



# Village Life

## HDV Member Profile - Thom Iverson

Throughout his life there have been three constants in Thom Iverson's life; bike riding, photography and family life.



Born in Minnesota, Thom moved out to Redwood City, California when he was about four years old. There he did all the things boys did growing up in the 50's and 60's. While attending the local community college between getting drafted and getting extensions, Thom took up road biking to burn up excess energy and found he had a knack for it. He was a category A bike racer, set a record climbing a local very steep road and could be seen every Wednesday and Sunday on his 100-mile rides.

In 1978 Thom and Renee got married and moved into married student housing at U.C. Davis where Renee was earning a design degree. Thom earned his degree in Mechanical Engineering from Sacramento State University.

In 1985, they moved, along with their two daughters, Emily and Jocelyn, to Kirkland Washington. There he worked in the design and manufacturing of electronic equipment. He has worked on heart defibrillators, ultrasound machines, Sonicare toothbrushes, mainframe computers, desktop computers, the boxes that go on cell towers to quadruple the number of calls processed, tiny connectors and portable satellite antennas. He made sure these things didn't freeze, overheat, radiate, melt, blow up or fall apart!

Upon retiring, Thom and Renee moved to Bend attracted by the road biking, mountain biking and beautiful scenery. Not that Washington isn't amazing, but it was time for new scenery and a slower pace of life. Thom also loves to cross country ski on the groomed trails at Bachelor and paddleboard on the Cascade lakes, all the while taking beautiful landscape photos around Central Oregon.

## Council on Aging Opens New Services Center



The new "it" place in town for senior citizens is the Council on Aging's Senior Services Center at 1036 NE Fifth in what once was the Mormon Church in 1953. It was converted to the first senior center and soup kitchen some years later.

Now newly remodeled, the 8,750 square foot Senior Services Center is a "one-stop" shop for Central Oregon seniors, their loved ones, and caregivers. They can access information, referral services, case management, nutrition programming, caregiver support, Medicare counseling, social connection, volunteer opportunities, and many other resources that make aging at home possible.

Bend City Council hosted an open house in the facility recently, allowing the community to experience the homey space with reading area, fireplace and dining room. The facility hosts a kitchen for the Meals on Wheels program in Bend, Sisters and La Pine. Lunch is served Wednesdays, Thursdays and Fridays from noon to 2:00 for any senior.

The \$3M renovation included replacing the electric and HVAC systems, new siding, windows, and doors, updated community dining and gathering spaces, refurbished commercial kitchen, improved accessibility, and new administrative offices. The site opened in November for community dining, and is now fully open to the public every weekday from 8am-4:30pm.

To find out more about the Council on Aging of Central Oregon, visit <https://www.councilonaging.org/> or call (541) 678-5483.

## Music Corner



**Pentatonix** are an award-winning, American a cappella group. Here is their arrangement of the *Twelve Days of Christmas*. Enjoy!

<https://www.youtube.com/watch?v=1UHmQANFtNs>

## HDV's Annual Post Holiday Brunch

January 20th 10:00-12:30

*Bend Golf and Country Club*

*61045 Country Club Drive, Bend 97702*

*Gluten free and dairy free options available*

*Sign up on the HDV website by January 14th*

*Come meet some of our newest members and socialize with the stalwarts as well.*

*Change tables so you can visit with more Villagers during the brunch.*

*See you there!*

## To Your Health

### Healthy Living is a Walk in the Park

We have a genetic predisposition for walking. Our Neolithic, hunter/gatherer ancestors had to walk to survive. While our survival today isn't dependent on walking, a more healthy life is certainly a byproduct of regular bipedal exercise.

Many studies on walking have generally come to the same conclusion. Walking is good for your health. In an article published by the Mayo Clinic, walking was cited as helping:

- Maintain a healthy weight and lose body fat;
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness;
- Strengthen your bones and muscles;
- Improve muscle endurance;
- Increase energy levels;
- Improve your mood, cognition, memory and sleep;
- Improve your balance and coordination;
- Strengthen immune system;
- Reduce stress and tension.

For people of our age, regular exercise like walking can help us live independently for longer. The pace need not be strenuous. You can choose to walk at a steady pace for longer period of time. Comfortable shoes are a must. If you use a cane or walker, don't let that stop you from getting the exercise walking provides. Walking sticks can be an aid on your trek. Check with your GP if you are just beginning an exercise regime.

For those of us with dogs in our families, walking is often on our daily agenda. Joette and I have walked with our dogs at least twice daily over the past 53 years.

For me, walking has become essential to help heal my heart following a serious atrial fibrillation episode this past summer. Atrial fibrillation (AFib) is an irregular heart rhythm also known as arrhythmia.

Since hospitalization and treatment, which included the placement of a pacemaker, I have been walking more than 10,000 steps daily. That included 30 sessions of cardio rehab and the use of a treadmill at home. Between September 1st and earlier this month, I reached the one million steps mark, almost 500 miles.

Join me in walking to a more healthy life.

*Gene Storm, Editor*