



# Village Life

## HDV Member Profile - Micaela Hayden

Even in retirement Micaela continues to make the most of her two lifelong passions: nursing and romping about in the great outdoors – either on skis or in hiking boots. Selecting Bend as home base in 1980 has proven to be the perfect town for her to pursue both.

After earning her nursing degree at COCC, Micaela served at St. Charles for 36 years – 27 as an orthopedic/neurology and medical/surgery nurse and another nine in pre-surgery. While she retired from hospital work a year and a half ago, she continues to put her skills to work as a clinical nurse at Volunteers in Medicine (VIM). As someone who likes to be engaged in purposeful work, she knew she had to plan how to structure her retirement. It didn't take long for her to decide everything she was looking for was at VIM, which provides a coordinated system of healthcare for patients with family incomes 250% below the federal poverty line.



"We serve patients who don't qualify for Oregon Health Plan coverage and cannot afford private insurance. Nearly 99% of our patient population now are Spanish speakers," Micaela explains. While there are interpreters to assist in physician conversations, the nurses and office staff are frequently on their own. Hence, to serve patients better still, she is studying Spanish, engaging in conversation groups and whenever possible, traveling to Mexico.

Micaela grew up in San Francisco. Falling in love with skiing as a teenager sparked the desire to live and work in ski areas. After outdoors-related jobs in Utah, Montana and at Oregon's own Timberline, she went on the hunt for a place she could go to school, ski and hike and be close to her parents still living in the Bay area. Bend ticked all the boxes.

She and husband Greg Lyons recently returned from California, where they enjoyed one of their annual hiking and backpacking trips in the John Muir Wilderness of the Sierra Nevada Mountains. While COVID put a damper on recent travel, Micaela cherishes memories of trips to France, Spain and especially to Italy, where perfectly anchored by Greg's teaching stints there, they enjoyed hiking the Dolomites and exploring other gems throughout northern Italy.

To stay in shape for their outdoor adventures, Micaela and Greg enjoy practicing yoga and long walks with their dog Bella.

¡Namaste y gracias, Micaela, nuestra enfermera aventurera!

Deb Goodall

## Just for a Laugh

- "The older we get, the fewer things seem worth waiting in line for."-- Will Rogers
- "The older I get, the more clearly I remember things that never happened."-- Mark Twain
- "I'm at that age where my back goes out more than I do." - Phyllis Diller
- "Don't let aging get you down. It's too hard to get back up." - John Wagner
- "Old people shouldn't eat health foods. They need all the preservatives they can get. -Robert Orben
- "The older I get, the better I used to be." -- Lee Trevino
- "I don't feel old. I don't feel anything until noon. Then it's time for my nap." - Bob Hope
- "By the time you're 90 years old you've learned everything. You only have to remember it." - George Burns
- "You know you are getting old when everything either dries up or leaks." - Joel Plaskett
- "The idea is to die young as late as possible." - Ashley Montagu
- "Time may be a great healer, but it's a lousy beautician." - Anonymous

## Music Corner



Singer Nicole Scherzinger immerses herself in the role of Eva Perón in performing *Don't Cry for Me Argentina* from the musical *Evita* produced by Tim Rice and Andrew Lloyd Weber. It is a stellar performance to enjoy.

<https://www.youtube.com/watch?v=ivOrKizry94>

## From the President's Desk . . .

### Other Villages, How We Compare

Recently I had a wonderful visit with Lyn Trainer, who is the Managing Director of Villages NW, which consists of a hub village and seven other villages in the Portland/Vancouver area. It was a fun, enlightening and affirming exchange.

Lyn was impressed that we function within our budget, that our dues are low compared to other villages and we don't have fundraising needs which is unusual. My visit with Lynn supported my belief in the quality of our board who consistently participate by wrangling with issues as they arise and to ensure we follow our vision by meeting members' needs. Our board, along with HDV members commitment to help each other, are the keys to our functioning as a vibrant village.

Finally, if you are not sure which team (s) you are on, want to change or add to your volunteer service commitment, please contact me, comerdente@me.com or Barbara Caggiano, bcagg19@gmail.com. We want to be a supportive, vibrant community of people reaching out and helping one another. If the service that you volunteered for no longer resonates with you, call us, we can help provide information about the different teams.

Happy Summer!

Pam DiDente

## To Your Health

### Enjoy Summer, but Stay Safe

Summer is finally here!! It's been a long, wet and cold spring. Most of us are ready to be outdoors, working in the garden, hiking, picnicking, and enjoying visitors. Water opportunities are fun too. Let's stay healthy and enjoy summer!

Sun and heat related illness can be serious. Central Oregon sun is strong and intense. Avoid getting sunburned and dehydrated by planning activities before 10 and after 2 to avoid the hottest part of the day; use a broad spectrum sunscreen with SPF of 30+. Apply 15 to 30 minutes before going out. Spray sunscreen works if you rub it into your skin, or scalp (great for hair challenged folks). Remember to reapply every 2 hours.

Wear a hat, protective clothing, and sunglasses. Check to see if any medication you are taking may make your skin more sensitive.

Drink water all day long! As we age our sense of thirst diminishes. Drink often and throughout the day. If you are outdoors and feel dizzy, light headed and/or have a dry mouth you probably are dehydrated. Get indoors, drink water in small amounts for the next several hours. If you feel nauseous and tired you probably have heat exhaustion.

You can cool the body in a cool shower or bath and rest. Keep drinking water in small amounts for the next day or two. It may take several hours or perhaps overnight to overcome this condition. If alone, contact someone for support.

Other health conditions during the summer include water accidents, insect bites, or poison oak (if on the Westside of Mts.), and food poisoning. When boating wear a life jacket. When picnicking have foods in a cooler. Cover up when hiking or walking in the woods or high grasses. Check your body when you return for ticks and other skin conditions.

Enjoy the summer by taking care of yourself ... and remember to Have Fun!

Wendy Howard

### Get Ready for HDV's Summertime Picnic!

The picnic is scheduled for 4:15-6:15 pm August 16<sup>th</sup> at Mountain High's Gazebo (just inside the Knott Road entrance). Please RSVP on HDV's calendar no later than August 6<sup>th</sup> so we know how much food, and beverages to purchase. Please indicate whether you are gluten-free, dairy-free or vegetarian in your RSVP. The Good Time's Team is very excited to host this outdoor event. We want everyone to feel comfortable; so, feel free to wear a mask if wish to do so. More details about this event are available on HDV's calendar. We look to seeing all your smiling faces there!

### Village Talk

HDV members can participate in online discussion/sharing forums on our website. Once you log into the website there will be a menu for "Members" at the top. A drop-down menu will appear when clicking Members and look for and choose "Village Talk". Feel free to explore the interest groups, join a group or suggest a new interest group you would like to see created.

High Desert Village Board Meeting  
Tuesday, July 19, 2022, 4 p.m.  
Via Zoom