



*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 After Holiday Party

We are also celebrating the 10th Anniversary of our Village!!

January 15, 2019

4:00-7:00pm

10 Barrel Brewing Company

62950 NE 18th Street

Bend, OR 97701



*****RSVP for the "After Holiday Party" NO LATER THAN January 1*****

Members only! We'll be in the upper level private room. Elevator available.

Heavy appetizers along with complementary Ice Tea and Water

Cash bar available for adult beverages.

If you need a ride, please call HDV at 541-419-9912

MUST RSVP to Carolyn Cook at 541-389-7875 or Register online

<https://highdesertvillage.helpfulvillage.com/events/31-hdv-after-holiday-party>

MEET HDV Member...SUE SMITH

Sue Smith lives in a lovely home, built by her husband Ron after they retired. Visiting there for her member bio, it was obvious to see her love of holiday decorations, as nearly every surface has a display of Santas, Christmas bears, and antique Waterford crystal music boxes.

Sue was born in Chicago, one of seven children, and raised primarily in Kokomo, Indiana, with a 6-year stint in Oregon in the 1950s. These moves were the result of her father's ongoing attempt to find the perfect job! He was a very well-educated man, with degrees from Purdue, Harvard, and the University of Missouri. In fact, Sue and her sister Robin eventually proofread his doctoral dissertation!

The years spent in Oregon were a wake-up call for Sue, who grew to love the state, so much so that she chose Oregon State University to attend college, where she majored in Education, specializing in English. She loved her college experience, and apparently did very well, graduating with honors!

It was in Corvallis that she met her future husband, Ron, on a blind date, thanks to a sorority sister who set them up. A year later, after graduation, they married.

Sue's career then took off, taking her in various directions, primarily, but not exclusively, as a teacher. Her resume includes teaching English, "Business English," and Journalism (her star student was the current New York Times op-ed writer, Nicholas Kristof!). She also did some counseling. While working by day, she often took courses at night and in the summers. She admits that she really loved school, and said she "liked learning for its own sake."

Over the years Sue also earned a real estate license, thinking this would mesh well with Ron's career as a builder. Unfortunately, she never pursued this career when she realized it would often require working nights and weekends, time rather spent with her boys.



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Her children, Brad and Wade, were a real blessing for her, especially since she was told early-on that she may never have children. So grateful was she for them that she interrupted her career for 5 years during their early childhood to be a full-time mom.

After years spent in various locations in or near Portland, Sue and Ron made the decision to leave ("more amenities, but more traffic"!) and retire in Bend. Although Ron had already built a vacation home in Sunriver, they opted to move to Bend instead with the realization of more options for things to do. Wade and Brad, their spouses, and the grandchildren live in the Portland area, and Sue and Ron see them frequently. But Sue feels that living 150 miles away gives her sons and their families more of a sense of independence.

Life in Bend has been good for Sue and Ron. She loves bridge and her book club. She enjoys traveling and eating out (certainly Bend has many restaurant options!), and readily admits that cooking is not her "forte"! She is also an inveterate collector. In addition to her vast collection of Christmas decorations, she also has many corn-husk dolls and a number of antiques.

Sue's life has not been without some health problems. She has been treated for, and survived, lung and breast cancers. And several years ago, she had surgery to remove an acoustic neuroma, which still causes some issues with balance.

But her attitude toward life is a positive one. The important things are family and friends, in that order, and they influence what she likes to do and the person she wants to be.

Submitted by Linda Melton



MEMBERS DIRECTORY

If you have occasion to need a HDV member's phone number or email address, please know that a ***Members Directory is online and only available to members who are logged in to the High Desert Website with a password.*** Members signed in to the website will also have access to Events happening, the Newsletter, and other important information. If, as a member, you have not been given a password to access the website, please contact Nora Miller at nkolberg@gmail.com, and she will provide you with the password you need.

IMPORTANT INFORMATION

Did you know...

- ...that High Desert Village is a 501(c)(3) tax-exempt organization?
- ...that your dues and any charitable contributions to HDV can be deducted on your taxes?
- ...that your HDV-directed monies can be taken directly from your IRA with no state or federal taxes withheld? Check with your financial advisor as to the best way to do this.

WELCOME ABOARD!!!

HDV would like to offer a hearty welcome to our new Good Time team chairman Carolyn Cook. After Joan Rodine stepped down from this important position last summer, Pam made a plea for someone to take over. Happily, Carolyn "answered the call" and has some good ideas for the future of this socially-oriented team.

Thanks, Carolyn!

High Desert Villagers get together!

- On November 28, a group of HDVers met at Sparrow Bakery for coffee and conversation. This event is held at 10am. It is being changed to the LAST MONDAY of every other month beginning with March 2019. The location to be determined by Organizer, Ann Kerr.
- The HDV social event for February is Pub night (the last Tuesday of every other month). Location TBD, by Organizer Clairece Brickell.



or RSVP <https://highdesertvillage.helpfulvillage.com/events/23-hdv-coffee>

Submitted by Meredith Mason



The Friendship Line

Free Call-Out Program for Central Oregon

IOA's Friendship Line is the nation's only accredited 24-hour toll-free warmline & hotline designed to meet the needs for Older Adults and Adults living with a disability. Friendship Line staff and trained volunteers will make outbound phone calls to those who request it for emotional support, reassurance, 'well-being' check-ins, and/or crisis intervention.

Who can receive free calls from the Friendship Line?

Anyone living in central Oregon, 60-years or older or any adult with a disability or mental health condition is welcome to sign up for our outbound calling program.

When are free call-outs made?

Call-outs are made between the hours of 8:00am to 8:00pm. We make outbound calls 7-days a week, 365-days a year including holidays.

How many free call-outs can one receive?

It's up to you! A Friendship Line client can receive up to 7 calls per week with each call lasting approximately 10-minutes long. Our staff will work with you to determine the number of call outs based on you or your client's unique needs.

How do I sign up?

Call IOA Connect at 415-750-4111 and they will take your basic demographic information and forward it on to the Friendship Line or fill out an intake form online at www.ioaging.org/friendshipline. We will then contact you to set up your daily/weekly schedule and start your calls.

Curious to know what we're like?

Call us today!

The Friendship Line
24-Hour Warmline/Hotline
1-800-971-0016

PRESIDENT'S CORNER

I'm reading a book titled, *Resilient*, by Rick Hanson. He describes grit, gratitude and compassion as the keys to resilience and to finding our lasting well-being in this everchanging world. He quotes a Tibetan monk as saying, "If you take care of the minutes, the years will take care of themselves." The minutes that we all spend together in High Desert Village, whether helping each other or just having fun, add up to years of taking care of ourselves.



I am excited to tell you that we will be celebrating High Desert Village's 10-year anniversary on Tuesday, January 15. This special event will be at 10 Barrel on the east side of town. High Desert Village will provide heavy appetizers, tea and water. Beer and other beverages are available for you to order on your own. Please RSVP by January 1, on the website or to Carolyn Cook at 541 389-7875. Let's get 100% attendance. And let's have fun.

Out of the 250 villages in the country we are one of the oldest. We were formed the same year as the Village to Village Network, which is our national organization. Thank you, Milo Thornberry, for having the vision of High Desert Village. And thank you to the other founders, many of whom are still members, for having the grit to make this village a reality.

Connectivity and community are essential links for the next 10 years in order for us to avoid aging in isolation and to keep our village vibrant. Our ten service teams are humming along, and members are helping each other in wonderful ways. What we are needing now is two members to join the membership team. The membership team volunteers have the interesting job of meeting and interviewing potential new members. We now have 68 of our limit of 70 members, so this job should not be too time-consuming. This also counts as a volunteer's service time for High Desert Village. If you have any interest or want more information about this, please call or email me.

I would like to wish you all a relaxed and peaceful new year filled with resiliency, connectivity and community.

Pam DiDente

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GETTING TO THE BOTTOM OF PELVIC PAIN ISSUES

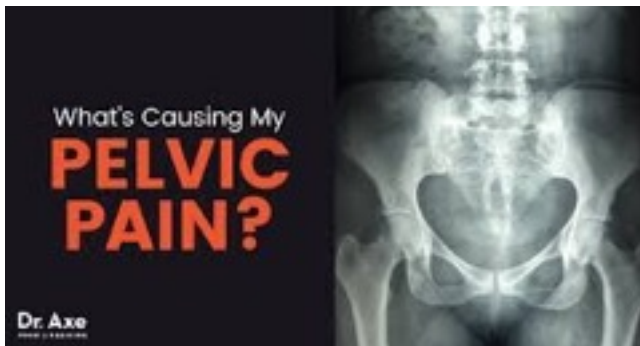
BY HILARY GARRETT, MS PT

How often have you or a friend found yourself squirming in your chair because your “bum hurts”? Do you ever avoid hard seats because you know that your tailbone will scream at you? Is sexual intercourse painful, or does even touching the vaginal introitus feel like sandpaper? Do you avoid wearing tight pants because of irritation of your “nether parts”? Does passing stools feel painful?

Pelvic pain causes many of these issues and resultant compensatory behavior. Pelvic pain can often be treated, cured, and prevented. If you’re not too grossed out by this fascinating subject, read on!

Pelvic pain is an “umbrella term” that may include conditions such as vulvodynia (pain in the vulvar area, which refers to the female external genital organs including the labia, clitoris, and entrance to the vagina; and pain that also may extend to the area between the vagina and anus, thigh or buttock and is often associated with discomfort in the urethra and rectum); vaginismus (vaginal tightness that causes pain with penetration and makes intercourse painful, difficult and sometimes impossible); vulvar vestibulitis (inflammation, redness and pain at the opening of the

vagina); pelvic muscle tension syndromes (pain, tightness or spasm in the pelvic muscles); coccydynia (pain in the tailbone/coccyx of men or women); and interstitial cystitis (recurring discomfort or pain in the bladder and the surrounding pelvic region). Pudendal neuralgia (perineal and other pelvic pain that is aggravated by sitting and reduced or relieved by sitting on a toilet seat) is a syndrome that can affect both men and women.



Other conditions that cause pelvic pain during the reproductive years include dysmenorrhea (painful menstruation), and endometriosis (uterine tissue found elsewhere in the body, mainly in the abdominal cavity).

Pelvic pain is a condition that affects numerous women AND MEN, but, unfortunately, it also is poorly understood and rarely discussed. Remember that time you slipped on the ice and fell directly on your bum? And how it still hurts? As we age, our sexual desires may wane, our connective tissues lose mobility, and hormonal changes can cause delicate epithelial tissues of the introitus to become desiccated, making vaginal penetration sometimes painful. A ready supply of the right lubricant becomes essential during our years of mature sexual activities. But that’s not all!

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Continued from page 6 "Getting to the Bottom of Pelvic Pain Issues"

What Causes Pelvic Pain?

A number of body systems may be involved in pelvic pain. These include the reproductive, urinary, gastrointestinal, neurological, psychological, and musculoskeletal systems. The musculoskeletal system includes the muscles, connective tissues and joints of the pelvis, which are affected by the nerves and blood supply. The structures of the pelvis are subject to the same causes of pain that affect the low back, knee, or other areas. For example, muscles, ligaments, and tendons can get overstretched, partially torn, or cut during childbirth or surgery, or because of a trauma such as a car accident or sexual abuse. Or, muscles can become weak from disuse or tight and immobile from injury. Joints may be hypomobile (unable to move as much as they should) or hypermobile (allowing too much motion). Habitual postures, positions, or movements can also slowly stretch or tighten structures around the pelvis and lead to dysfunction and pain. The abdominal, low back, and hip muscles all attach to the pelvis and affect its position and function. If they are tight or weak the pelvis will be stiff and tight or unstable, or both. Any of these can lead to pain. The pelvic muscles or joints may be the sole cause of pain or they may be just part of the overall problem.

How a Physical Therapist Can Help

Nearly every movement and position of the human body relies on the pelvis. When the cause of pelvic pain lies in the musculoskeletal system, individuals should seek the expertise of a physical therapist, whose knowledge of movement and function is key to restoring proper function of the pelvis.

Like the rest of the body, proper activity and balance between all of the muscles, joints, and tissues of the pelvis are essential for pain-free functioning. Your physical therapist will conduct a thorough evaluation of your musculoskeletal system to determine the cause of the problems and will design a program to address those problems.

A Physical Therapist with expertise in pelvic dysfunction will also make recommendations about lubricants (water-based vs. oils vs. silicon-based), advise about biomechanics of positions during sexual intercourse (and outercourse), and provide education on the therapeutic uses of dilators and vibrators, as well as good pelvic self-care.

Submitted by HILARY GARRETT, MS PT

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 TO SINGLE MEMBERS

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

Transportation.....12

Handyman.....14

Helping Hands10

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



Dial-a-Ride

Although HDV drivers do a great job of shuttling our members around town, there is another option that you should probably keep in mind.

Dial-a-Ride is a convenient and economical means of getting to destinations here in Bend.

For just \$2.50 per ride (one way), paid with exact change at the start of your trip, their drivers can get you where you need to go. It is necessary to call at least 1 day in advance, Monday-Friday, to reserve your ride. You will be picked up at and returned to your front door. You will be given approximately 45 minutes to 1 hour as a window for pick-up.

There is also a lift that can accommodate wheel chairs and walkers.

For more information or to reserve your ride, call 541-385-8680.

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: