



Village Life

The challenge for our society is to find new ways to enable our seniors to remain in their own homes and help them maintain a life with dignity, independence, and self-respect. High Desert Village is an innovative approach, dedicated to making this a realistic and cost-effective option. **Village Life** is a place to share stories and resources on making it happen.

High Desert Village Annual Picnic

was Tuesday, August 21, 5:00pm at the Mountain High gazebo



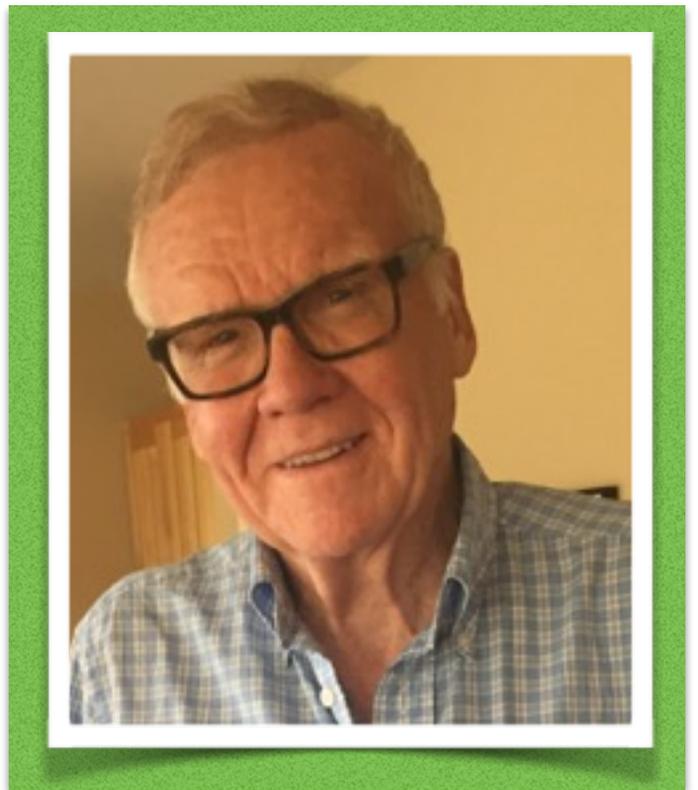
2018



Meet Tom Comerford

Tom Comerford and wife Pam DiDente live in a beautiful older home high on a cliff above the Deschutes River. The sound of the rapids in that part of the river is soothing and refreshing, especially on a hot summer day.

Tom grew up with his two brothers in the Los Angeles area. Attendance in parochial schools under the watchful eyes of the nuns and Jesuit priests instilled in him an appreciation for good education.



Following high school he attended UCLA and majored first in physics. However he changed his major and graduated in 1969 with a degree in math. Then, since he had also satisfied the premed requirements, it was off to UC Irvine School of Medicine, where he met Pam, who was a nurse. In subsequent years, they lost track of each other as each pursued their respective careers.

Though Tom was drawn to radiation oncology early on, he also did training in Internal Medicine and worked in emergency room care. But he continued to be most interested in radiation oncology, particularly the pace of the work. He was also intrigued with the basis of this specialty—"half curable/half palliative." Being able to cure cancer patients of disease was so rewarding. But when that was not possible, he was able to alleviate much of the pain. He was often struck by the almost immediate relief he was able to provide.

Tom and Pam finally reconnected after 10 years, and got married in 1982. Their first major decision was where to live. He was a product of sunny Southern California, and she of the Pacific Northwest. Bend seemed like the perfect accommodation between the two. So shortly after marrying, he interviewed at St. Charles, and was hired to start the new department of Radiation Oncology. For 12 years he ran this department as its solo physician. Ultimately, and for the remaining 18 years of his work there, he was assisted by two additional Radiation Oncologists.

Tom eventually retired in 2012, and loved it immediately! His days are full with personal pursuits in addition to volunteerism. We know him from his work in High Desert Village, but he does so much more. He is a math tutor at COCC and does medical mentoring at St. Charles. He is also involved with "Jesuit Volunteers Northwest" for which he advises recent college graduates who are looking for places to advance social justice before beginning actual careers.

Continued on page 3...

Meet Tom Comerford...Continued from page 2

Tom is also dedicated to the notion of lifelong learning. He is an avid reader, normally spending time each morning familiarizing himself with the latest medical breakthroughs. He is particularly interested in geology and philosophy, and continues to read in Greek, a language he mastered in high school. In fact, he has read Homer's "Odyssey" twice and most of "The Iliad," all in their original Greek! He started playing the guitar a few years ago after receiving a gift of guitar lessons from his son for Father's Day. He has even agreed to play it as background music at the HDV picnic in August.

Tom has two grown children. Bennett is currently studying for his doctorate in theology at Harvard. Bennett and wife Emily have a daughter, Juniper, who is 1 1/2 years old. Tom's daughter Emily appears to have her parents' genes, as she is currently a trauma nurse in Seattle, finishing training to be a nurse practitioner.

After a busy and fulfilling career in medicine, Tom has truly taken to retirement now with his usual life's gusto. Having lost their dog Willow 6 months ago, the decision for a new "forever friend" may be on the horizon. But whatever the future brings, life is good, and getting better all the time!

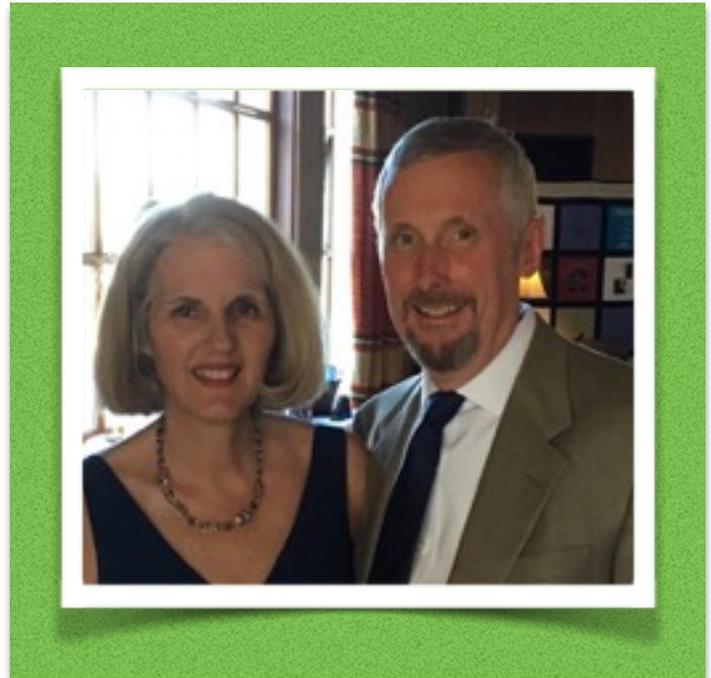


If you have called dispatch for a **SERVICE REQUEST** and have **NOT** heard back from a service team member to fulfill that request **WITHIN 24** hours of original request, **PLEASE** call dispatch again to let them know!!! This has only happened a few times, but we don't want anyone left in the lurch!!

NEW MEMBERS BIO....

Richard and Karen Maunder

New Villagers Richard and Karen Maunder lived in Seattle and Portland before finding their way to the High Desert in 2009. Richard spent 25 years as a pulmonary physician, transitioning to hospice and palliative medicine in 2005, and he retired from St. Charles earlier this year. Karen was an elementary school teacher, and in recent years her passion has been creating art – watercolor, knitting, and acrylics. Both have an interest in reading, spending time in nature, and creating healthy meals. They have adapted easily to their life in Central Oregon and liken it to being on a “continuous vacation”.



SNICKETS by Midge...*submitted by Midge Michael*

A FEW LAWS

God gave you toes as a device for finding furniture in the dark.

If the shoe fits, get another one just like it.

Nothing is foolproof to a sufficiently talented fool.

Change is inevitable, except from a vending machine.

PRESIDENT'S CORNER

As I write this president's letter I am thinking about HDV and community. This is a dynamic and exciting time for us as a village. High Desert Village has arrived at a sweet spot. Our updated infrastructure is settling into place and we can now fine tune and focus on building community and providing seamless services to each other.



Successful villages are those where members feel well represented and are invested in that village. That village investment or "community" happens with familiarity and relationship and seamless lines of communication. I encourage you all to jump on board and get involved. Come to the annual events, coffees and brew pubs. Get to know your fellow villagers. Whenever you go out to volunteer for another village member you make a relationship, and another link within the 68 of us is formed.

Another way to build community is to get involved on an organizational level and help insure that organizationally we are accountable, sound and seamless. This could be your volunteer work for the village. Think of High Desert Village as having an organizational side and a service side. Anything you do for High Desert village is volunteering. If you have any interest in being involved on the organizational side, please call me at 541 390-8980 or call or email Ed Green at 541 598-5666 or Ed@EdGreenRealtor.com. Also, if you want to change teams or be added to another team please, notify one of us.

The picnic was very fun and well attended. Thank you to everyone who made it happen. It was a fine tuned group effort. A special thank you to Alice Johnson who could probably organize this picnic in her sleep!

To me we are now mainly about relationships and building relationships in order to build a strong seamless village community into the future. Let's get to it!

Thank you,

Pam DiDente
President
High Desert Village
541 390-8980

FALL HIKES TO BEGIN SEPTEMBER 13th



Jerry Kerr is inviting you to hike on Thursdays this fall. The hikes will be 4-6 miles round trip, and have up to 400ft of elevation gain.

Let's meet at 9AM at the North River Trail parking lot on the corner of NW Golf Course Drive and Mt. Washington Drive.

On September 13th we'll walk the North River Trail out to Putnam on the north side of Awbrey Butte and return. It's 6 miles round trip and 100+feet of elevation gain. After the hike we can discuss future destinations.

What to bring:

Day pack with at least 1 liter of water.

Snacks if you want them.

Sun hat and sunscreen.

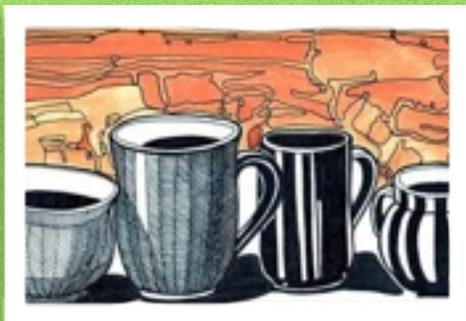
Rain jacket and good tread hiking boots.

Hiking poles make it easier on your knees going up and down.

If you're interested in participating please contact Jerry by e-mail at ajkerr@bendbroadband.com.

"Motion is Lotion," Jerry Kerr

ANNOUNCEMENT!



JACKSON CORNER EAST

1500 NE Cushing Ste 100, Bend, 97701

Wednesday, SEPTEMBER 26, 10am

RSVP to Ann Kerr 541-389-4365 or

ajkerr@bendbroadband.com

or RSVP through the HDV website at

<https://highdesertvillage.helpfulvillage.com/events/21-hdv-coffee>



TRAVEL IDEA

"We don't stop playing because we grow old, we grow old because we stop playing."
George Bernard Shaw

One of my favorite ways to "play" is to travel! That being said, I recently stumbled upon a reference to the Freebird Club, advertised as a "Social & Travel Club for Over 50s." Sounded intriguing, so with the aid of Google, I found out more.

In some ways this organization is similar to Airbnb, in that it offers home space for rent to travelers. However, the Freebird Club is for "mature" adults, with emphasis on companionship between hosts and guests.

Rental space, occasionally an entire home, but more often a portion of a home, is offered complete with breakfast. But with the emphasis on companionship, additional meals may be provided and/or the host might offer suggestions for sightseeing and even accompany guests as a kind of tour guide. The per night rate is determined by the host, and can actually provide him or her some income. Safety is considered a high priority. All Freebird Club members are checked and verified before any booking can take place. To join there is a one-time fee of \$31.

The goal of this travel club is to reduce cost, maximize comfort, and provide good companionship among its devotees. It got its start in Ireland, and has many rental opportunities in Europe as well as in the United States.

For more information, you can call toll-free at 1-855-789-7500, or go online to hello@thefreebirdclub.com. And as Rick Steves always says, "Keep on travelin'!"

Submitted by Linda Melton

MEMBER SERVICES

Helping Hands

- Meal preparation / shopping when ill, injured or recovering from a surgery
- Home check / water plants, mail
- Temporary simple housekeeping
- Companionship: sit, walk, read, visit
- Interim lawn and garden support
- Phone check on members during inclement weather

Drivers

- Local Errands
- Transportation to medical and other appointments
- Transportation to airport and HDV events

Handyman Team

- Changing lightbulbs and smoke alarm batteries
- Simple house repairs
- Light handyman assistance

Health Advocacy

- Medical note taking and support
- Pick up equipment and medications
- Health System navigation
- End of Life support
- Hospitalization follow-up

Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

Above are examples (but not all possibilities) of some services available/requested!

The following services were provided to our members by our members in the past two months...

Transportation (4 Doctor's visits)... 13

Handyman 3

Helping Hands.....12

Techie 2

Call 24/7/364..... 541-419-9912

High Desert Village Newsletter is published for the members by the members.
Please share your areas of interests with your fellow members.
Submit photos and articles
to Linda Melton (editor) or Nora Miller (publisher)
for newsletter consideration!

Linda Melton lmfannypack@bendbroadband.com

Nora Miller nkolberg@gmail.com

Village Life is a monthly publication of High Desert Village, a non-profit organization where friends help friends stay in their homes longer.

Interested in becoming a Villager?

Call us at 541-419-9912.

Check out our web site at <https://highdesertvillage.helpfulvillage.com>

Email us at desertvillage@gmail.com

Send this to a friend

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TO: