



*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.*



Door prizes, mostly from local businesses

"Heavy appetizers"

Members only

**Each attendee gets one free drink ticket! Cash bar available
for additional drinks**

If you need a ride, please call HDV at 541-419-9912

MUST RSVP to Joan Rodine at 541-318-1669

-SEE MAP ON P.3-

***NEW MEMBERS...**After a long process of using "Verified Volunteers" to certify High Desert Village members, we are happy to report that we have ten new members! However, by the time the "VV" applications were completed and approved, there was not sufficient time to get "new member bios" from all ten people. We are featuring the first three below, and will follow up with the rest in the next newsletter.*

NEW MEMBER BIO...Charlotte Fassett

I moved to Bend August, 2016 from Binghamton, N.Y., which is in upstate New York, to be closer to my son, his wife and four grandchildren. I enjoy playing chess, walking/hiking (slowly!), reading, travel, movies, going out for dinners, and especially shows and concerts. Pre-retirement I was a social worker and Director of the Broome County Special Olympics. Presently I am learning how to hook rugs, consequently am a hooker. Interestingly, when I left Binghamton I had just joined a group that is researching how we can help older people who would like to remain in their homes.



NEW MEMBER BIO ... Laura and Robert Goold



Laura was raised in Madras Oregon. She has a degree in Occupational therapy and a Masters degree in Public Administration. She recently retired from 39 years working as an occupational therapist.

Bob grew up in Burley Idaho and recently retired from 35 years as a CPA. While working as an accountant Bob was active in assisting Central Oregon nonprofit groups as a board member and accounting advisor.

Laura and Bob enjoy hiking, camping and geocaching with their three dogs. In their spare time they both play in the Cascade Horizon Band. "life is good!"

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

FROM ONE FRIEND TO ANOTHER

I've learned.....

That the best classroom in the world is at the feet of an elderly person.

I've learned.....

That I can always pray for someone when I don't have the strength to help him in any other way.

I've learned

That being kind is more important than being right.

I've learned.....

Life is like a roll of toilet paper...The closer it gets to the end, the faster it goes.

Map for The Phoenix Restaurant

594 NE Bellevue Drive
Bend, OR 97701

After Holiday Party

Tuesday
January 16, 2018
5-8pm



PRESIDENT'S CORNER



Friends Helping Each Other

My husband, Tom, and I attended the National Village to Village Conference in Baltimore in early November. We left there feeling inspired and energized. I will write about some of the highlights in my next few newsletter contributions.

Villages are membership-driven, grassroots, nonprofit organizations. The common saying is, "If you have seen one village, you have seen one village." Our village is known as a member service village. Our members volunteer to help each other. Some villages have other models. Some have paid staff. We do not have paid staff, consequently, our dues are on the lower end compared to other villages.

There are 230 villages in operation in the United States and 150 in development. High Desert Village was one of the first 40 villages formed. We were formed as a 501 c3 nonprofit in 2009.

With the tidal wave of baby boomers coming forward, this village movement turns out to be cutting edge. People are wanting to age in place or, to me, a more accurate description is "age in community". That might explain why we just had a surge of 13 new members join us.

Our village is just beginning to stabilize after our recent strategic planning. We as a board need your help. If you have computer skills, please call Clarissa Jurgensen, the Tech Service Team leader, at 541 383-1629. If you need one of our services, please call dispatch at 541 419-9912. (Some members are disappointed that they are not getting enough volunteer hours.) And please join me at our January 16 gathering at the Phoenix Restaurant to welcome and start integrating our newest members.

Best to you all,
Pam DiDente,
President, 541 390-8980.

CORRECTION!!!

In the last newsletter, some little computer "gremlin" mistakenly estimated that our upward limit of HDV membership to be 165. Unfortunately, that "gremlin" added an extra "1" to this number, which should have been 65! The little gremlin sincerely apologizes for the error...

HDTV SERVICE TEAMS

As most of you are aware, we made some significant changes in High Desert Village last spring. In addition to using "Verified Volunteers" to help guarantee the safety of our members, we also tightened up the areas of service to members by instituting the concept of "Service Teams." This serves two purposes: to help members determine which teams better fit their areas of expertise in terms of volunteerism, and to help them understand how their individual needs might be met.

However, it is important to understand that when requesting any particular service, all calls should first go thru our dispatch phone number (541-419-9912). You can then expect a return call within 24 hours, setting up a service time.



In this newsletter and subsequent ones, we will feature the various service teams and what they do.....

- The **MEMBERSHIP SERVICE TEAM** is composed of 7 members dedicated to helping interested people understand and likely join High Desert Village. The process begins with a visit to the home of the potential member. The visit is an informal way of getting to know the applicant, and answer questions about the organization. Since every member is a volunteer, this is a great time to find out what services and what interests our potential member may have. Applications and Membership Agreements are filled out at that time. The Membership Service Team also makes sure that our brochure and other materials stay up to date. With a presence on the Board, the team leader stays connected to all the activities and decisions affecting members.
- The **TRANSPORTATION SERVICE TEAM** is responsible for providing rides for HDV members. Rides might include various errands, medical or other appointments, HDV events, and Redmond airport trips. Airport runs are available between the hours of 7:00 a.m. and dusk.
- The **HANDY MAN SERVICE TEAM** helps HDV members attend to various tasks around their homes. This might include replacing smoke alarm batteries and light bulbs, tightening drippy faucets, fixing squeaky doors, moving not-so-heavy furniture, etc. Unfortunately, a recent report by the service team leader indicated that most of its volunteers are "sitting on their hands," waiting for tasks to perform! Let's get them busy!

WALKING OVER ICE

In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Dew or water vapor can freeze on cold surfaces, forming an extra-thin, nearly invisible layer of ice that can actually look like a wet spot on the pavement.

Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction. Taking shortcuts through areas where snow and ice removal is not feasible can also be hazardous.

Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible. Extend your arms out to your sides to maintain balance. Beware if you are carrying a heavy backpack or other load—your sense of balance will be off. If you must carry a load, try not to carry too much; leave your hands and arms free to balance yourself. Hands out of your pockets while walking lowers your center of gravity and increases balance. You can help break your fall with your hands free if you do start to slip.

Watch where you are stepping and GO S-L-O-W-L-Y!!! This will help your reaction time to changes in traction. When walking on steps, always use the hand railings and plant your feet firmly on each step.

Use special care when entering and exiting vehicles; use the vehicle for support.

Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.

Submitted by Tom Comerford

MEMBER SERVICES

Daily Living and Home Services

- Meal preparation when ill, injured or recovering from a surgery
- Errands
- Wait in home for a service or delivery
- Pet care or dog walking
- Basic housekeeping on a temporary basis
- Taking out trash and recycling
- Mail collection when out of town

Transportation

- Airport
- Shopping. Will walk member to door and carry in packages
- Hair and or nail salon appointments
- Doctor and Dental appointments
- HDV events

Handyman/Light Home Maintenance

- Simple house repairs

- Changing lightbulbs and smoke alarm batteries
- Heavy Lifting
- Referral to reliable vendors when problem needs more expertise assistance

Medical Advice and Advocacy

- Accompany to Doctor's office at member's request
- Calls and visits to discuss and advise members about medical conditions by RN
- Assist with obtaining durable medical equipment

Electronics and Computers

- Simple solutions for computers, DVD, phones and clocks

Gardening Advice and Help

- Water outdoor and indoor plants during brief absences
- Gardening advice
- Mow lawn and weed when member

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

Transportation.....27

Handyman.....5

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

- In another twist to our social activities of "pub nights" and coffees, HDV is going to experiment with "**Wine Downs**," tentatively starting in February. Alice Johnson has graciously offered to host the first one at her home. Watch for details to follow on date and time.

- New member Denise Mahoney is an experienced seamstress and has volunteered to do alterations and mending for HDV members. Her "new member bio" will appear in the March newsletter. Feel free to contact her through HDV dispatch 541-419-9912 if you have any sewing fix-up projects in mind.



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 <http://highdesertvillage.com>

Email us at desertvillage@gmail.com

Send this to a friend

Place
Stamp
Here

TO: