



Village Life

HDV Member Profile - Margy Lim

Margy Lim has a million stories about her adventures in exotic locales in the early 70s. Fresh from college and looking for adventure, she hired on as a Pan Am flight attendant.

"I felt like a citizen of the world," she says. "Because I was able to observe reality in places like Viet Nam, Moscow and Paris." In Beirut the crew was met by armed soldiers during a time of unrest in that country.



In her off days, she went on her own adventures hiking in Nepal and climbing Mt. Kilimanjaro.

After seven years of circling the globe, Margy decided to stay put for a time and began a second career as a court reporter, recording life term parole hearings at major prisons such as Folsom and San Quentin.

"Then I was exposed to stories of lives very unlike mine," she recalls. Many of the prisoners suffered epilepsy from head injuries and had experienced trauma prior to running afoul of the law. She yearned to do something in prevention. That led to a return

to college and a new career in family therapy.

"For 24 years I worked in a small clinic at Stanford University where the clientele was a wide range of faculty and staff of various nations and experiences," she says.

After moving to Bend four years ago with her spouse, Art, Margy has put her background to work facilitating a Diversity, Equity and Inclusion discussion group for the local chapter of the League of Women Voters. She also participated in the local Coming to the Table group, which formed around racial justice issues.

She is a volunteer facilitator with the Restorative Justice and Equity program at Caldera High School, facilitating workshops called "Interrupting Racism and Hate."

Margy's not all serious, however, she's a passionate pickle ball player, hiker and snow shoe fan. And in addition to practicing French she is taking time to learn to play the piano, which she says helped during the long, quiet days of the pandemic. Some of her lessons were even on Face Time, a tool her teacher used to observe her fingering via an iPhone. Her favorite composers are Bach and Scarlatti.

The Lims chose a Westside home in Bend to be close to their daughter and family. Their 5-year-old grandson is just a few houses away.

Joette Storm, Associate Editor

Mark Your Calendars

Pub Night

Thursday, March 30th - 4 p.m. to 6 p.m.
Bend Currents at The Riverhouse on the Deschutes
3075 N Business 97

HDV Annual Meeting

Tuesday, May 16th Worthy Brewing Co.
Watch for more details in the April newsletter.

Those interested in living in Barcelona for 12 weeks should consider the COCC Study Abroad program. The program partner Barcelona Study Abroad Experience offers museum visits, field trips, cultural enrichment and multiple opportunities for Spanish immersion. **Dates: Sept.21-Dec.16.** Application deadline is in May. The base cost is \$9,915. Oregon Seniors (65+) who apply for a tuition waiver may select to "audit" (no credit) the program. Go to the COCC website for more information.

<https://www.cocc.edu/programs/special-curriculum/study-abroad/barcelona/default.aspx>

Music Corner

Young performing artists have adapted to the technology of the day. They find their niche on the various on line platforms to entertain us. One of those artists is the singer Malinda who performs her version of the hauntingly beautiful, classic Irish ballad Danny Boy. Enjoy!



<https://www.youtube.com/watch?v=8PDfIpNQrPw>

From the President's Desk . . .

Recently I visited with a friend who has a lot of nonprofit experience. He said that two important dynamics that help an organization sustain itself are strong succession in leadership and staying focused on the mission. I was happy to hear that because that is what we have done in HDV.

After many organizational team discussions and a concerted effort, we have our final slate for the new HDV board and will conduct the vote next week at the board meeting. We are all so fortunate to have this stellar group of member candidates. They will oversee our village starting June 1. And our focus continues to remain a simple, member driven village where members volunteer to help one another other.

Now until June 1 the fine tuning comes in. The next two goals are to finalize team leaders for all teams and, now that we are moving away from COVID, to encourage members to request services from one another. The three methods for requesting services are outlined on our webpage under "members".

A recent New York Times article made the following observations about asking for help from others.

"Asking for help can be hard, but new research suggests we underestimate how willing people are to lend a hand. Across all of the experiments, those asking for help consistently underestimated how willing friends and strangers were to assist, as well as how good the helpers felt afterward."

As we move back into an active post COVID member to member village, we are ready for an approach that says, "If you see something a member needs or if you need something, make it happen".

Pam DiDente, Board President

In the Spotlight – Health Advocacy Service Team

If we experience any kind of health challenge, we can feel especially vulnerable. In that instance, the Health Advocacy team is a wonderful resource. Team members have a broad array of medical, health care and counseling experience.

Among the services available are:

- limited medical equipment available upon request;
- health system navigation support, e.g., suggestions for community medical providers;
- note taking for doctor visits, hospital and post-hospital check-ins;
- health check-ins in general.

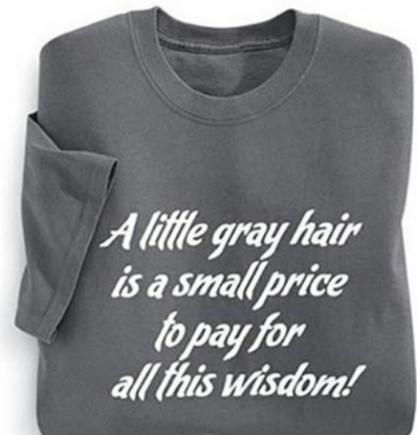
You can receive services by calling the HDV dispatcher: 541-419-9912; or via a service request on line. Log into the HDV website: <https://www.highdesertvillage.com/> Click on the heading "Members" and the first option to choose is: "New Service Request". Choose this, then click "Type of Service" and choose Health – Health Advocacy. There will also be a box titled "Purpose" where you can enter "I request a call". Someone from the Health Advocacy team will call you to learn what is needed. You can also call or email a Health Advocacy member privately. Confidentiality is assured.

All of us joined HDV because we want to help each other. Each member will be treated with respect and dignity. Unless the Health Advocacy team is notified it is impossible to provide assistance to a member. Thus members or even friends of members, with their permission, are invited to notify the Health Advocacy team when a member has a health challenge so the team can assist as needed. We are here to help!

One last tip. Check out the HDV website "Health News" section. There is an easy-to-use CDC link to an algorithm for determining what to do if exposed to COVID.

Jane Clemens, Health Advocacy Team

A T-shirt for Our Time



High Desert Village Board Meeting
Tuesday, March 21- 3:30 p.m.
Via Zoom