



Village Life

HDV Member Profile - Ida Gurule

Ida Gurule and her husband David decided to pull up stakes and move to Bend 17 years ago. They wanted to join Ida's sister who lives in the area and they were ready for life in a drier climate after raising four kids – two sons and two daughters – in Tacoma, WA.



Ida worked in Public Health right after college. One of her big projects involved creating clinics to track and report on hypertension through regular blood pressure monitoring. Soon enough she had four children, so a regular day job gave way to substitute teaching. She enjoyed working at the lower income Tacoma Schools with 2nd and 3rd graders who were always excited to share their stories with a good listener.

Ida has always loved singing. Currently she is in two acapella choirs singing the lower alto and bass parts. When her kids were elementary school-aged, Ida used to gather families in her neighborhood to put on musicals. They lived on an alley which served as the stage and everyone would bring their chairs from home to watch the shows.

Ida's dream was always to open a bakery. She started out small working from home where they remodeled part of her garage to create an approved kitchen. She sold challah bread at produce stands and then to local markets in the area. Ida's cookies and breads were favorites at farmer's markets.

After moving to Bend, Ida was a small business owner partnering with her sister to run Senior Move Management. Then she opened Ida's Cupcakes here in town and yes, she has a favorite flavor: Carrot Cake! But truth be told, Ida is not much of a cake lover, preferring pies and cookies. She sold the business in 2018.

Currently Ida volunteers weekly with the Council on Aging and works with Partners in Care Hospice and helping homeless individuals. She loves Jazzercise and dance classes at Bend Parks as well as pickleball, walking, paddle boarding, bike riding and downhill skiing. Ida always enjoys meeting and getting to know people with various interests. She loved horseback riding as a child and is hoping to do more of that, but she's not exactly sure how or when.

Renee Iverson

Thanksgiving - Understanding the Myth

The Thanksgiving holiday brings family and friends together in a tradition that is largely based on myth. We all remember the origins of Thanksgiving that were mostly learned in elementary school. The pilgrims of Plymouth in 1621 gathered with some indigenous people of the area for a celebratory feast.



While pilgrims and the Wampanoag Indians may have gathered on that day, it was the beginning of a history that does not end well for the native people or members of other tribes in their contact with the settlers from Europe that came to claim their lands. The "First Thanksgiving" as a national story is incomplete and inaccurate. We might pause on this Thanksgiving Day to remember the real occurrences of that time and set aside the myth.

For many Native Americans, Thanksgiving is referred to as "a day of mourning." Understanding why and recognizing a history that we choose not to repeat, may indeed be a reason for giving thanks.

Gene Storm, Editor

Music Corner



Angelina Jordon, who won Norway's Got Talent at eight years of age, has attracted much attention for her soulful song style that belies her age. Here, at age 10, she does a studio rendition of *I Put a Spell on You*, again in a style that amazes for such a young singer. Enjoy!

<https://www.youtube.com/watch?v=TPOvmVZV-qc>

To Your Health

Help for Aging in Place

Debbie Malone, retired Nurse Practitioner member of the Health Advocacy Team, has put together an extremely comprehensive resource list to help find home services when needs become out of the scope for High Desert Village. **TIPS AND RESOURCES FOR AGING IN PLACE** can be viewed on the HDV Website.

It offers information about getting help with technology (THINK VILLAGE FIRST!), and where to go when you need various services e.g., in home care, help with grocery shopping or errands, and more comprehensive/complex services than HDV can offer.

It was a little tricky the first time I looked for it, so this is what you do. Sign into the Website and look for "Members" in the top menu. Click on "Members", then scroll down to the bottom. It is below "HDV Member Handbook" and I had to adjust the scrolling bar on right of my screen in order to see it. It is worth the effort. Even if you don't need any of these services you may have friends that do. If you have additions that you would like included in future updates of the list, please send them to Debbie Malone at dcwmalo@gmail.com

Jan Hildreth, Health Advocacy Team Lead

Helping Hands - Ready to Assist

Greetings High Desert Village members! The **Helping Hands Team** wants to let you know we are here and ready to assist you or an HDV friend, if you are aware of someone who could benefit from a "helping hand". Our team is willing to do any of the following as stated on our HDV webpage:

- Companionship, inclement weather phone check-in
- Errands and shopping
- Temporary meals when needed; or "cheer baskets"
- Simple housekeeping
- Home checks
- Landscaping advice, Gardening support
- Basic mending

A request is merely a phone call (541-419-9912) or an on-line request away (log in on the HDV webpage and under Member, one can find "New Service Request"). HDV is a volunteer organization with the goal of helping each other in supportive ways. No request or need is too small to reach out and ask for a helping hand to assist. We welcome you to be in contact with the Helping Hands Team. We are here to serve you or another member friend.

Jane Clemens & Debbie Fields, Team Co-Leads

Getting to Know You - Update Your Website Profile

Please take a few minutes to check your listing in the HDV directory. If you have moved recently or changed a phone number or email address, be sure to update the listing and add a brief bio and photograph. It is helpful for recognizing members we are meeting for the first time to be able to see a photo.

Log into the website and click on Member Directory. Find your listing, click on your name, your listing opens. Scroll down and click on edit. Update and change any contact detail if necessary. You may type some biographical information in the text box and add a photo. Click on Save and your profile will be updated.

