



*The challenge for our society is to find new ways to enable our seniors to remain in their own homes and help them maintain a life with dignity, independence, and self-respect. High Desert Village is an innovative approach, dedicated to making this a realistic and cost-effective option. **Village Life** is a place to share stories and resources on making it happen.*



# HDV General Meeting

**May 21, 2019 (Tuesday) at Noon**

Pappy's Pizza, 20265 Meyers Drive near Fred Meyers

Pizza, salad and soft drink included

Yearly dues will be collected at this meeting.

Meet new members and visit with old friends!!

Guests are welcome.

**RVSP on the HDV website**

<https://highdesertvillage.helpfulvillage.com/events/39-hdv-annual-meeting>

**or contact Carolyn Cook at (541) 389-7875**

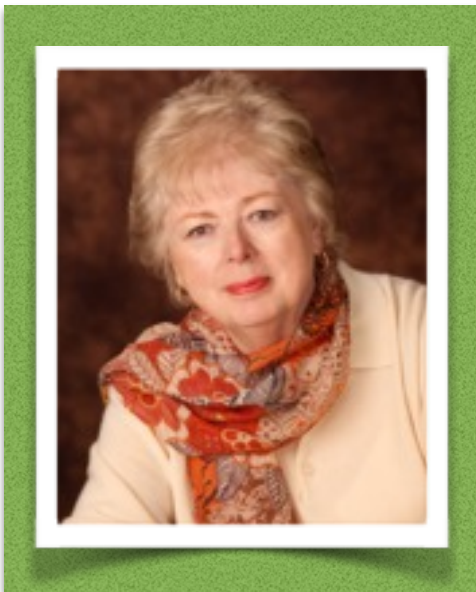
[cookykooc@yahoo.com](mailto:cookykooc@yahoo.com)

## COMMUNITY OPPORTUNITY

The "Age-Friendly Cities Regional Summit Central Oregon" is sponsoring a seminar on Friday, May 31, from 9:00 to 11:30, at St. Charles Hospital. The focus of this gathering will help Central Oregon become more "age friendly." There will be speakers and discussion from multiple disciplines, including health & human services, transportation, housing, city planning, journalism, and community organizing. Attendance is free, but registration is required. For more information or to register, contact Pauline Martinez, [pmartinez@alz.org](mailto:pmartinez@alz.org).

## Meet New Member.....

### Leslie Miller



In 2005, following her retirement after working 40 years as a Medical Technologist, Leslie Miller packed up and moved to Bend, a town she had never been to before, to take an administrative position with a local not-for-profit organization that did spiritual and historical teaching on death and dying.

Leslie's hometown of Everett, WA provided an excellent location for her diverse professional background in healthcare including logistics, hospice, community service, and her own professional speaking company.

In 2014, Leslie took her second retirement and now enjoys spending time with friends, volunteering, traveling, extensive reading and caring for her home.



## Congratulations to HDV member, Peggy Carey...

for receiving the Bend Chamber of Commerce 2019 Women of the Year Lifetime Achievement Award. This award is given annually to a successful community leader, and is awarded for giving long-term active engagement in Bend and making significant positive impacts in our community. Peggy is the organizational advisor for the HDV board.



## SNICKETS by Midge...*submitted by Midge Michael*

Of all the things you wear, your expression is the most important.

The best vitamin for making friends.....BE.

The happiness of your life depends on the quality of your thoughts.

One thing you can give and still keep....is your word

If you lack the courage to start, you have already finished.

Your mind is like a parachute,,,it functions only when open.

# The Best Exercise For Aging Bodies? HIIT IT!

By Hilary Garrett, MS PT

Most of us are quite aware of the toll that aging takes on our bodies. Science tells us that with aging, our bodies deteriorate down to their cellular levels, but the damage incurred by cells in “older” muscles is of critical importance. Muscles do not regenerate easily, and they become weaker as their mitochondria, the cells’ energy producers, decline in number and potency.

Most of us are also aware that exercise is good for us, but what kind of exercise gives us the best results for the time and effort we put forth? It turns out that science has surprisingly little understanding of how exercise benefits vary by activity and the age of the exerciser. However, recent research has shed some new light on the subject, and results point to great news for those of us with good intentions and precious little time.

At the Mayo Clinic in MN, a study recently examined the cells of 72 healthy but sedentary men and women who were under 30 years old or older than 64. Some subjects did vigorous weight training several times a week; some did brief interval training (defined later in this piece) three times per week on stationary bikes; some rode stationary bikes at a moderate pace for 30 minutes a few times a week and lifted weights lightly on other days. The control group did no exercise. Lab tests were performed before and after 12 weeks. In general, all the subjects had improved fitness and ability to regulate blood sugar levels. As you might expect, improved strength and muscle mass was greater in those who only did strength training. Endurance was most significantly affected by interval training.

HOWEVER, some surprises were discovered in the biopsied muscle cells. Among the subjects under 30, interval training produced the biggest changes in gene activity (270 genes), followed by moderate exercise (170 genes), and weight training (33 genes). Among the **older** subjects, interval training changed the activity of almost **400** genes, compared with 33 for the strength trainers and 19 for the moderate exercisers. For all the details, follow this link to the publication: [https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(17\)30099-2](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(17)30099-2). A more accessible summary is available in this NY Times article: <https://www.nytimes.com/2017/03/23/well/move/the-best-exercise-for-aging-muscles.html>.

WHAT DOES IT ALL MEAN? Well, for those of us whose exercise routine consists of 30-60 minutes of moderate exercise 3-5 days per week, it means that we’re doing it all (or mostly) wrong. “But wait!”, you might exclaim – that’s what all the exercise guidelines recommend! Once more, thanks to **science**, our paradigms about exercise have shifted.



**Moderate intensity aerobic exercise (MOD** for short) is defined as continuous effort that elicits 55-70% of maximal heart rate. Examples include (but are not limited to) walking, bicycling, swimming, paddling, snowshoeing, low-intensity dancing, and other activities that use large muscle groups repetitively over a time period of 30 minutes or more. If you use a scale of 1-10 for perceived exertion/discomfort, MOD would be in the 5-6.5 range.

Interval training is an intermittent period of intense effort (intensity being relative to the individual) interspersed by recovery periods. **High Intensity Interval Training (HIIT)** requires efforts performed at a heart rate greater than or equal to

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80% of maximum heart rate. (On a 1-10 perceived exertion scale, this effort would be in the 7-9 range.) It's based on the idea that short bursts of strenuous exercise can have a big impact on the body. By incorporating HIIT into your current exercise routine (or starting to exercise using this method), you could save on total exercise time while enhancing the benefits gained from your efforts.

How intense is HIIT? Think breathless, not winded. Heart-pounding, not exploding. Legs pumping, but not uncontrolled. Do this for 1-5 minutes, followed by easy movement recovery. Repeat during a 30-minute MOD session or do HIIT as a stand-alone when time is precious. A HIIT "workout" could be as short as 4 minutes and produce significant benefits. Calisthenics such as pushups, planks, wall sits, body weight squats, step-ups, and lunges can be performed with gusto for 7 minutes or less and count as high-intensity effort.

Here's a link to another New York Times article about "really short workouts": <https://www.nytimes.com/guides/well/really-really-short-workouts?action=click&module=RelatedCoverage&pgtype=Article&region=Footer&redirect=true>

It's never too late to benefit from exercise, and older people's cells respond in some ways more robustly to intense exercise. If you can do some form of exercise *intensely*, even just for 4 minutes a few times a week, you can lower your blood pressure, improve blood sugar control, lose body fat, improve endurance, and FEEL BETTER! Or try 10-20-30 Training: walk, cycle, row, swim, etc. gently for 30 seconds, accelerate to a moderate pace for 20 seconds, then sprint at maximum effort for 10 seconds. Repeat. You don't need a stopwatch, just count. Even though that 10 seconds is HARD, it's only 10 seconds, and you can do anything for 10 seconds, right?

Remember to consult with your health care provider before beginning or radically changing your exercise program. And then, consider a visit to a Physical Therapist who can tailor an exercise program to your special needs, goals, and lifestyle.

### **Membership renewal is due May 1, 2019**

Dues will be collected at the General Meeting, held at Pappy's Pizza, Tuesday May 21, 2019  
(see front page of this newsletter for details).

There is an option to pay your HDV membership dues electronically. Log on to the High Desert Website and under the MEMBERS tab, at the bottom is listed "RENEW MEMBERSHIP".

Click on that and follow steps. Any questions, call Nora at 541-460-9053.



*Editor's note: This article originally appeared in the July 2017 newsletter. With the sad and seemingly proliferating instances of depression and suicide in our culture, we decided to run it again.*

### \*\*\*FRIENDSHIP LINE\*\*\*

Did you know? There is a phone-in service available to anyone over the age of 60, disabled adults 18 years of age or older, and/or their caregivers. This hot-line / warm-line (non-urgent calls) is provided by the Institute on Aging and can be accessed 24 hours a day, 7 days a week. It is accredited by the American Association of Suicidology, and is the only organization of its kind in the nation.

This service is available by calling 1-800-971-0016, and can provide help to people who may feel "lonely, isolated, grieving, depressed, anxious and/or thinking about suicide."

The service can also provide referrals and "well-being check-ins," and is staffed continuously by both professionals and volunteers.

## Buddy System for New HDV Members

Ask a few Villagers about how smoothly things went when they first joined HDV. A few will tell you they fell right into place because someone they knew was already a member – readily available to fill them in, answer questions, and introduce them to existing Village members at HDV events. Others will admit they felt a little lost – more like the “new kid on the block”, not really sure of what to expect or what was expected of them. Most will say that after trying things out they eventually connected with a few other members and settled into a comfort zone. But there are some who had a slow start and even now feel a little disconnected – uncertain of their role, not sure how to log in to the HDV website or take advantage of the various levels of support offered by HDV.

In response to this need, the Welcome Aboard / Membership Team, with input from the HDV Board, has been exploring the idea of creating a new volunteer role for individuals who would be interested in volunteering as an “HDV Buddy”, providing an added layer of support for new members during their first few months after joining. (This would obviously be an optional program, as not every new member would need or want a Buddy.)



Further discussion, assessment of interest, and fine-tuning of this concept is planned at the upcoming annual meeting on May 21<sup>st</sup>. Between now and then, give some thought as to whether you would like to volunteer as an HDV Buddy. You might find it a great way to share your knowledge and enthusiasm for High Desert Village while helping new members weave their way into the community. Specific support would be tailored to individual need. In addition to simply being available to answer questions, duties of an HDV Buddy could include touching base by phone or in person, offering a ride to HDV events, sitting together at events, making introductions, etc. These responsibilities would diminish after a few months, but there is certainly the potential to continue the relationship.

*Submitted by Dick Maunder*

## PRESIDENT'S CORNER



*Friends Helping Each Other*

Recently Tom and I took a Rick Steves tour to Greece with our daughter, Emily. We met 22 other people in Athens and traveled together village to village.

Some of our group were quiet and reserved at first, others more outgoing. As we traveled on together, initial assumptions about each other dropped off and friendships formed. By week two it seemed like we all had known each other much longer. We became a traveling village.

Community occurs in many ways and on many levels. I am grateful for the community that we have within High Desert Village.

I hope to see you at the May general meeting on Tuesday, May 21, at 11 a.m. at Pappy's Pizza. We will be asking you to fill out a survey, which was designed by members. In addition, it will be a time to sign up for the volunteer team that you would like to be on for the next year. Let's travel along together, help each other out and have fun along the way.

"Blossom by blossom the spring begins." (Swinburne)  
And, step by step, we are building a vibrant village.

Pam DiDente  
President  
High Desert Village

High Desert Village Newsletter is published every other month.

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*Share with us, what interests YOU!!*

# MEMBER SERVICES

## Helping Hands

- Meal preparation / shopping when ill, injured or recovering from a surgery
- Home check / water plants, mail
- Temporary simple housekeeping
- Companionship: sit, walk, read, visit
- Interim lawn and garden support
- Phone check on members during inclement weather

## Drivers

- Local Errands
- Transportation to medical and other appointments
- Transportation to airport and HDV events

## Handyman Team

- Changing lightbulbs and smoke alarm batteries
- Simple house repairs
- Light handyman assistance

## Health Advocacy

- Medical note taking and support
- Pick up equipment and medications
- Health System navigation
- End of Life support
- Hospitalization follow-up

## Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

*Above are examples (but not all possibilities!) of some services available/requested*

*The following services were provided to our members by our members in the past two months:*

Handyman.....1	Helping Hands.....3
Techie.....1	Health Advocacy.....3
Good Time....2	Transportation.....3 (2 local, 1 airport)
HDV Board Services Performed....15	

**Call 24/7/364..... 541-419-9912**



# Villagers Update

## Bob Banta

### IN MEMORIAM

We remember with sadness (and much fondness) HDV member Bob Banta, who passed away on March 15. Bob's life epitomized a "lust for life" that we should all be so blessed to experience. A passion for flying, whether at the controls himself or as a passenger, never left him. In fact, his business card also revealed a crazy, fun-loving guy, as it read, "Old Pilots Never Die (They Just Smell That Way)"!

Bob and wife Alice (who preceded him in death) were enthusiastic members of High Desert Village. He leaves many of those friends behind, but all with wonderful memories of this man and a life well-lived.



*Submitted by Linda Melton*

**Village Life** is a monthly publication of High Desert Village, a non-profit organization where friends help friends stay in their homes longer.

**Interested in becoming a Villager?**

Call us at 541-419-9912.

Check out our web site at <https://highdesertvillage.helpfulvillage.com>

Email us at [desertvillage@gmail.com](mailto:desertvillage@gmail.com)

Send this to a friend

Place  
Stamp  
Here

TO: