



# Village Life

## HDV Member Profile - Renee Iverson

Renee Iverson is a lifelong artist in diverse disciplines such as weaving, sculpting, set painting, theatrical costume design and creation and many types of painting and printing. She has a degree in Textile Design from U.C. Davis.



Currently the hub of Renee's creative expression is her home art studio. Although she has sold her art work in the past at New York Toy Fair and several private shows in Kirkland, she has said a firm goodbye to the stresses of creating on a deadline. Now she creates for the joy of experimenting with new techniques and mixed media materials.

She loves to invite friends who want to learn new techniques and share her studio space. Her home is filled with beautiful objects she has crafted.

Though she says she is not much of an athlete, Renee does enjoy a good daily walk and since moving to Bend paddle boarding has become a staple summer activity.

Growing up south of San Francisco, she worked in a bike shop in Menlo Park, where she met her husband, Thom. They moved to Kirkland, WA in 1985. Renee worked in a nonprofit theatre school where she was the registrar and data base design guru.

Once her two daughters, Emily and Jocelyn, were launched she trained as an aesthetician and became co-owner and manager of the skin care side of Mountain Sun Massage and Skin Care of Kirkland. She specialized in slowing down the visible signs of aging as well as treating rosacea and sun related degeneration. Here in Bend, she taught the science of the skin at the Sage School.

Renee and Thom are enjoying their nephew's young family that lives here in Bend. Renee dreams of traveling with her daughters to someplace with beautiful architecture, art galleries, museums and beaches.

The Iversons were drawn away from Kirkland which was changing so much from the walkable little town to a more bustling berg. Now they wonder like most of us if Bend will also out grow its quaintness. Renee, who loves to sing, met Marilyn Sterbick at a local choral group. And we all know that Marilyn is a recruiter for the Village.

*Karen Gardner*

## Eight New Members Join the Village

We welcomed eight new members to the Village this summer, two couples and three single persons. In the coming months you will read profiles of: Karen and Joe Gardner, Renee and Thom Iverson, Kathy Jensen, Robin Reed and Holly Thompson.

They have a variety of backgrounds. Some have lived in Bend for several years and others are relatively new.

On October 25<sup>th</sup> the Board and Team Leads will officially welcome them at a reception at the Downtown Bend Library. In the meantime you may have an opportunity to say hello at one of the Coffee or Pub gatherings.

*Joette Storm, Membership Team Lead*

**Just  
For a  
Laugh**



## Music Corner



Billy Joel is an artist of our time. One of his most popular songs is *Piano Man*. The song is a fictionalized version of Billy's own experience as a piano-lounge singer for six months in 1972-73 at the Executive Room bar in the Wilshire district of Los Angeles. Here is a young Billy Joel performing the song in a highly produced video. Enjoy!

<https://www.youtube.com/watch?v=gxEPV4kolzo>

## To Your Health

### A New Season - for Flu and More

This fall brings a new season for respiratory illnesses as well as the opportunity to get updated immunizations for three of them. It is a good time to consult with your primary care provider to make a decision about which you might obtain and to answer questions specific to your health circumstances.

- "Flu" - Each year a polyvalent (multi-strain) vaccine is offered containing the influenza strains most likely to be prevalent for the year. Most years, the vaccine is considered to be up to 60% effective in preventing illness, a benefit especially to those with chronic respiratory or health problems. Most insurance covers the cost and most providers recommend them. More information about generic effectiveness can be found at <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
- "COVID" - New vaccines by both Moderna and Pfizer are expected in September or October. These likely will be recommended for those over 65, especially if they have other health problems. Early testing suggests that they will be effective against the "classic" alpha and delta strains as well as the omicron "XB" virus. The recent omicron E and B.2.86 have more mutations to help them evade antibodies from either current vaccines or actual infections. Evidence is mounting that the new vaccine lessens the chance for severe illness even if it doesn't completely prevent getting COVID. However, most older adults will have better immune responses if "boosted" with the new version, even after having a recent case of COVID.
- RSV - Respiratory Syncytial Virus - A newly developed vaccine using mRNA technology will also be available this fall. Adults usually do not develop a severe illness with RSV but the same factors that contribute to worse cases of COVID also apply to this disease. Trial data suggests significant effectiveness; but consulting your PCP for advice with this vaccine is important - some significant rare adverse effects have been reported.
- Paxlovid: This oral antiviral therapy must be given within 5 days of infection symptoms to be effective. Irrespective of vaccination status, it is 65-85% effective in shortening COVID's course and seems to produce a 40% less likelihood of "long COVID" (~2.4 versus 4% in studies) as compared to no antiviral intervention. Insurance may not cover the costs; and not all urgent care centers are recommending its use.
- Conventional measures: Hand washing, masking, avoiding crowds and uncrowded outdoor activity still provide protection. Our local cases seem more likely in those who have traveled, especially by airlines, or have been frequenting restaurants or large gatherings. Masking in those settings is a simple and effective precaution.

Deschutes County Public Health provides good information about local COVID with links to other respiratory diseases at <https://www.deschutescounty.gov/health/page/covid-19-information>

Those with grandchildren might be interested in this information: [https://www.opb.org/article/2023/08/31/oregon-kids-return-school-viruses-covid-rsv-flu-measles/?utm\\_medium=email&utm\\_campaign=First Look Aug 31 2023&utm\\_content=First Look Aug 31 2023+CID\\_924d945b1566415521082b426fb18840&utm\\_source=firstlook&utm\\_term=Learn more](https://www.opb.org/article/2023/08/31/oregon-kids-return-school-viruses-covid-rsv-flu-measles/?utm_medium=email&utm_campaign=First Look Aug 31 2023&utm_content=First Look Aug 31 2023+CID_924d945b1566415521082b426fb18840&utm_source=firstlook&utm_term=Learn more)

*Jim Powell*

## Village News

### Let's Meet for Coffee

This month's HDV coffee is scheduled for September 25 at 9:30 AM. Location is Back Porch Coffee on Bond Street in the Franklin Building (big ol' building on the corner of Bond and Franklin). We will gather in the atrium. After you get your coffee and goody, go through coffee shop into atrium. Hope to see you there!

### It's Time to See a Movie

Film fans, it's time to laugh. Here are the dates and titles for the HDV comedy film series this fall. We will meet at the Sons of Norway on Mondays at 2:30-5 pm. Further details are available on the HDV website under EVENTS.

- Sept. 25, *Modern Times (1936)* with Charlie Chaplin and Paulette Godard
- Oct. 2, *Howard Hawks' Bringing Up Baby (1938)* with Cary Grant and Katherine Hepburn
- Oct. 9, *Billy Wilder's Some Like It Hot (1959)* with Marilyn Monroe, Tony Curtis and Jack Lemmon
- Oct. 16, *Mel Brooks' The Producers (1967)* with Zero Mostel and Gene Wilder

Hope to see you at the movies.

*Greg Lyons*

### The First Signs of Autumn

One of the first signs of autumn is the transition of the leaves on the trees from green to red, yellow and brown.

- Wild mushrooms emerging. ...
- Fruit for foraging. ...
- Migratory birds. ...
- Flowering ivy. ...
- Deer rutting. ...
- Falling seeds and nuts. ...
- Harvest Moon.