



# Village Life

## HDV Member Profile - Terry Jolly

Sometimes events in one’s life can have the effect of setting a new course. For Terry Jolly, one of our new members, it was experiencing several losses in a very short time that led her to concentrate completely on a more spiritual path.



This included attending every course offered through The Sacred Art of Living and Dying Center and the Anam Cara program. The Sacred Art of Living and Dying is based on the ancient wisdom that, for all of the support an Anam Cara may provide, it is the dying who become their teachers at the end of life. Anam Cara are called to be life-long students of the Inner Life and companions for the Inner Journey for others.

The mother of two and a grandmother as well, Terry became a Hospice volunteer. For a decade she worked as an outpatient counselor.

“For the last 12 years I have been independently working as a caregiver. I like to call that my encore career and a good fit.” she says. “It is a very delicate and sacred space that not all can be comfortable in. I consider it a great honor to be a part of the end of someone’s precious life.”

Originally from San Diego (La Mesa) area, Terry moved to Bend in 1974 as a young woman. She says that like so many others she “fell completely in love with the town.”

A woman who liked to work hard and play hard she enjoyed skiing, horseback riding, tennis, volleyball, river rafting and gardening.

“I look forward to meeting and knowing every member of this village. I still love to dance and I’d like to find someone with whom I can learn pickleball as I am a beginner, however I was an avid tennis player.”

On her bucket list: getting on a very well trained horse, going on a river rafting trip for seniors and kayaking more.

*Joette Storm, Associate Editor*



## It’s Summer, Time for Some Salmon

Summer is for salmon. While commercially caught salmon is available in Oregon, those High Desert Village members who at one time called the 49<sup>th</sup> state our home know that Alaska salmon reigns supreme.

Beginning in mid-May, the Copper River salmon run brings arguably the world’s finest wild salmon to markets along the west coast at premium prices. The cost of restaurant meals featuring Copper River salmon will attest to its desirability.

Currently, Bristol Bay salmon, from the largest salmon fishery in the world can be found in markets in Bend. I recently purchased two fresh sockeye fillets at Costco for \$9.99 per pound.

Wild, fresh salmon not only tastes better, but it is good for you as well. Salmon is rich in long-chain omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure and decrease risk factors for disease. Eating salmon is good for your heart.

There are many ways to prepare salmon, but perhaps the easiest and tastiest method is on the grill. Place a fillet on a piece of foil skin down over a medium, high heat. Baste with some melted butter and lemon juice and added dill. In less than 15 minutes it will be ready. Simply slide a spatula under the fillet to remove from the skin which will adhere to the foil. It’s ready to enjoy. Bon appetite!

*Gene Storm, Editor*

## Music Corner



Willie Nelson, at age 90, will be performing with his family in Central Oregon this weekend. Nelson is an iconic singer/songwriter who has authored several books and acted in 30 films. Here he lends his style to the ballad *Always on My Mind*. Enjoy!  
<https://www.youtube.com/watch?v=R7f18qZovoY>

## To Your Health

### Should You Go to the Urgent Care or the Emergency Room?

How do you decide between a visit to the emergency room or an urgent care clinic when faced with symptoms outside of office hours? The Mayo Clinic and The National Library of Medicine both have websites that can help you make the best choice. Here are some tips gleaned from their sites. Conditions for which you should call 911 rather than trying to drive yourself to the emergency room include:

- Difficulty breathing
- Signs of stroke or heart attack
- Head injury with passing out, fainting or confusion
- Injury to the neck or spine
- Severe burns or electrical shock

Consider an urgent care clinic if you:

- Have an illness or injury that is not life threatening and does not pose a risk of disability
- Have an illness or injury without additional alarming symptoms (such as a high fever)
- Have an illness or injury without a complicating health condition (such as cancer or use of an immune-suppressing medication)

Appropriate urgent care conditions can include:

- Colds or flu
- Earaches or sore throats
- Migraines
- Limited rashes
- Minor injuries such as sprains or back pain
- Minor cuts and burns
- Minor broken bones
- Minor eye injuries

Conditions that are usually best served by the emergency room include:

- Chest pain or pressure
- Compound fractures (bones that protrude through the skin)
- Head injuries
- Severe abdominal pain
- Shortness of breath
- Seizures
- Sudden, severe headache
- Paralysis or weakness
- Uncontrolled bleeding

For a more in-depth information, refer to the Mayo Clinic or Medline Plus websites at:

<https://newsnetwork.mayoclinic.org/discussion/emergency-vs-urgent-care-whats-the-difference/>

<https://medlineplus.gov/ency/patientinstructions/000593.htm>

*Debbie Malone*



## HDV Annual Picnic

Tues, Aug. 8<sup>th</sup> – 4 to 6 p.m.

Mountain High Pavilion

SE Mountain High Dr.

Join other High Desert Villagers to socialize, meet the newest board members and greet some of the newest additions to our group. You must register on our website for this wonderful event. Go to the Events tab to do so.

The picnic is at the same venue as last year. From SE 15th St. and Knott Rd., proceed west to third entrance road into Mountain High development. Turn right, going north. The pavilion is on the right and parking is along SE Mountain High Dr. Swimming pool on the left.

See you there!