



Village Life

HDV Member Profile - Art Lim

Art Lim says his "first career" was as a professional student. He started out at Harvey Mudd College with a desire to study engineering, but after only one semester transferred from a small school to one of the largest, UC Berkeley and then UCLA and finally UC Davis. Over the course of 13 years he earned three degrees culminating in a career designing instrumentation for medical imaging, including MRI, x-ray and ultrasound.



"It was interesting but I was still restless," he says. So he did some consulting and traveling, living for a time in Hawaii, in Israel on a kibbutz, and at Mammoth Lakes ski resort. He ran a small business repairing televisions and tried his hand at carpentry, but the desire to engineer pulled him back. He met Margy on a blind date and the two married and moved to Denver for a time. Engineering jobs were scarce so Art went back to school at UC Davis for a PHD in that field, his "true calling." He went on to design for NASA Ames Research Center, for several medical imaging companies. As part of a startup 20 years ago, he designed a number of portable imaging devices for bomb detection that are still in use today and have saved lives.

"Though I've had a checkered career, I have been fortunate to have found success and much satisfaction," he admits. I love to fix things and have been helping people through Repair Café, Buy Nothing and Pat Johanson of Pat's Rescue Sewing Machine on Facebook." Art has literally repaired hundreds of sewing machines in retirement.

Art plays classical guitar, enjoys golfing and reading fiction. He volunteers as a tutor at the Universalist Unitarian Fellowship of Central Oregon working with two sixth grade boys. He also assists with Volunteers in Medicine.

"Through my life's journey I have traveled a lot, tried many things and did a lot of backpacking in California and Colorado. I am satisfied with the adventures and am content to live a quiet life."

Of course he and Margy still travel to visit son, Elliot in California. And he walks just a block away to be with daughter, Sarah and her son Alden and husband Ethan.

Joette Storm, Associate Editor

Remembering Helen

Helen Bohnhoff, our oldest HDV member, died on May 25th at her assisted living facility. Helen was a founding member of HDV and was a very active member until her health began failing.

Helen was remembered at a memorial service on June 8th at Bend Methodist Church with many HDV members in attendance.



She had the responsibility for many years of Dispatcher when all service requests were made by phone calls. She also drove, made meals and attended many of the board meetings so she could remain up to date on any changes in the organization. She often stated, "I am the poster child of the benefits of being a member of HDV."

Following hospitalizations for heart issues and especially after she fractured her hip, she received services like meals, light housekeeping, and visits from the Health Advocacy team. After she no longer drove, her transportation needs for medical visits and shopping trips were met by HDV members.

Helen was beloved by all who met her. Her intelligence and sharpness of mind were astounding. She moved into Regency a year ago upon deciding she could no longer care for herself and was under the care of Partners in Care. For this past year, HDV members called her, visited her, and even entertained her with music. At the end, those close to her provided bedside companionship and support for her family. She will be greatly missed by many.

Alice Johnson

Music Corner



Lang Lang is a classical piano "superstar" and prodigy who began his music studies at age three in his native China. Along the way he was offered a scholarship and studied at the Curtis Institute of Music in Philadelphia. He developed into an internationally renowned performer at an astonishing pace, playing with many of the great orchestras around the world. Here he captivates a star-studded audience with his prodigious skills and ebullient personality. Enjoy!

https://www.youtube.com/watch?v=oY_gO2BHgoM

From the President's Desk . . .

On June 1, 2023 the newly appointed seven member HDV board gathered for their inaugural meeting. Jim Lee adeptly led the orientation session for this new leadership structure.

As announced at our annual meeting, the board membership includes Richard Clemens, President; Barbara Caggiano, Vice President; Bob Goold, Treasurer; Nancy Tyler, Secretary, Dave Detweiler, Mary Hartrich, & Denise LaBuda, Members At Large. The board affirmed our HDV Volunteer Service Teams as the core of "Friends Helping Each Other".

Each board member volunteered to be the liaison between a specific service team lead and the board. These connections are: Richard – ComTech, Barbara – Medical Advocacy, Nancy – Membership, Dave – Handy Hands, Mary – Helping Hands, Denise – Drivers & Good Times. We also scheduled our quarterly meetings for the 3rd Tuesday of July, October, January, and April.

The board looks ahead with anticipation of supporting the activities of our vibrant High Desert Village community.

Richard Clemens, Board President

To Your Health

What is Forest Bathing?! It isn't taking a bath in the forest. Some call it a fitness trend, others a mindfulness practice, but maybe it's a bit of both. The term originated in Japan in 1980s as a physical and psychological exercise called Shinrin-Yoku. It provided an eco-antidote to high tech burnout and allowed people to reconnect with and protect the country's forests. Shintoism, the indigenous faith of the Japanese people, holds nature sacred. They believe that if we respect nature, nature will respect us.

In the 1990s, researchers began studying the benefits of nature bathing and provided science for what we already knew...being in nature is good for us! It can lower blood pressure, heart rate, and levels of harmful hormones — like cortisol, and adrenaline, which your body produces when it's stressed. This helps you to improve mood, become calmer and relaxed. Forest bathing isn't just for the wilderness-lover; it can be as simple as walking in any natural environment and consciously connecting with what's around you. Numerous studies show that both exercising in forests and simply sitting looking at trees can have the same health benefits.

Studies have also shown exposure to forests, especially conifers, can boost our immune system. When we breathe in forest air, we breathe in phytoncides, airborne chemicals from plants which have antibacterial and antifungal properties. Our bodies respond by increasing the white cells called natural killer cells, or NKs. This is a big area of current research.

The difference between Mindfulness and Forest Bathing is that Mindfulness (in its truest sense) is about mentally removing yourself from awareness of your surroundings. Forest Bathing is a celebration of your experience of awe and the wonder of nature. You can do it alone, or find a more structured experience with a trained guide. (Yes, Bend has them!)

<https://www.dec.ny.gov/lands/g0720.html#:~:text=Spending%2otime%2oaround%2otres%2oand,related%2ohormones%2ocortisol%2oand%2oadrenaline>

Jan Hildreth, Health Advocacy Team Lead

Pub Night!



Pub afternoon/evening will be at
Crux Fermentation Project
on 50 SW Division St.
4 pm to whenever on Thursday, June 29th.

There is spacious indoor/outdoor seating and parking.
Join us for a fun gathering
with your HDV members!

*Just
for a
Laugh*

**Only Willie Nelson
could look perfectly normal
in this situation . . .**

