



Village Life

HDV Member Profile - Gwen and John Hussong

Gwen and John moved to Bend in January 2015 from Carson City, Nevada. They had Bend in their sights after their daughter moved here in 2005 but when she had a child, the Hussongs sold a just-built home and happily headed north. They bought a home in River Rim and jumped into their grand-parenting roles and welcomed all the fun of Central Oregon living.



Both hail originally from Southern California: Gwen from Long Beach and John from Huntington Beach. John served in the U.S. Air Force in Vietnam in 1967-68. He was a firefighter with The City of Orange (CA) Fire Department for ten years before he and Gwen moved to Nevada in 1981. There John served with the Truckee Meadows and Reno (NV) Fire Departments. He retired from his 34-year career as a captain. Gwen ultimately retired from her position as office/payroll manager with a screen printing company that produced athletic wear for a variety of youth and college teams.

While John is an avid cyclist, both he and Gwen enjoy spending time with their two grandsons in Bend and their kayaking outings. They look forward to their new pup Ernie perfecting his kayak navigation skills when the weather warms this spring. Gwen donates time to the Humane Society Thrift Store and, for the past six years, to the Assistance League of Bend, her specialty being sewing hats for chemo patients.

The Hussongs joined HDV last April, just as the COVID pandemic hit. "We liked the idea of being able to help others but also because HDV offers another great opportunity to meet people," Gwen shared. As conditions become safer for everyone, John hopes to help other members through Handyman and Driver teams assignments, while Gwen is eager to lend a hand on the Helping Hands and Driver teams.

Deb Goodall



It's almost time to observe hummingbirds in Central Oregon, so mix up some nectar (1 part sugar: 4 parts water) and fill those feeders. Here are the hummingbird species you may see in our area.

The **Rufous Hummingbird** is by far the most common hummingbird species in Central Oregon. As the name suggests these birds have

a rusty coloration. Adult males have a rusty red head, back, and belly with a red throat. Females have a green head and back, with rusty red flanks and red at the base of the tail. Females have a small reddish spot on the throat, much smaller than the males. Rufous Hummingbirds begin returning to Central Oregon in April. They will nest, then feed very heavily prior to migrating south again in the fall.

The **Anna's Hummingbird** is much less common here than the Rufous. Anna's hummingbirds are larger than and lack the rusty coloration of the Rufous. Male Anna's have brilliant red feathers on the top of the head as well as the throat. The females have a green back and whitish breast and belly, and lack the reddish flanks and tail of the female Rufous.

Click the link below to watch a beautiful video and learn more about hummingbirds.

www.youtube.com/embed/FPRswRWZ23Q



The Music Corner

Many of us were coming of age when the Beatles led the British invasion of the American pop music scene. Little did we realize then how talented they were as songwriters and composers. Their music has stood the test of time. This performance of *In My Life* by Norwegian singer **Sissel Kyrkjebø** beautifully makes that point. Click on the link below and enjoy.

https://www.youtube.com/watch?v=Mxk_-zPHGv8

COVID Vaccinations – HDV Mission Accomplished

We all can look back on our lives and remember times that stand out. One of those times for me will always be the six weeks that started January 16, 2021. That is when we formed a HDV team and started the quest for COVID vaccination appointments for all of our members. We completed that quest on February 28. It helped that we were recognized by St Charles as a population aggregate.

In addition Tollgate Village and the Sisters Fire Department reached out to collaborate with us. We also worked through two of our members with the Cascade Horizon Band and the Bend Pops Orchestra. Word spread, and nonmember Central Oregonians started reaching out to us. We were able to facilitate appointments for at least 25 of them in the Bend and Sisters communities.

We had a core team of three members: myself, Jan Hildreth and Jim Powell. And I will team up again with those two anytime, anywhere! But what delights me most is that many more of our members pitched in by sharing significant and timely tips, registering other members, seeing that they got to their appointments, writing thank you notes, and educating and supporting one another. A quote from the HDV Archives says it best, "This is the organization you wished you had when you first started to worry about your parents being alone."

Pam DiDente, HDV Board President

To Your Health

What is Crohn's? My story.

Crohn's is one of more than 80 autoimmune diseases, commonly called an inflammatory bowel disease. Autoimmune diseases are caused by a confused immune system. Immune cells attack normal cells instead of just foreign bacteria or viruses.

In Crohn's, the walls of the GI tract are attacked anywhere from the esophagus to the anus, causing inflammation, and ultimately scarring. In my case, it has been attacking my small intestine for over 20 yrs. The small intestine is about 20 ft long and connects to the colon which is 5-6 ft long. The first part is the duodenum (1 ft) and connects to the stomach. Food begins digestion in the mouth with chewing and saliva, the stomach and duodenum continue this process. The resulting nutrients are absorbed in the next sections, the jejunum (7 ft) and the ileum (12 ft), where there are specialized areas for absorbing iron, calcium, B-12, etc. If these areas are damaged by inflammation, one can become deficient.

Additional issues can occur including stricturing, which I have. Chronic inflammation causes sections of the intestine to scar and form strictures, string-like sections, then food backs up and creates dilated sections, like inflated balloons. The result is pain, significant fatigue and many other symptoms.

Crohn's is treated with medications that reduce the inflammation by suppressing the immune system. If medications don't work, surgery is needed to remove sections of diseased intestines and to open the strictures. The goal of surgery is to leave enough intestine to avoid malnutrition. For more information:

<https://www.crohnscolitisfoundation.org/what-is-crohns-disease/causes>

Jan Hildreth, Health Advocacy Team Leader

Postscript: Jan will be undergoing the surgery she described later this month at OHSU. She will be in our thoughts and we wish her a speedy recovery.

A Well-Deserved Thank You

A High Desert Village collective thank you is in order for Dick Maunder for his service as the lead of the Com/Tech team and HDV board member. A retired physician, Dick recently underwent an emergency appendectomy putting the doctor in the role of patient. His focus now is recovery from the medical ordeal so he is stepping down from the Com/Tech team and the board. In those roles he moved HDV into the digital age through his expertise and a more than generous donation of time. All of us who were guided by his self-assured, friendly assistance are forever grateful for his help. Dick will remain an HDV member, and has agreed to provide a helpful nudge as needed. Thank you for all you have done Dick, we wish you a complete recovery and look forward to shaking your hand sometime soon.

Gene Storm, Village Life Editor

Just for a Laugh - *I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.*

HDV board meeting - Tuesday, March 16, 4 p.m.