, Easy Outings will take to the road on

April 19 with a visit to the Hulda Klager Lilac Gardens in Woodlawn, Wash. The gardens are home to the annual Lilac Days festival. You'll enjoy the sights and smells of dozens of lilac varieties along the meandering pathways throughout the garden.

The Victorian Home and gift shop are not wheelchair- or walker-accessible, but the garden paths are wide and flat, perfectly suited to leisurely, self-guided tours no matter how you get around. Naturally, we'll go to lunch, too!

EasyOutings are open to all Members and Volunteers; those without physical limitations are welcome to assist those who may need it. Rides are especially needed for those who don't drive, so it's important to register as organizers plan logistics.

Woodlawn is about an hour's drive north of Portland. The April 19 Easy Outing is estimated to last from 9:30 AM to 2:30 PM. Once you register, someone

will contact you to finalize the meeting location and ascertain any special needs. There will be a \$5 admission fee at the Gardens.

By Anne Kenlon



WALKS FOR PEOPLE WITH MEMORY LOSS

COVID's been hard on all of us; it's been especially tough on those with memory issues and their caregivers. A partnership between the Portland-area Alzheimer's Association and Oregon Walks offers guided walks in Portland-area parks tailored to people with dementia.

Although most walk with a spouse, friend, or family member, some come alone. They're welcomed by people who understand and are eager to accompany them.

Walking refreshes, strengthens, and connects us to others and the natural world. That's been particularly true

during COVID; for many of us, walks with other Evers and volunteer EV walking partners have brought us out of our isolation. This program provides another, wonderful opportunity!

Here's are some helpful links:

- Oregon Public Broadcasting article (3/14/22): www.opb.org/article/2022/03/14/with-pandemic-especially-challenging-to-seniors-with-alzheimers-one-portland-group-helps-people-connect-by-walking/
- Oregon Walks' "Walking Menu": oregonwalks.org/walking-menu/

By Marnie McPhee

DEFENDING AGAINST DISINFORMATION

The Union of Concerned Scientists (www.ucsusa.org/) invites you to attend a critical skills-building training on how to counter disinformation and take meaningful action in your community.

This free, two-day Zoom training will build the skills you need to stop the spread of disinformation. Learn how to understand and overcome political manipulation, along with the steps on what to do—and not do—when you encounter misinformation.

This training will provide thorough values-driven narrative building to help dispel misinformation in proactive ways, as well as offering clearcut strategies on how to avoid the exhaustion and

burnout of constantly reacting to bad actors.

You will leave the training with an advocacy toolkit containing the resources and guidance needed to implement your learnings on countering disinformation and how to take action.

Thursday & Friday

April 7 & 8, 12–4 PM ET

Day 2: Friday, April 8, 12–4 PM ET

Location: Zoom

[Register Here](#)

The Union of Concerned Scientists has [several articles](#) about how misinformation works, how and when to respond to it on their website.

STANDING WITH OUR LOCAL UKRAINIAN COMMUNITY

Many Eastside Village Members are following the events in Ukraine with deep concern and horror. We can feel somewhat helpless in the face of such world-changing events. The Portland area is home to one of the largest communities of people who were born in Ukraine or have family ties to the country, so our concern can feel close to home.

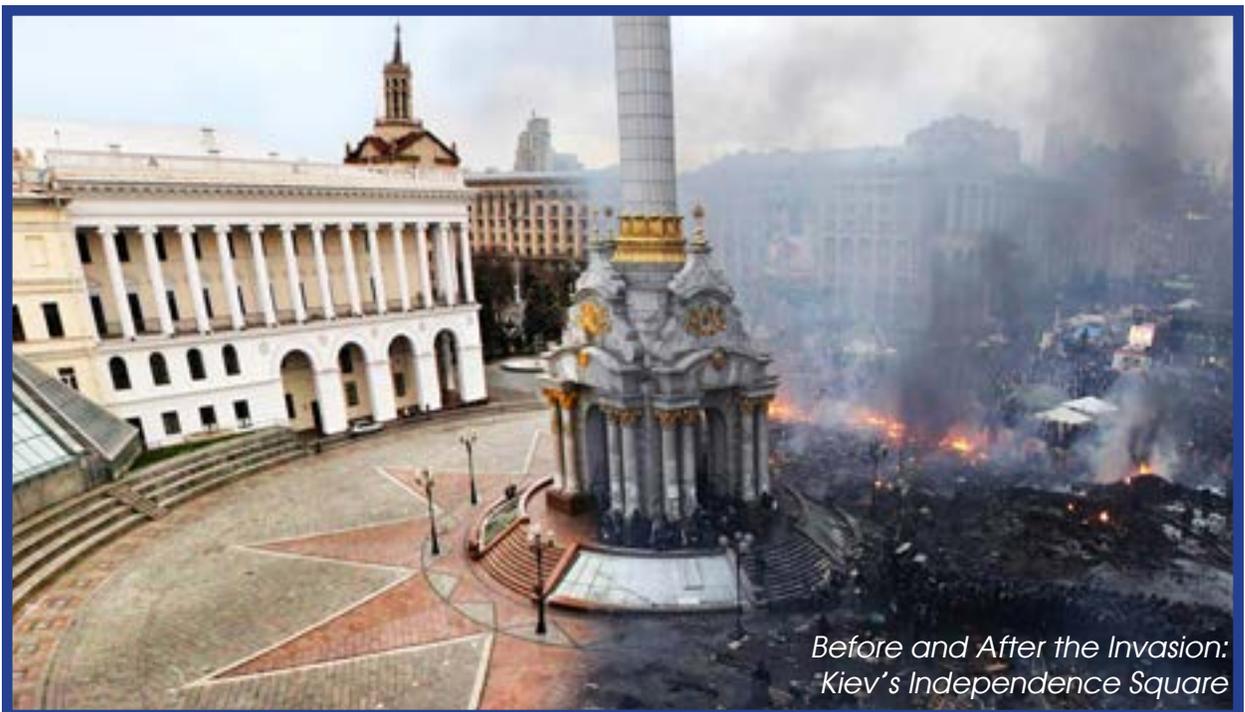
EV Member Bill Richard, who is fluent in Russian, has volunteered countless hours over the past 6 years with organizations that serve the Slavic communities in greater Portland. “The 20,000 people of Ukrainian heritage among Oregon’s Slavic community are in deep trauma and are doing all

they can to help the suffering in their homeland,” he noted.

Bill forwarded the following tips and resources compiled by the Slavic and Eastern European Council (SEEC) and distributed by the Portland-based *Immigrant and Refugee Community Organization (IRCO)*. IRCO has a link for donations of supplies, Amazon wish lists, and money at irco.networkforgood.com. Needed items for refugees include hygiene supplies, diapers, bedding, clothing, and school supplies.

The *Ukrainian Foundation* has collected medications for the army and the general population since 2014. The medications go to hospitals

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*Before and After the Invasion:
Kiev’s Independence Square*

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in Lviv and Kyiv. They need donations, as well volunteers to pack boxes. Donations are tax deductible. (121 SW Morrison St., Suite 1520; Portland, OR 97204). Contact Yuri Boyechko, 503-317-2226.

The *Ukrainian American Cultural Association of OR and WA* (ukrainianbiblechurch.com/help/) works with the Ukrainian Bible Church and the Ukrainian Baptist Church and accepts both physical items and monetary donations. Donations are not tax deductible.

The *Stand With Ukraine* organization collects medications; people can also donate money for specific purposes at (www.standwithUkraine.net; contact@standwithukraine.net).

By Carlotta Richard

HOW WE CAN HELP UKRAINE

I spent 2015 and 2016 in Kyiv working for the U.S. Treasury. I can tell you most Ukrainians are very poor by our standards, and so are unable to do much to help themselves during this time. Without help, many will not be able to find shelter or food that they can afford if they are forced to leave their homes.

Many people have been asking how they can help Ukrainians during this time of siege. I'd like to offer some suggestions.

The first resource is the U.S. Agency for International Development's *Center for International Disaster Information (USAID CIDI)*, a government organization that is focused on effective public donations in support of disaster relief.

The CIDI website (www.cidi.org/disaster-responses/war-in-ukraine/) recommends that you send cash donations to any of several reputable relief groups working on the ground. Their website provides a list of reputable

organizations that can make the most difference and save the most lives.

One such group is the *World Central Kitchen* (wck.org), a highly respected organization that believes that food is a universal human right. In Ukraine alone, they are active in 55+ cities and have 330+ distribution points.

The majority of refugees from Ukraine are currently arriving in Poland, so the WCK team has established 24/7 meal centers at all eight border crossings.

Another organization on the CIDI list is *Medical Teams International* (live-mti-wp.pantheon.io/). They are working with the *Ukrainian American Cultural Association of OR and WA* (UACA) to send medications and teams of doctors and nurses to provide health care to Ukrainian families at refugee centers and border crossings in Moldova.

As helpless as we might feel, every little bit we can send to one of these groups will make a great difference.

By Jan deLeo

CALENDAR FOR APRIL 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, & 29

Coffee Hour

(MV, Z) 9:30–10:30 AM

1

RISE Circle Meeting

(R, MV, IP) 12–1:30 PM

4, 11, 18, & 25

Story Circle Workshop

(R, MV, Z) 10–11:30 AM

Happy Hour (MV, Z) 5–6 PM

5, 19

Tuesday Hiking Group

(R, MV, IP) 9:30–10:30 AM

6, 20

EV Movie Club

(R, MV, Z) 3–4 PM

7, 14, 21, & 28

French Club

(R, MV, IP/Z) 9–10 AM

9

Virtual EV 101

(R, Z) 10–Noon

12

EV Book Groups

(R, MV, IP/Z) 10–Noon

13, 27

EV Mahjongg

(R, MV, IP) 1–3 PM

14

EV Council Meeting

(R, MV, Z) 10–Noon

19

Easy Outings “Lilac Days” Outing

(R, MV, IP) 9:30 AM–2:30 PM

21

Men’s Lunch with Adult Beverages

(R, M, IP) 12–2 PM

24

Knot Just Knitting

(R, MV, IP) 1–3 PM

26

EV Website Tutorial

(R, MV, Z) 11–Noon

28

World Cultures Study Group

(R, M, IP) 1:30–3:30 PM

30

EV Climate Crisis Crew

(R, MV, Z) 12–2 PM