

Eastside Village Voice



GREETINGS FROM THE CHAIR

As the holiday season moves into full swing, I want to send my personal greetings to you and yours. May the friendships our Village has enabled continue to bring you comfort and joy! I know I am blessed to have so many new friends and helpers in my life.

Let me begin with a recap of the recent Governing Council Planning Retreat.

Membership Goal: *Reach 100 memberships in 2018 and ensure that every member feels welcomed and included in all that the Village has to offer.*

Strategies:

- New member interview forms and procedures will be updated to reflect transportation and technology needs.
- A New Member Buddy system will be implemented to assist with periodic check-ins, accompany members to events and activities, and answer questions about village processes.
- Volunteers will be put in place to assist with tracking and administering member renewals.
- Phone calls will be made to all members with upcoming renewal dates to get feedback and to assess ongoing membership needs and interests.
- Set up an Activities/Events group to better represent members' expressed interests.
- Set up an Outreach & Fundraising group to maximize our marketing and recruitment efforts to new members

and volunteers.

- Continue the Sunshine Group check-in system for ill or recuperating members and coordinate meals and visits as needed.

Budget Goal: *Stay within the budget approved at the October Membership Meeting.*

Strategies:

- Focus on membership recruitment to meet the 100 membership goal and remain self-supporting.
- Postpone any decisions on potential budget surplus use.

Volunteer Goal: *Ensure that adequate numbers of volunteers are recruited, trained, and retained so that Village member needs are met.*

Strategies:

- Continue to share training responsibilities with NE Village, updating materials and processes as needed.

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- Recruit a volunteer oversight person to assist in tracking the volunteer recruitment and training processes. (See the note on page 4 for a description.)

Club Express/Technology Goal:
Every member and volunteer who needs training or assistance in fully utilizing our website membership portal will receive training and coaching as needed.

Strategies:

- The Governing Council will be trained at the next Council meeting in December.
- New members will be trained at their New Member Interview.
- Training and assistance is available as a service request.
- Newsletter articles will provide information and how-to's.

Member Changing Life Needs Goal: *Members who have changing physical or cognitive issues will be supported and encouraged to reach out for assistance in finding additional resources.*

Strategies:

- New Member intake forms will be revised to include additional contact information (family, trusted friend, physician, etc.).
- If physical or cognitive issues are noted by volunteers or other members, a Governing Council or office person well-known to the member will approach the member to discuss concerns.
- Emergency contact persons will only be notified of our concerns after discussing the issue with the member.
- Members in need of additional or alternative care will be given resource information.
- Member confidentiality and respect will be maintained in all situations.

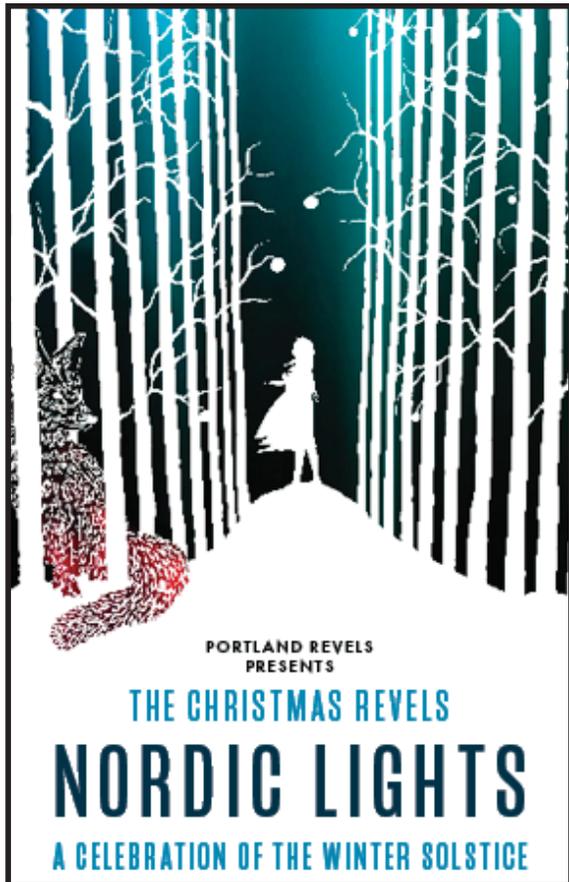
I encourage you to think about our goals and strategies and let us know if you would like to help make them happen.

We will include a Volunteer's Corner section of each newsletter to let you know of upcoming volunteer activities, and each month we'll devote newsletter space to highlight a member or activity, in hopes it will pique your interest.

If you have any skills you'd like to share, we would love to have your input and assistance.

It takes a village...

Gratefully,
 Mary Bedard



The Christmas Revels

Some Village members are attending the annual holiday presentation of the Christmas Revels on Senior Night, Dec. 15th. This year's theme—"Nordic Lights"—is a mythic journey into the Winter Solstice music, dance, and traditions of Finland, Sweden, Norway, Denmark, and Iceland.

If you would like to attend, please contact Natasha Beck, who will purchase tickets for the group. Level B tickets are \$24.75 with the 25% senior discount.

Given the tickets sell out quickly, please let her know of your interest as soon as possible. More information available online at [The Christmas Revels 2017](#)

Notes From Jin

Are you interested in how to use Lyft? If you are an Eastside Village member, have an iPhone, and would like some help getting started we can help.

Please join us for a hands-on tutorial at Cary Hixon's home on Tuesday, December 10th at 10–11 AM. RSVPs are required. You can RSVP on the calendar at eastsidevillage.org or by contacting the office (503-866-0571).



Please welcome our newest EV Drivers, Cathy Griffin and Diana Hsieh. Because more than two-thirds of our service requests are for transportation, we're grateful to have more drivers so that we can serve our members.

Interested in becoming a driver for Eastside Village? Give me a call at the office, and I can walk you through the process.



If you volunteer for Eastside Village, you already know how very important your service is to our members. What you may not realize is that "capturing" those hours in our records is a vital component of our grant applications and requests for support.

We already capture the volunteer hours for service requests, including transportation. We need to be more consistent in recording all of our other volunteer hours (e.g., working in the office, giving talks to groups, planning events, etc.). The process is quite painless!

Begin by going to the Northwest Villages website, villagesnw.org. Under the "NW Villages" tab, click on "Tracking Volunteer Hours," then click on "Eastside Village." Enter your email address at the top, and then enter your hours where appropriate. The categories may not quite fit, so you may have to get creative. Once you've entered everything, click on the yellow "SUBMIT your Volunteer hours" button at the top.

You can do this once a month, or you can do it as you go by simply adding to the totals shown. I'll send a reminder to all volunteers near the end of each month.



Someone is in the office every day for at least 4 hours. If we don't answer the phone, please leave a message and we'll get back to you 503-866-0571. Or you can email us at info@eastsidevillage.org.



~ Jin Darney



Eastside Village members becoming more tech-savvy.

Speakers Bureau

Good news! The Eastside Village Speakers Bureau is up and running. We've got trained speakers, materials to hand out, and a hope that we can find some new members.

We're writing to ask all of you a favor. We're looking for venues where we can give presentations, and we would greatly appreciate it if you would help us out.

If you're a member of a club or church or some other organization that you think would allow us to give a presentation, would you please let us know? The presentation can be as short as five minutes or as long as twenty. If you can serve as our liaison, that would be wonderful.

The organization doesn't have to be for seniors only. Anyone who learns about Eastside Village can spread the word for us. The more people who know about us the better.

If you have an organization to suggest, please call the Eastside Village office or email us at info@eastsidevillage.org

Thank you in advance.

~ Ann Steigerwald

Member Spotlight: Sue Ayers

How did you hear about Eastside Village (EV)?

I heard about Eastside Village over five years ago during a talk about the Village concept at our church in Hillsboro. I also attended a Village outreach event around that time at the new East Portland Community Center; it was sponsored by AARP and other community agencies. Since

then, I've followed your progress and met many Eastside Village leaders.

What interests you about the Village?

As soon as I learned about the Village concept I recognized it as an idea whose time has come! And I climbed aboard to help planning the Village that would serve Hillsboro, Aloha, Cornelius, and Forest Grove: the "Village Without Walls." "This is a movement I really believe in!

What are your interests? What activities and/or groups are you active in?

I've recently retired from my work in leadership with Village Without Walls and also from my work as a community outreach minister with the Unitarian Universalist Church in Hillsboro. I have a lot of interests and community connections, but now that I've moved to be with family in close-in eastside Portland, I'm focused more on reading, gardening, cultural activities, and just having fun with friends.

How long have you lived in Portland?

I've lived in this metro area since 1992, first in Gresham, then outer southeast Portland, Aloha, Hillsboro, and now southeast again, this time off of Division St.

What else would you like EV members to know about you?

My tired old car died in September, about a month before the date I'd planned to give it up anyway. So I'm now carless (but resourceful) and working the TriMet system or calling on friends, family, and strangers (Lyft, Uber) for rides. I get around, one way or another.

I'm very glad to know Eastside Village is a resource I can use in the future when I need more help.



Volunteer Oversight Needed

Eastside Village is looking for some help with tasks focusing on our wonderful volunteers. Tasks involve tracking volunteer services, helping to coordinate recognition events, and assisting with volunteer training every other month. If you are interested in helping out, please contact the office at 503-866-0571 or email info@eastsidevillage.org for more information.

December Library Events in the Eastside Village PDX Neighborhood

To register, call 503-988-5123. All events are free of charge

Belmont Library

1038 SE Cesar E. Chavez Blvd.

Empathy 101

In this workshop, singer, songwriter and a peacemaker Parfait Bassalé will help participants to gain a conceptual understanding of empathy, its underpinnings and the neuroscience that play when one empathizes. Participants will walk away with activities and tools to develop their empathy muscles.

Tuesday, December 5, 6-7:30 PM

Health Insurance Information & Enrollment Assistance

Open enrollment for health insurance is from Nov. 1 to Dec. 15. If you have questions about the application and enrollment process, visit the library to get them answered.

Monday, December 11, 3-5:30 PM

Call 503-988-5841 to register.

(Interpreters are available upon request; please provide 48 hours notice.)

Czech Glass Ornaments for Winter Holidays

Experienced heritage crafts teacher and cultural educator Daniela Sipkova-Mahoney will guide you in crafting and decorating traditional Czech glass ornaments. These dainty and unique decorations are a wonderful gift to yourself or your loved ones during the holiday season.

Tuesday, December 19, 6-7:30 PM

Holgate Library

7905 SE Holgate Blvd.

Health Insurance Information & Enrollment Assistance

Open enrollment for health insurance is from Nov. 1 to Dec. 15. If you have questions about the application and

enrollment process, visit the library to get them answered.

Friday, December 1, 10 AM-2 PM

Friday, December 8, 10 AM-2 PM

Saturday, December 9, 1:30-5:30 PM

Call 503.988.5841 to register. (Interpreters are available upon request; please provide 48 hours notice.)

Czech Glass Ornaments for Winter Holidays

Experienced heritage crafts teacher and cultural educator Daniela Sipkova-Mahoney will guide you in crafting and decorating traditional Czech glass ornaments. These dainty and unique decorations are a wonderful gift to yourself or your loved ones during the holiday season.

Monday, December 11, 6-7:30 PM

Midland Library

805 SE 122nd Ave

Health Insurance Information & Enrollment Assistance

Open enrollment for health insurance is from Nov. 1 to Dec. 15. If you have questions about the application and enrollment process, visit the library to get them answered.

Friday, December 1, 10 AM-6 PM

Friday, December 8, 1-6 PM

Thursday, December 14, 12-5 PM

Call 503.988.5841 to register.

(Interpreters are available upon request; please provide 48 hours notice.)

Oregon Military History

Alisha Hamel and Warren Aney present an informative discussion on Oregon's military heritage. The authors draw on their service with the Oregon Army National Guard, including years

spent as organizational historians to gather images culled from the Oregon Historical Society, the Oregon Military Museum, county historical societies, regional and national collections, and their personal collections illustrating distinctive stories from the past that shape our modern communities.

Saturday, December 9, 10:30-11:30 AM (first come, first served)

Sellwood-Moreland Library

7860 SE 13th Ave.

Making the Most of Social Security

Social Security is key to the retirement plans of most Americans. Learn about recent changes, future prospects and strategies that could help you build a more comfortable retirement.

Saturday, December 2, 2-3 PM

Using Craigslist

Ready to sell that old table? Looking to buy a used car? Maybe you're looking for a new apartment? Craigslist is like online classified ads. Come to this class to learn how to post an item to sell and search for a job or a rental home, plus tips for staying safe when using Craigslist. You don't need to be a computer expert to take this class, but you must be able to use a mouse and a keyboard and be comfortable navigating the internet.

Woodstock Library

6008 SE 49th Ave.

Quilling for the Holidays

Create a beautiful, three-dimensional piece of art with mere paper strips. We'll practice making quilled snowflakes and gorgeous cards to bring some holiday joy to your friends and

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New Gal in the Neighborhood

One of Eastside Village’s favorite volunteers recently welcomed a new member to her family. Elizabeth Andrzejewski’s daughter Blake was born on November 10th at 3:54 AM, weighing in at 4 lbs, 15 oz.

Mom reports that “she’s perfect, healthy, and flourishing.” She’s doing well, too, and sends her best to everyone.



November Work Party “Leaves” Its Mark

Craig Johnson, Patricia Tollefson, and Diana Hsieh recently spent a morning raking leaves at Carol Ellis’ house..



The *Eastside Village Voice* is published monthly by **Eastside Village PDX**.

EVPDX is a program of **Villages NW**, a 501c3 nonprofit, which serves as the Hub for a network of community-based Spoke Villages in development across the Portland Metro-area.

www.eastsidevillage.org | 503-866-0571 | info@eastsidevillage.org

Mary Bedard, Governing Council Chair | Peg Farrell, Newsletter Editor

AARP Conference: “Vital Aging PDX”

It is said that the best way to predict the future is to create it! What are YOU doing to ensure your life is filled with vitality, vigor, and vision?

Join us on Saturday, December 2nd. Enjoy a day of connecting, learning, and exploring issues that matter to you with great speakers to inspire your creativity, refresh your spirit, and empower you to live your best life!

What: Vital Aging PDX

When: Saturday, December 2nd 8:30 am—Noon

Doors open at 8:00 for check in, coffee, and continental breakfast

Where: Crowne Plaza Portland, Downtown Convention Center, 1441 NE 2nd Avenue

Register: aarp.cvent.com/vitalagingpdx2017

Admission: Please bring two cans of food or other non-perishable items for donations! Help us fight hunger in Oregon.

A Word About the Calendar

Events associated with EastsideVillage can be viewed on the calendar on our website, eastsidevillage.org. Those activities that are open to the public can be viewed by anyone. However, there often are events that are “members-only” gatherings; these will not be visible until you have logged in as a member. Logging in doesn’t just make these events visible to you: it also allows you to RSVP online and see who else has registered for an event. If you don’t know your user ID and password, please contact the office.

You can also ask for a hands-on tutorial of the website. A volunteer will come to your house, help you log on using your computer/tablet, and show you around the website.

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family. Quilling is the age-old art of paper curling, invented in the 16th century by French and Italian monks as a way to embellish book covers.

Saturday, December 9, 2-4 PM

Can You Hear Me Now?

During our All-Member Meeting in October, our new Chair, Mary Bedard, spoke about the need to create work groups that will help us improve and grow our little Village. I thought about volunteering to help, but time got away from me and I lost momentum. Then in November, I hosted our Village Book Group.

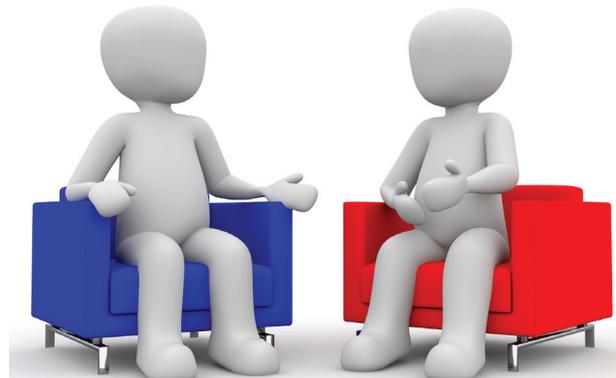
After a vigorous discussion about that month’s book, the group’s conversation organically shifted to how we organize and communicate, both Village-to-member, but also member-to-member.

Several of the Book Group’s attendees offered to jump in and help resolve some of our communication challenges. I’ve decided to jump in front of the parade (or maybe train?) and convene the group that I have tentatively titled “Membership.”

During the next month or two, you can expect a phone call from Shirley, Linda, Ellen, Vincenza, Judy, or Claire: members who have graciously offered to volunteer some time toward helping us resolve some of our glitches.

I am so appreciative of the members who stepped up and are committed to nurturing our little community.

~ Cary Hixon



December Village Events

Listings with asterisks (*) are for EV Members only, while those with hashtags (#) require registration.

1
9:30 AM
Coffee Gathering
Tabor Space
(5441 SE Belmont St)

2

3	4	5 2:30 – 5 PM Volunteer Training (Northeast Village office, 5012 NE 42nd Ave)	6 10 AM – Noon Presentation: Elder Abuse (First Baptist Church 909 SW 11th Ave)	7	8	9
10	11	12 10 – 11 AM Technology Tuesday: iPhones & Lyft * # (Cary Hixon's home)	13 9 – 11 AM Breakfast at Toast (5222 SE 52nd Ave)	14	15 9:30 AM Coffee Gathering Tabor Space (5441 SE Belmont St)	16 10 AM – Noon Tour of Nakada Nature Park * # Cancelled: Eastside Village Info Session
17	18	19	20 5:15 – 8 PM Dinner at Trifecta * # (Trifecta Tavern, 726 SE 7th Ave)	21	22	23
24	25 1 10 AM – Noon New Year's Day Potluck Brunch * # (Vincenza Scarpaci & Peter Rodda's home)	26 NO Coffee with NE Village this month.	27	28	29	30

