



Village Life

HDV Member Profile - Jim Sterling

Jim Sterling and his wife, Mary Bailey, moved to Bend in the summer of 2014. Bend originally appeared on his radar in the late 70's when he began to ski at Mt. Bachelor. Mary lived in Portland and Jim was in southwest Washington and they decided to move to Bend together. They married.

Always a "gear Head", Jim decided on a career path of Mechanical Engineering. He graduated from Purdue University in 1970 and began his career in Milwaukee, Wisconsin where he spent three years in the electric utility industry.



After a few trips to ski in the Rockies he decided he'd been born in the wrong place and moved to Salt Lake City. In 1975, Jim was offered a job as a field engineer helping to build the Trojan Nuclear Plant in Rainier, Oregon. Next, he landed a job with Weyerhaeuser Paper company in Longview Washington where he spent the next 33 years. He retired in January 2008 just in time for the housing crash and recession.

As a young man Jim became hooked on auto racing and participated in amateur sports car racing off and on for a total of 13 seasons starting in the Midwest and ending in the Northwest in vintage racing (old guys in old cars).

Adventuring further afield, Jim and Mary have taken two trips to France since moving to Bend, spending a total of 11 weeks visiting Paris and driving around the country, staying in small scenic villages. They recently bought a motorhome and spend a lot of time at the coast living outdoors and avoiding the smoke.

Jim is a lover of all things outdoors and has had no problems adapting to retirement! He particularly loved several winters as a season pass holder at Mt. Bachelor. His downhill days are over after 62 winters on the slopes due to orthopedic surgeries but Jim continues to cross country ski, hike and fish.

Renee Iverson

It's Icy Out There, Please Be Careful!

Our Central Oregon weather conditions have been treacherous of late. The icy road and walking surfaces present an increased risk for injury, especially for our age sector. Please, be aware of the risk and take precautions to prevent serious injury or worse.

Why is preventing a fall important?

- Falls are one of the leading causes of death in adults over the age of 65.
- 95 percent of hip fractures are caused by falls.
- Falls are the most common cause of traumatic brain injuries.
- Falling once doubles your chance of falling again.
- Having a fall can make an individual afraid of falling, leading to decreased participation in daily activities. Being less active can cause weakness and increase your chance of falling again.

Village News

SAVE THE DATE

Thursday March 14th 1-4p.m. - Conference room, Partners in Care

Wendy Howard and Jan Hildreth will be presenting an End of Life seminar providing information about necessary documents, how to have a conversation with family and others, and the many options for support and local resources.

Thank you Debbie Malone for the excellent HDV member resource guide! I just read "Resources for Aging in Place". It is located on the member's side of the website. Click "Members" tab and it is listed there in the drop-down. Member, Debbie Malone, compiled this for HDV members and it is excellent. Significant local resources are listed as well as guidance about how to navigate for what you need. Thank you, Debbie, I appreciate having this information.

Pam DiDente

Music Corner

Playing for Change is a multimedia music project, featuring musicians and singers from across the globe. Here they address our species greatest failing in a worldwide arrangement of **War/No More Trouble**. In peace, enjoy!

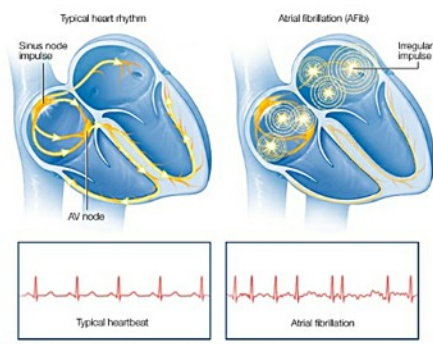
<https://www.youtube.com/watch?v=fgWfXg7-GU>

To Your Health

What is Atrial Fibrillation (A-Fib or AF) ?

A-Fib is the most common type of heart arrhythmia (irregular heart beat), affecting over five million adults in the U.S. It occurs more often as we age with 70 percent of those with AF being 65- 85 years of age.

During atrial fibrillation, the heart's upper chambers — called the atria — beat chaotically and irregularly. They beat out of sync with the lower heart chambers, called the ventricles. An elaborate "electrical" system in the heart is required to maintain a healthy rhythm. It starts in the right atria with the sinus node, then to the AV node, etc. In a healthy heart the process goes smoothly, with a resting heart rate of 60-100 beats per minute. In AF the signals are chaotic causing the atria to tremble, or quiver. The heart rate becomes fast and irregular, creating an inefficient pumping action, resulting in "pooling" of blood in the chambers and a significant increase in the chance for the blood to clot when pumped out. This can cause a stroke, heart failure or other heart complications. The inefficient beating usually causes symptoms e.g., chest pain, dizziness, fatigue, light headedness, shortness of breath, weakness, reduced ability to exercise.



These episodes can come and go, or be persistent, but if you have a combination of these symptoms, it is important to see your doctor. Treatment depends on the symptoms and can include medications, shocking the heart into normal rhythm, ablating (destroying) the irregular electrical signals or a combination of these.

Atrial Flutter is less common but has similar symptoms. In Flutter, the heart rate is regular but the atria are beating extra fast and faster than the ventricle so you may have four atrial beats to one ventricle beat. About one-third of people with Flutter also have Fibrillation. Treatments are similar, focusing on reducing the risk of stroke and eliminating the symptoms.

Jan Hildreth, Health Advocacy Team Lead

Editor's note: A-Fib is a condition that afflicts several HDV members.

Drivers Service Team at Your Service

Happy New Year High Desert Village members! The Drivers Service Team wants to let you know we are happy to assist members who need rides to medical appointments, the Redmond airport, shopping or local events.

Briefly, how the Drivers Service Team works:

- HDV volunteer drivers offer rides from 8:00 AM to dusk year round.
- All rides are "curb-to-curb."
- We provide rides in Bend, Redmond and to the Redmond airport.
- We transport HDV members, their spouses and their caregivers only.
- During inclement weather (i.e., ice or snow) if conditions are deemed unsafe, we may not be able to offer rides.
- We are not able to transport a member who requires the use of a wheelchair or physical assistance from another person. Walkers needed for mobility are ok.

How to request a ride:

- You can request a ride **on-line** by logging into the HDV website and under Member, you can find "New Service Request", or you can call dispatch at **541-419-9912**.
- Members are asked to submit a ride request **at least three days before a ride is needed**.

As a group of seniors helping other seniors driving in the high desert, we encourage you to read the drivers' policy and drivers' agreement so you best understand what the team can and cannot do for our village members. These documents can be found on the HDV website. After you log in, the menu called "Volunteers" has the driver documents. Thanks in advance for reviewing them.

There are other ride services in our community to support those who need more assistance than the Drivers Service Team can provide. Some of those resources can be found in the document called "Resources for Aging in Place" on the HDV website, under "Members."

On a final note, we are looking for a member or two to step up to lead or co-lead this wonderful team of volunteers. If you would like to learn more about the role, please contact Denise LaBuda at (415) 306 - 2980 or dmlabuda@gmail.com. This team plays an important role in helping our members age in place and we'd love to find those with a penchant to lead and help deliver more rides in the coming year.

Denise LaBuda