



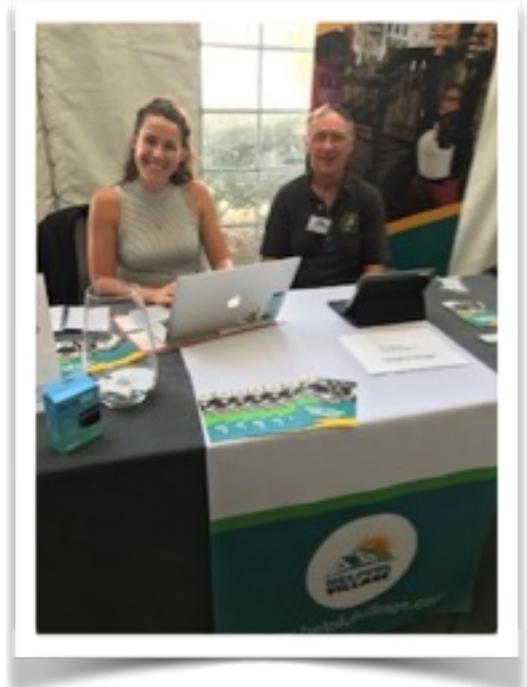
The challenge for our society is to find new ways to enable our seniors to remain in their own homes and help them maintain a life with dignity, independence, and self-respect. High Desert Village is an innovative approach, dedicated to making this a realistic and cost-effective option. *Village Life*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



Photo from Village to Village Conference held in San Diego.

See President's Corner message from Pam DiDente for more details!

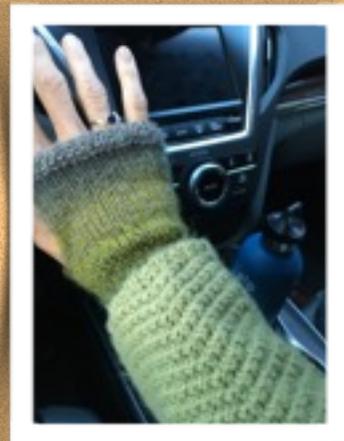
HDV member, Jim Mahoney, working with Sydney Hess, Marketing & Customer Success Manager for Helpful Village



High Desert Village Handwarmers



Winter is just around the corner. Do your hands get cold? Do you have arthritis? Handwarmers cover the wrists and hands, leaving your fingers free. They help keep your hands and wrists warm whether you are outside or just kicking around the house. If you would like a hand-knit pair of these fingerless gloves, please contact Karen Maunder via email at karen.maunder@gmail.com. As always, this is a free service for High Desert Villagers. Turnaround time will depend on the level of interest. Color options are available. If you wish to provide your own yarn, that's fine too.



PRESIDENT'S CORNER



Friends Helping Each Other

Three of us from High Desert Village, Tom Comerford, Jim Mahoney, and I, headed south recently for the Village to Village National Conference in San Diego. I wish you could have been there with us! I think you would have been inspired about aging and about the village movement. We sure were!

There are some new trends in aging. Believe it or not, living to 100 is not unusual anymore. One speaker said that it is the “new normal.” Also, people are tending to age “fearlessly styled” and are not getting locked into a limited self-perception. The stereotypes and conversations about aging are changing.

There was a lot of talk about this being a time of transforming aging using the mantra, “aging in motion.” Our members are starting to take advantage of HDV member Jerry Kerr’s weekly hikes. This is our own example of “aging in motion.”

It is common for people to talk and worry about memory loss and aging. However, most Americans who reach 100 years old have no cognitive impairment.

The electronic industry is developing tools to support people to continue to live in their own homes. Some of these were displayed at the conference. Often there is the desire for a simpler way to manage electronics as people age. There is a company that employs a 100-year-old man and several young techies. Their product on display was called the GrandPad—very cool! You can Google it.

Our next two board meetings are November 20 and December 18. You can see the details on our website calendar. We love having members come. Those who can, are welcome to stay for a no-host dinner. It’s fun and enlightening. Please join us.

Pam DiDente
541 390-8980

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

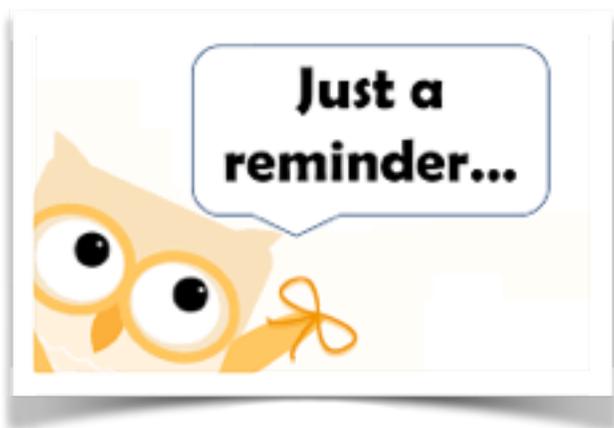
Murphy's Other Laws

Light travels faster than sound. This is why some people appear bright until you hear them speak.

It is said that if you line up all cars in the world end-to-end, someone from California would be stupid enough to try to pass them.

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

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



We are using our [EVENTS CALENDAR](#) on the High Desert Village Website to post events that may interest you. Check this page periodically for any information regarding registration.

As a HDV member, if you have an event that you feel would benefit our members and would like to have it posted on the HDV calendar, contact Mike Smith at (541) 389-4875 or mcsmith@bendcable.com

Mike will get that posted and send out notices regarding your event!

https://highdesertvillage.helpfulvillage.com/events/index_list

STAYING HEALTHY IN COLD WEATHER

It's beginning to feel a lot like winter. I've already been wearing my puffy coat and mittens. It seems like a good time to think about tips I could share to help us do our best to stay healthy in this wintry cold.

Staying out in the cold weather too long can cause hypothermia, which can be a dangerous condition. Low body temperature can cause the brain to interfere with thinking and movement.

Prevent frostbite, a bodily injury caused by freezing. It can cause permanent damage.

Always be prepared for loss of power.

Be especially careful to prevent carbon monoxide poisoning by never using generators, camp stoves, grills or similar devices inside your home, garage or camper.

Be careful on ice and snow while walking or driving. Falling on ice can cause severe injury. Some have found the skid car class helpful. It is provided by our County and helps us understand how to drive in snow and ice.

Shoveling snow has some tips that seem helpful in preventing stress and injury:

- Don't shovel after eating or while smoking
- Take it slow, stretching before beginning
- Shovel only fresh powder as it is lighter
- Push snow rather than lift
- If you do lift, use a smaller shovel to keep it lighter

And finally the tips we are always reminded of: get a flu shot, avoid being around sick people, be dedicated to hand washing (our best defense) and stay positive.



Submitted by Jeanie Young, Retired RN

This article is taken from the New York Times, published Oct. 2, 2018

Article on Aging... by Robert W. Goldfarb

The Secret to Aging Well? Contentment

Despite having many friends in their 70s, 80s and 90s, I've been far too slow to realize that how we respond to aging is a choice made in the mind, not in the gym.

At 88, I remain a competitive runner, always sprinting the last hundred yards of a race to cross the finish line with nothing left to give. The finish line of my life is drawing close, and I hope to reach it having given the best of myself along the way. I've been training my body to meet the demands of this final stretch. But, I wonder, should I have asked more of my mind?

I have no trouble taking my body to a gym or starting line. I've done a good job convincing myself that if I didn't exercise, I would unleash the many predators that seek their elderly prey on couches, but not on treadmills. The more I sweated, the more likely it was my internist would continue to exclaim, "Keep doing what you're doing, and I'll see you next year." It was my way of keeping at bay the dreaded: "Mr. Goldfarb, I'm afraid I have some bad news."

My mind, on the other hand, seems less willing to yield to discipline, behaving as though it has a mind of its own. I have dabbled in internet "brain games," solving algebraic problems flashing past and rerouting virtual trains to avoid crashes. I've audited classes at a university, and participated in a neurofeedback assessment of my brain's electrical impulses. But these are only occasional diversions, never approaching my determination to remain physically fit as I move deeper into old age.

Some of my healthiest friends carry themselves as victims abused by time. They see life as a parade of disappointments: aches and ailments, confusing technology, children who don't visit, hurried doctors.

Other friends, many whose aching knees and hips are the least of their physical problems, find comfort in their ability to accept old age as just another stage of life to deal with. I would use the word "heroic" to describe the way they cope with aging as it drains strength from their minds and bodies, though they would quickly dismiss such a term as overstatement.

One such friend recently called from a hospital to tell me a sudden brain seizure had rendered him legally blind. He interrupted me as I began telling him how terribly sorry I was: "Bob, it could have been worse. I could have become deaf instead of blind."

Despite all the time I spend lifting weights and exercising, I realized I lack the strength to have said those words. It suddenly struck me I've paid a price for being a "gym rat."

If there is one characteristic common to friends who are aging with a graceful acceptance of life's assaults, it is contentment. Some with life-altering disabilities — my blind friend, another with two prosthetic legs — are more serene and complain less than those with minor ailments. They accept the uncertainties of old age without surrendering to them. A few have told me that the wisdom they've acquired over the years has made aging easier to navigate than the chaos of adolescence.

...Continued on page 7

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It was clear I lacked, and had to find, the contentment those friends had attained. The hours I spent exercising had given me confidence, but not contentment.

The 30-pound weight I no longer attempt to lift reminds me that not far off is the day when lifting anything, or running anywhere, will be asking too much of my body. My brain would have to become the muscle I counted on to carry me through these final years with the peace and purpose others had found. Aging had to be more than what I saw in a mirror. But rather than overhauling my life completely in the hopes of undertaking a fundamental change in the way I confronted aging, I felt the place to begin would be to start small, adopting a new approach to situations I encountered every day. A recent lunch provided a perfect example.

I've always found it extremely difficult to concentrate when I'm in a noisy setting. At this lunch with a friend in an outdoor restaurant, a landscaper began blowing leaves from underneath the bushes surrounding our table.

Typically, after such a noisy interruption, I would have snapped, "Let's wait until he's finished!" then fallen silent. When the roar eventually subsided, my irritation would have drained the conversation of any warmth. The lunch would be remembered for my angry reaction to the clamor, and not for any pleasure it gave the two of us.

It troubled me that even a passing distraction could so easily take me from enjoying lunch with a good friend to a place that gave me no pleasure at all. I wanted this meal to be different and decided to follow the example of friends my age who know they are running out of joyous moments and will let nothing interfere with them. They simply speak louder, accepting the noise for what it is, a temporary irritant.

My years in gyms had taught me to shake off twinges and other distractions, never permitting them to stop my workout or run. I decided to treat the noise as though it were a cramp experienced while doing crunches. I would shake it off instead of allowing it to end our conversation.

I continued talking with my friend, challenging myself to hear the noise, but to hold it at a distance. The discipline so familiar to me in the gym — this time applied to my mind — proved equally effective in the restaurant. It was as though I had taken my brain to a mental fitness center.

Learning to ignore a leaf blower's roar hardly equips me to find contentment during my passage into ever-deeper old age. But I left the lunch feeling I had at least taken a small first step in changing behavior that stood in the way of that contentment.

Could I employ that same discipline to accept with dignity the inevitable decline awaiting me: frailty, memory lapses, dimming sound and sight, the passing of friends and the looming finish line? Churning legs and a pounding heart had taken me part of the way. But now the challenge was to find that contentment within me. Hoping that contentment will guide me as I make my way along the path yet to be traveled.

Robert W. Goldfarb is a management consultant and the author of "What's Stopping Me From Getting Ahead?"

<http://www.nytimes.com/pages/todaypaper/index.html>

New York Times, Oct. 2, 2018. <https://www.nytimes.com/2018/10/02/well/live/the-secret-to-aging-well-contentment.html>

MEMBER SERVICES

Daily Living and Home Services

- Meal preparation when ill, injured or recovering from a surgery
- Errands
- Wait in home for a service or delivery
- Pet care or dog walking
- Basic housekeeping on a temporary basis
- Taking out trash and recycling
- Mail collection when out of town

Transportation

- Airport
- Shopping. Will walk member to door and carry in packages
- Hair and or nail salon appointments
- Doctor and Dental appointments
- HDV events

Handyman/Light Home Maintenance

- Simple house repairs
- Changing lightbulbs and smoke alarm batteries

- Heavy Lifting
- Referral to reliable vendors when problem needs more expertise assistance

Medical Advice and Advocacy

- Accompany to Doctor's office at member's request
- Calls and visits to discuss and advise members about medical conditions by RN
- Assist with obtaining durable medical equipment

Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

Gardening Advice and Help

- Water outdoor and indoor plants during brief absences
- Gardening advice
- Mow lawn and weed when member incapacitated temporarily

CALLS DURING INCLEMENT WEATHER

*The following services were provided to our members by our members
in September and October*

Handyman.....1

Helping Hands.....5

Transportation....17

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

REMEMBER, AS A HDV MEMBER, YOU ARE A VOLUNTEER!

If you are looking for a volunteer opportunity that matches your skill, please contact HDV!



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 <http://highdesertvillage.com>

Email us at desertvillage@gmail.com

Send this to a friend

Place
Stamp
Here

TO: