



# Village Life

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.

## 2019 High Desert Village Annual Picnic

*was Tuesday, August 20, 5:00pm at the Mountain High gazebo*



For slide show of High Desert Village Annual Picnic, click here

[https://  
highdesertvillage.us12.list-  
manage.com/track/click?  
u=017229bd8696037343fd6ee31&id  
=fcf1f0ebf5&e=ffaca17ec4](https://highdesertvillage.us12.list-manage.com/track/click?u=017229bd8696037343fd6ee31&id=fcf1f0ebf5&e=ffaca17ec4)

*created by Richard Maunder*

## NEW MEMBER BIO....

### Alan Hilles

I was born and raised in Oregon, Eugene mostly, a U of Oregon graduate then on to OHSU Med school. Family Practice residency in Utah, then back to Oregon to practice. I came to Bend in 1976, practiced Family Medicine at BMC for 40 years and retired 2+ years ago. I am married with 2 adult children, both doing well. I enjoy woodworking, ballroom dancing, walking, hiking, some travel in Pacific Northwest. I'm currently a volunteer in Habitat, Volunteers in Medicine and Partners in Care Hospice, and tutoring 3rd graders. I enjoy meeting and helping others. I appreciate the opportunity to join HDV and looking forward to meeting many of you.



HIGH DESERT VILLAGE... information about our High Desert Village is available to share with interested people in a business card style.



Please contact Pam (541 390-8980 or [comerdente@me.com](mailto:comerdente@me.com)) if you would like to have a few on hand.

### CALLING ALL BOOMERS!

On Saturday, September 7, there will be an all-day (10 a.m. to 5 p.m.) free expo at the Deschutes County Fairgrounds. This event features speakers, workshops, and vendors, and is targeted to us "baby boomers," covering such topics as health, travel, law, veterans benefits, and more. For additional information, go to [www.boomerama.com](http://www.boomerama.com)



### Do you have any newsletter experience?

High Desert Village is recruiting volunteers (yes, that is YOU!) to assist/take over in editing and publishing our newsletter, Village Life.

Nora Miller has been using Pages (a Mac program) and has published the newsletter for the last 6 years. She is ready to pass the torch! Linda Melton has been editing the newspaper for several years, since she took over for Alice Johnson.

**There will be a meeting at Nora Miller's house to discuss the options and future of our newsletter. As a member of High Desert Village, please join us for a brainstorming session on **September 18, 4pm** at 61012 SW Honkers Lane. For more information, call Nora at 541-460-9053.**



## PRESIDENT'S CORNER

On the national front the village movement is growing across the country as baby boomers age and are seeking alternatives to facilities.

A new village is forming on the Oregon coast. It will stretch from Arch Cape to Rockaway. They have reached out to us for advice because they want to follow our format-small enough in numbers to not require a paid staff member or fundraisers also run entirely by its own members, not other volunteers.



On our home front the board has been scrutinizing your input from the survey that members designed and distributed at the May general meeting. We were delighted to hear that overall members are happy with how we function as a village. One need that slightly surfaced was the desire of some members for more social events. In response to this, we are reinstituting the monthly alternating coffee/brew pub gatherings. In July, 22 of us met up at Boneyard Brewery on Division and the staff there graciously accommodated us. Of course, we always encourage the entire membership to come out to our three annual group gatherings on the third Tuesday of May, August and January.

On the organizational front, our village is growing into its future and therefore is organizationally evolving in a positive direction. We have a strong board that is looking out for our future. We need to have certain structure for insurance purposes, yet we like to be fluid as well. This is where you individually can make a difference. Some of you are on service teams that get called infrequently or you are looking to do more for the village. If you can do a little more, please contact me. As president I know where our gaps are, and, if these needs can be filled, we will be a stronger and more seamless organization. These gaps are significant to us all but individually will take up very little of your volunteer time. I would love to fill these gaps and make us a stronger community. Please contact me if interested.

Last, but not least, we have openings for new members right now. We do not advertise. People find us by word of mouth primarily through our members. If you know someone interested in joining it is as simple as telling them to google "High Desert Village" and fill out the contact form. Also, we now have business cards with our contact information on them thanks to Katie Jones and Dick Maunder. We are hoping members will distribute these or carry them on you for when you tell someone about High Desert Village. See the newsletter for more information about these. I live by downtown and am happy to leave some on my porch for members to pick up. Just contact me.

Best to you as the summer culminates. And, as always, thank you for all that you do for High Desert Village.

Pam DiDente

541 390-8980

comerdente@me.com

**Books are a portal to our personal histories.** Pick up a worn copy of a childhood favorite and you might be transported to the warmth of a parent's arms or a beanbag chair in a first-grade classroom or a library in your hometown. Avid readers could build autobiographies around their favorite books and come to the realization that what they have read is almost as meaningful as when they read it. A high schooler poring over "To Kill a Mockingbird" for a summer reading assignment encounters a different book than someone who reads it decades later, closer in age and outlook to Atticus than Scout.

In light of that reality, we took a stab at picking the best book for every age. There's no definitive way to do this, of course. What moves one reader may not resonate with another, regardless of their birth year. So think of this list as a starting point, plus an invitation to look back at your own literary chronology: What spoke to you during a certain time in your life - and why?

Here are our picks for worthwhile books to read during each year of life, from 1 to 100, along with some of the age-appropriate wisdom they impart.

*Stephanie Merry, Book World editor* <https://m.sfgate.com/entertainment/article/Book-World-The-books-to-read-at-every-age-from-14051488.php>

Age 1

"The Very Hungry Caterpillar"

By Eric Carle

Welcome to the world! It's a good time to start learning numbers, days of the week and the helpful fact that too much food will give you a tummy ache.

---

Age 2

"Llama Llama Red Pajama"

By Anna Dewdney

Your parents might not come the moment you call them, but they will come. And now is as good a time as any to start learning patience.

---

Age 3

"Where the Wild Things Are"

By Maurice Sendak

You will act like a monster sometimes, but you can always go home again.

---

Age 4

"Charlie Parker Played Be Bop"

By Chris Raschka

It's never too early to start appreciating a good improv riff.

---

Age 5

"The Giving Tree"

By Shel Silverstein

Books can make you cry; trees deserve to be loved; and selfish little boys, if enabled, will grow into selfish old men.

---

Age 6

"Ramona the Pest"

By Beverly Cleary, illustrated by Jacqueline Rogers

It's not your fault. Older siblings are the worst.

—

Age 7

"The Complete Calvin and Hobbes"

By Bill Watterson

Friendship can be so magically transformative that it might turn a stuffed tiger into a partner in crime.

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Age 8

"Harry Potter and the Sorcerer's Stone"

By J.K. Rowling

Enjoy your first brush with binge reading on an adventure you'll never forget.

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Continued on page 5...

Age 9

"Tales of a Fourth Grade Nothing"

By Judy Blume

Hang in there. Younger siblings are the worst.

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Age 10

"Smile"

By Raina Telgemeier

Underneath whatever embarrassing, ostentatious orthodontia you're forced to trot out, you're still you.

---

Age 11

"Ghost"

By Jason Reynolds

Not all childhoods are idyllic and not all parents are good, but if you look, you'll find people to help you reach your potential.

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Age 12

"Roll of Thunder, Hear My Cry"

By Mildred D. Taylor

The terrible legacy of racism touches everyone and benefits no one.

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Age 13

"I Am Malala"

By Malala Yousafzai

There's power in peaceful protest. Danger, too.

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Age 14

"The Perks of Being a Wallflower"

By Stephen Chbosky

Everyone feels like an outcast sometimes. You just need to find your island of misfit toys to call home.

---

Age 15

"The Hate U Give"

By Angie Thomas

Being true to yourself may cost you friends. It's worth it.

---

Age 16

"Jane Eyre"

By Charlotte Brontë

Nobody understands you and your terribly unfair life. Reader, you are not alone.

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Age 17

"Once Upon a River"

By Bonnie Jo Campbell

Feeling lost? Time spent in nature may guide you back to yourself.

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Age 18

"A Gate at the Stairs"

By Lorrie Moore

There are many important lessons to learn in college, not all of them from books.

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Age 19

"The Handmaid's Tale"

By Margaret Atwood

Behold the scary possibilities of our dystopian future, inspired by our dystopian present.

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Age 20

"The Brief Wondrous Life of Oscar Wao"

By Junot Díaz

Hilariously tortured, exuberant nerds are great company.

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Age 21

"The Sun Also Rises"

By Ernest Hemingway

You're old enough to drink and carouse with your friends. Isn't it pretty to think so?

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Age 22

"Democracy in America"

By Alexis de Tocqueville

To truly understand the country we live in, sometimes you have to see it through the eyes of a 19th-century Frenchman.

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Continued on page 6...

Age 23

"The Autobiography of Malcolm X"

By Malcolm X and Alex Haley

There's power in confrontational protest.

Danger, too.

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Age 24

"Atlas Shrugged"

By Ayn Rand

Marvel at the profundity of its objectivist themes - then, in a few years, marvel at your naivete.

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Age 25

"I Capture the Castle"

By Dodie Smith

Keep a journal and don't forget the most personal details. It'll make for an entertaining, maybe even enlightening, read one day.

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Age 26

"Americanah"

By Chimamanda Ngozi Adichie

Our grandest ambitions may spur us toward far-flung places - and heartbreaking disasters - but ultimately there's no place like home.

---

Age 27

"The 7 Habits of Highly Effective People"

By Stephen R. Covey

It's time to decide whether you're a self-help book person. Because a better you is just a page-turn away.

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Age 28

"Sister Outsider"

By Audre Lorde

To truly understand oppression - including a host of destructive -isms - try walking in the shoes of this pioneer of intersectionality.

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Age 29

"In Defense of Food"

By Michael Pollan

So much of what you need to know about consumption can be summed up in Pollan's simple directive: "Eat food, not too much, mostly plants."

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Age 30

"The Joy of Sex"

By Alex Comfort

Live a little.

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Age 31

"Mastering the Art of French Cooking"

By Julia Child, Louisette Bertholle and Simone Beck

Now that you're proficient in spaghetti with meat sauce, it's time to up your game. Beef bourguignon, anyone?

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Age 32

"The Grapes of Wrath"

By John Steinbeck

This high school English-class staple is even more devastating when read from the perspective of a parent - or anyone old enough to be one.

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Age 33

"Becoming a Man: Half a Life Story"

By Paul Monette

Society may try to force you into a mold. You don't have to comply.

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Age 34

"Beloved"

By Toni Morrison

The legacy of slavery still haunts this nation.

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Continued on page 7...

Age 35

"How to Talk So Kids Will Listen & Listen So Kids Will Talk"

By Adele Faber and Elaine Mazlish

Tips for communicating with children also come in handy when dealing with adults who act like them.

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Age 36

"Life Among the Savages"

By Shirley Jackson

For parents, best-laid plans are an exercise in futility.

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Age 37

"The Joy Luck Club"

By Amy Tan

Your mother has stories to tell and insights to share, though you might not be ready to hear them until you're grown up.

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Age 38

"The Sportswriter"

By Richard Ford

There is a lost and sad, yet somehow hopeful, dude lurking inside every man.

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Age 39

"What Alice Forgot"

By Liane Moriarty

Is this where you really want to be in life? Because it's not too late to do things differently.

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Age 40

"The Diving Bell and the Butterfly"

By Jean-Dominique Bauby

Life is fleeting and unpredictable.

Accomplish your goals while you still can, obstacles be damned.

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Age 41

"Rabbit, Run"

By John Updike

You may feel like fleeing sometimes, but remember: Selfishness is not a victimless crime.

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Age 42

"The Woman Upstairs"

By Claire Messud

When everyone expects you to act like a cheerful and invisible old maid, get angry.

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Age 43

"Their Eyes Were Watching God"

By Zora Neale Hurston

You have your finger on the trigger of your own destiny.

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Age 44

"The Goldfinch"

By Donna Tartt

The images of love we start with never leave us.

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Age 45

"Where'd You Go, Bernadette"

By Maria Semple

When it comes to midlife crises, go big or go home.

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Age 46

"Salvage the Bones"

By Jesmyn Ward

Sometimes the only thing you can do is cling to those you love and wait out the storm.

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Age 47

"Stretching"

By Bob Anderson

As if you need a reminder, you're not 25 anymore. Treat your body accordingly.

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Age 48

"Bossypants"

By Tina Fey

You're juggling a lot. You've earned a good laugh from a celebrity who doesn't pretend to be picture-perfect.

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Continued on page 8...

Age 49

"Walden"

By Henry David Thoreau

Living a life of quiet desperation, you're ready to hear Thoreau's inspiring advice.

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Age 50

"Fifty Shades of Grey"

By EL James

Spice things up - or at least enjoy a good laugh.

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Age 51

"Who Do You Think You Are?"

By Alice Munro

It's the small moments that define us.

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Age 52

"Men Without Women"

By Haruki Murakami

Life is a riddle with no right answer; attempting to figure out the solution is its own reward.

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Age 53

"A Man Called Ove"

By Fredrik Backman

It gets harder to make new friends as you age, but do it anyway. They might save your life.

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Age 54

"The Denial of Death"

By Ernest Becker

What would you do - and who would you be - if you weren't afraid of dying?

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Age 55

"Olive Kitteridge"

By Elizabeth Strout

A person can be cruel and difficult but also loving and worthy of compassion.

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Age 56

"When Things Fall Apart"

By Pema Chödrön

Every challenge is an opportunity for transformative wisdom.

---

Age 57

"Remains of the Day"

By Kazuo Ishiguro

If you've been living according to someone else's rules, you can stop now.

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Age 58

"The Plague of Doves"

By Louise Erdrich

Think about what's come before you because "history works itself out in the living."

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Age 59

"Dynamic Aging"

By Katy Bowman

Don't blame your age if you're feeling creaky. It could just be the way you're using (or not using) your body.

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Age 60

"The Five Years Before You Retire"

By Emily Guy Birken

Not to stress you out, but time is ticking. Do you have a good plan?

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Age 61

"Fear of Dying"

By Erica Jong

There are many ways to age. Gracefully doesn't have to be one of them.

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Age 62

"Major Pettigrew's Last Stand"

By Helen Simonson

Love knows no bounds, especially when books bring people together.

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Continued on page 9...



Age 63

"Our Souls at Night"

By Kent Haruf

Curing loneliness can be as simple as asking for company.

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Age 64

"Old in Art School"

By Nell Painter

It's not too late to try a new career, but brace yourself for the ageist naysayers.

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Age 65

"65 Things to Do When You Retire"

Edited by Mark Evan Chimsky

If you need ideas, Jimmy Carter, Jane Fonda and Gloria Steinem have suggestions.

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Age 66

The "Outlander" series

By Diana Gabaldon

You don't need time travel to keep the romantic sparks flying as you age - just imagination.

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Age 67

"Don Quixote"

By Miguel de Cervantes

You finally have time to read the first modern novel.

---

Age 68

"The Year of Magical Thinking"

By Joan Didion

Grief can make you feel like you're losing your mind. That's normal.

---

Age 69

"I Remember Nothing"

By Nora Ephron

"Every time one of my friends says to me, 'Everything happens for a reason,' I would like to smack her."

---

Age 70

"Master Class: Living Longer, Stronger, and Happier"

By Peter Spiers

Among the secrets to a fulfilling life: Never stop learning.

---

Age 71

"Midnight's Children"

By Salman Rushdie

You are forever linked to the time and place of your birth. What you do with that connection is up to you.

---

Age 72

"Love in the Time of Cholera"

By Gabriel García Márquez

In the words of the Supremes: "You can't hurry love. You just have to wait." Sometimes decades.

---

Age 73

"The Years of Lyndon Johnson"

Four volumes, by Robert Caro

At 83, Caro is still working on this extraordinary series. You have time to catch up.

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Age 74

"Paris in the Present Tense"

By Mark Helprin

"Music is the only thing powerful enough to push aside the curtain of time," so fill your life with song.

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Age 75

"The History of Love"

By Nicole Krauss

Time cannot forever thwart the persistence of real affection.

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Continued on page 10...

Age 76

"Women Rowing North"

By Mary Pipher

With the right mind-set - and a willingness to say no - this could be the time of your life.

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Age 77

"Gilead"

By Marilynne Robinson

You're ready to start thinking about what your life means and the legacy you'll leave behind.

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Age 78

"Charlotte's Web"

By E.B. White

Within this gentle tale lies a good lesson to share with grandchildren and to remind yourself: Change is the only constant.

---

Age 79

"The Coming of Age"

By Simone de Beauvoir

You don't have to act your age.

---

Age 80

"Coming Into Eighty: Poems"

By May Sarton

Your ship may be battered, but what a voyage  
"Of learning what to be / And how to become it."

---

Age 81

"Devotions"

By Mary Oliver

At 81, the poet took stock of her life with a collection spanning five decades that asks,  
"What it is you plan to do / with your one wild and precious life?"

---

Age 82

"The Summer of a Dormouse"

By John Mortimer

When your body stops doing what you want it to, laughter is a great coping mechanism.

---

Age 83

All the thrillers and mysteries

If you haven't yet acquainted yourself with Easy Rawlins, Mrs. Pollifax, Maisie Dobbs, Chief Inspector Armand Gamache and Commissario Guido Brunetti, invite them over. They're great company.

---

Age 84

"The Last Unknowns"

Deep, Elegant, Profound Unanswered Questions About the Universe, the Mind, the Future of Civilization, and the Meaning of Life edited by John Brockman  
With time and wisdom to spare, there may be no better moment to ponder life's big mysteries.

---

Age 85

"Ravelstein"

By Saul Bellow

Our oldest friendships can still fascinate us.

---

Age 86

"Old Filth"

By Jane Gardam

It's never too late to make peace with your personal history.

---

Age 87

"King Lear"

By William Shakespeare

Count your blessings for unconditional love, and express your appreciation to the people who bestow it.

---

Age 88

"Nearing Ninety: And Other Comedies of Late Life"

By Judith Viorst, illustrated by Laura Gibson  
Take it from someone who finds humor even in the tribulations of advancing age: "What's there to complain about? Not much."

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Continued on page 11...

Age 89

"A Carnival of Losses: Notes Nearing 90"

By Donald Hall

"Why should the nonagenarian hold anything back?" That, you'll be happy to hear, is a rhetorical question.

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Age 90

"Beachcombing for a Shipwrecked God"

By Joe Coomer

You may have to journey into the past to make sense of your present.

---

Age 91

"Selected Poems: 1988-2013"

By Seamus Heaney

Enlightenment and beauty abound, even in the seemingly mundane moments of everyday life.

---

Age 92

"Nothing to be Frightened Of"

By Julian Barnes

Don't avoid the big questions of life and death and faith: Tackle them straight on with help from some of the greatest thinkers.

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Age 93

"Sapiens"

By Yuval Harari

You've witnessed nearly a century. Now behold the history of mankind.

---

Age 94

"This Chair Rocks: A Manifesto Against Ageism"

By Ashton Applewhite

There are a lot of myths about aging. Don't buy into any of them.

---

Age 95

The Neapolitan novels

By Elena Ferrante

A true friendship can survive the ravages of time.

---

Age 96

"Somewhere Towards the End"

By Diana Athill

There's no value in regret.

---

Age 97

"My Own Two Feet"

By Beverly Cleary

Every choice you've made has led you here, where you belong.

---

Age 98

"Life Is So Good"

By George Dawson and Richard Glaubman  
Dawson learned to read at 98, then wrote a book. So what are you going to do today?

---

Age 99

"Little Boy"

By Lawrence Ferlinghetti

Just because you're old doesn't mean you've lost the beat.

---

Age 100

"Sailor and Fiddler: Reflections of a 100-Year-Old Author"

By Herman Wouk

Life is a wonderful adventure. Books make it even better.

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*Ron Charles, Nora Krug, Geoff Edgers, Monica Hesse, Carlos Lozada and Manuel Roig-Franzia contributed to this story.*

*Submitted by Meredith Mason*

## FOUR RETIREMENT PRIORITIES

As our population ages, there are more and more books and articles out there that are written with suggestions and commentary on the process of aging. I recently read an article entitled, “Reboot, Rewire, or Retire? Personal Experiences with Phased Retirement & Managing a Life Portfolio,” by Anna Rappaport. She begins her recommendations for retirement by stressing that, if a couple, they work together to plan their anticipated costs. She calls it a “life portfolio,” and breaks it down into a kind of pie chart of four quadrants: health, people, pursuits, and places, where each quadrant represents certain funding necessities.



**Health:** Unfortunately, this is one critical area where there can be variable costs. One or both spouses may eventually develop expensive medical costs, or they may both sail through retirement with good health, and no need for long-term care. For some, a determined approach to a healthy retirement may require some costs associated with club fees and specific food needs.

**People:** For many couples, happy retirement may mean spending time with children and grandchildren. This may involve travel costs, or helping fund family members' travel costs, if travel becomes more difficult in later years. Moving to a location closer to family may be another option, i.e., another expense.

**Pursuits:** As couples plan retirement, it is important to establish the cost of any desired hobbies. Having another source of income, e.g., part-time employment, may help fund those activities.

**Places:** Perhaps a second home in a warmer climate or extensive travel thereto may be part of long-term planning. It is also helpful to remember that travel is easier in the early, i.e., younger, retirement years. Ultimately, as aging occurs, travel funding may need to transition into costs associated with medical expenses or long-term care.

In her article, Ms. Rappaport recommends that couples begin serious retirement planning as they “identify what you want to do, whom you want to do it with, and where you want to be.” She also urges flexibility in that life can always throw curve balls eventually requiring shifts in even the most careful planning.

*Submitted by Linda Melton*





## WHAT ARE THE EARLY SIGNS OF DEMENTIA ?

*Submitted by Alice Johnson R.N.*

Many of us experienced seeing our parents or other elderly relatives experience dementia as they aged and are somewhat apprehensive about these symptoms occurring in ourselves, spouses or friends.

Dementia is a term that describes a variety of symptoms affecting a person's cognitive functioning, including their ability to think, remember and reason. Dementia occurs when nerve cells in a person's brain stop working. Although it typically happens in older people, it is NOT an inevitable part of aging. Please reread that last statement. This article will give a few key early warning signs of dementia so you can recognize if this is occurring to yourself, your partner or friends.

1. **MEMORY LOSS.** A person with dementia may find it difficult to recall information they have recently learned, such as dates or events or new information. They may have to rely on others for keeping track of things.  
  
Most people occasionally forget things more frequently as they age. If they can recall it later, their memory loss is age-related and NOT dementia.
2. **DIFFICULTY PLANNING OR SOLVING PROBLEMS.** A person with dementia may find it difficult to follow a plan, such as a recipe when cooking or directions when driving. Adding up numbers to paying bills may also get more challenging.
3. **DIFFICULTY DOING FAMILIAR TASKS.** A person with dementia may find it difficult to complete tasks they regularly do, such as changing settings on a television, operating a computer, making a cup of tea or getting to a familiar location.
4. **BEING CONFUSED ABOUT TIME OR PLACE.** Dementia can make it hard to judge the passing of time. People may also forget where they are at any time. They may find it hard to understand events in the future or the past and may struggle with dates.
5. **CHALLENGES UNDERSTANDING VISUAL INFORMATION.** Visual information can be challenging for a person with dementia. It can be hard to read, to judge distances, or work out the differences between colors.
6. **PROBLEMS SPEAKING OR WRITING. A PERSON WITH DEMENTIA MAY FIND IT HARD TO ENGAGE IN CONVERSATIONS.** They may forget what they are saying or what somebody else has said. It can be difficult to enter a conversation. People may also find their spelling, punctuation, and grammar get worse. Sometimes their handwriting becomes difficult to read.

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7. MISPLACING THINGS. A person with dementia may not be able to remember where they leave their everyday objects such as a remote control, cash or keys. Misplacing possessions can be frustrating and may mean they accuse other people of stealing
8. POOR JUDGMENT OR DECISION-MAKING. It can be hard for someone with dementia to understand what is fair and reasonable. This may mean they pay too much for things or become easily sure about buying things they do not need. Some people with dementia also pay less attention to keeping themselves clean and presentable.
9. WITHDRAWAL FROM SOCIALIZING. A person with dementia becomes uninterested in socializing with others. They may become withdrawn and not talk to others, or not pay attention when others are speaking to them.
10. CHANGES IN PERSONALITY OR MOOD. A person with dementia may experience mood swings or personality changes. For example they become irritable, depressed, fearful, or anxious. They may also become more disinhibited or act inappropriately.

A person who experiences any of these symptoms or notices them in a loved one should speak to a medical professional. According to the Alzheimer's Association, it is a myth that cognitive functioning always get worse as a person gets older. Signs of cognitive decline may be dementia or another illness for which doctors can provide support.

Although there is no cure for dementia yet, a doctor can help slow the progression of the disease and ease the symptoms, and therefore improve a person's quality of life.

Hopefully, that when you forget a person's name or lose your keys, you will see by the above signs, that this is merely an aging memory loss (or a "senior moment") and not dementia.

This article was taken from MEDICAL NEWS TODAY newsletter and written by Timothy Huzar.

*Submitted by Alice Johnson R.N.*

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

Life is too short to wake up with regrets,  
so love the people who treat you right,  
forget about the ones who don't.  
Believe everything happens for a reason.

If you get a second chance, grab it with both hands. If it changes your life, let it.  
Nobody said life would be easy, they just promised it would be worth it.

# 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...*

**Transportation (6 local, 3 airport)... 9**

**Handyman ..... 7**

**Helping Hands.....2**

**Techie ..... 8**

**Health Advocacy.....12**

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

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Linda Melton [lmfannypack@bendbroadband.com](mailto:lmfannypack@bendbroadband.com)  
Nora Miller [nkolberg@gmail.com](mailto:nkolberg@gmail.com)

**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.

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