



# Village Life

## HDV Gathers for Post Holiday Brunch and Report from the Board



Barbara Caggiano



Nancy Tyler

Village Board President Richard Clemens shared some news of changes to the board with those attending the Winter brunch in January. He thanked Barbara Caggiano for her dedication to the Village and announced she is stepping down from the Vice President role she has filled for three years.

Nancy Tyler, current Secretary, has agreed to move to the Vice President position, and made a pitch for someone to step forward and serve as Secretary. Her request must have been persuasive, because subsequently a volunteer answered the call.

The new Secretary and board member is Faith Holly Hall. Welcome aboard Faith!



Faith Holly Hall

### The Care and Feeding of Winter Skin

Even though we live in a relatively temperate part of the earth, during the winter months Central Oregonians experience many temperature shifts throughout the day. I call it the *Hot, Cold, Hot Syndrome* because we ask our skin to constantly adapt all day. Maybe your heat is on self timer and starts blasting your house an hour before you get out of your cozy bed – then you are in the cold bathroom followed by a hot shower. Your skin is warm and steamed...ah! Unfortunately the hot shower stripped your natural internal moisturizers...argh! But have no fear – you can slap on some moisturizer and you're ready to go. Then you head outside and wham! Cold weather hits your face. The tiny capillaries feeding the skin of your face recede, moisture in the skin is lost to the environment

**Protect the natural moisturizers created by your body.** The epidermis is made up of many layers. The top 14 layers are configured in a bricks and mortar fashion called the "barrier layer." Long hot showers, hot tubs and saunas are so comforting, but they strip the natural oils - the "mortar" from your skin leaving you prone to dry itchy areas and even eczema. You are literally cooking your skin when you expose it to hot water, so ease up on the temperature while bathing so your skin has a chance to hang on to its natural moisturizers. The number one cause of dry skin is a compromised barrier. This time of year you need to slather your body with a reparative cream as soon as you get out of the shower – before you open the door and let all the steam out!

**As we age.** The main change that occurs as we age is in the barrier layer – the bricks and mortar of the top layer of the skin. On the face, instead of the typical cubical shape, the barrier layer becomes more like fish scales with flatter bricks overlapping. Unless we expose our faces to harsh conditions and the hot/cold syndrome repeatedly, a simple twice daily cleansing and moisturizing should suffice. The skin on our bodies is quite the opposite. Our mortar becomes weaker and is not able to hold our bricks together as well. Our bricks tend to shrink in size creating more space that the mortar needs to fill. We need to regularly moisturize with a good cream filled with ceramides and other protective ingredients to fill in the holes in the mortar and hopefully prevent dry itchy skin. There are many products available in many price ranges. Currently I use CeraVe cream.

**Water is the essence of life.... And skin health!** Everyone needs to rehydrate morning and night all winter long. Drink lots of water to stay hydrated. Remember, caffeinated drinks don't count as they can cause dehydration.

#### Don't forget the sunscreen!

Yes! Sunscreen every day, 365 days of the year. Although the UVB rays (the burning rays) are not so strong this time of year, the UVA (the aging rays) are there from sun up to sun down every day of the year. UVA rays penetrate much deeper into the skin. Aging rays cause deep lines, tissue loss and dark pigmentation spots later in life by cross-linking collagen and elastin, degrading the natural moisturizers in the skin, damaging DNA, over-activating melanin and destroying immune cells.

*Renee Iverson, retired aesthetician*

### Music Corner

In 1985, the music industry and the world came together in response to the tragic famine wreaking havoc in Africa at the time. Some of the biggest names in music participated in making the recording **We Are the World**. Here is the result of that effort. Enjoy!

<https://youtu.be/CJ6WGN8WH3Y>



### Planning the Last Adventure of Life

The corona virus created tremendous changes as we made adjustments to keeping ourselves safe. It also dramatically re-opened the conversation about facing death... i.e., are we "ready"?! When we face our own dying or that of a loved one, we can better embrace living when we know our preferences are written down, and our paper work is up to date.

Wendy Howard and Jan Hildreth will be leading a workshop with information about the basics of End of Life documents: Will, Trust, Advanced Directive, POLST, Power of Attorney, etc. We will provide opportunities and tools to help you get started in these conversations with yourself, family and medical providers. In addition, we will discuss the many options at the end of life, for care (e.g. home, assisted living), hospice, palliative care, use of death doulas, not to be confused with the Death with Dignity Act, which will also be discussed, and body remains options.

You're encouraged to find your Advanced Directive (if you have one), check to see if it is up to date and that it really reflects who you are today and what you would want. Expect to leave with a packet of information about other resources. The Helping Hands Team will be providing snacks and you are encouraged to bring your own beverage.

**This event will take place on Thursday March 14, 2024 1:00-4:00 p.m. at Partners in Care conference room located at 20611 NE Courtney.**

You are encouraged to register on HDV Website, under EVENTS and then click EVENTS LIST or EVENTS CALENDAR. Or the dispatch line at 541-419-9912.

### Aquatic Fitness - Join in, the Waters Fine

**Mobility Thru Water - Tuesdays and Thursdays, 9:30 a.m.**  
**Juniper Swim and Fitness Center -- day pass \$7**

We might not like to admit it, but at "our age" there is a fear of falling. Such fear often limits postural mobility. Because an aquatic environment has a low risk of falling it can improve motor abilities.

The Mayo Clinic says this about aquatic exercise. "It is a low-impact activity that takes the pressure off the bones, joints and muscles. Water also offers natural resistance, which can help strengthen the muscles. Aquatic exercise can have many health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength."

Bend is fortunate to have the **Mobility Thru Water** program that is tailored toward improving mobility. The class is also excellent for persons preparing for hip or knee replacements. Such exercise can strengthen muscles before surgery.

The staff is trained in an arthritis curriculum that permits coaching individuals for their specific needs. It is ideal if you are recovering from shoulder repair or just seeking relief from arthritis pain. <https://www.bendparksandrec.org/fitness-swim/water-fitness/?tab=3>