



The Next Door announces Volunteers of the Year: Tina Castañares and Paul Woolery

The Next Door has announced its 2020 Volunteers of the Year: Tina Castañares and Paul Woolery of Odell.

Castañares' and Woolery's connections with The Next Door span decades. When Woolery was starting out as a therapist in the early 1990s, he served as a family therapist

for the organization's founding program, the Klahre House, a program that's still serving young people today.

"I met with the staff and youth and was immediately impressed with the level of care and service provided," said Woolery. Not long after, Castañares, then a

physician at La Clínica del Cariño, now One Community Health, frequently collaborated with The Next Door, particularly when La Familia Sana, now Nuestra Comunidad Sana/Health Promotion Services, transitioned from being housed at La Clínica to The Next Door.

"It was a natural fit," said Castañares of the change. "Even in its early days, The Next Door was growing to give a home to programs and services that were needed."

While Woolery's time as a therapist with The Next Door was brief, his involvement continued when the organization adopted an intervention program that he and a partner developed for domestic abuse perpetrators. The program had long been offered in English, and The Next Door adapted it for Spanish-speaking participants.

Woolery served as a consultant for the successful revision and implementation of Hombres Autoresponsables para Parar el Abuso (HAPA), which continues to be offered virtually.

Meanwhile, Castañares began serving on The Next Door's Nuestra Comunidad Sana/Health Promotion Services advisory committee.

"There was so much interconnection between my work and The Next Door. It was wonderful to see what The Next Door's creative staff could do and the way they were able to expand the role of Community Health Workers beyond what the clinic could achieve," said Castañares.

Fast forward to March 2020, when COVID-19 took hold in the Gorge. Castañares, now retired, knew she wanted to do something to help. While she didn't feel safe returning to direct patient care, she found herself on The Next Door's Migrant and Seasonal Farmworker outreach committees. According to The Next Door, she immediately proved to be a valuable asset with her historical knowledge of the area

and her medical background, which ensured The Next Door could provide accurate and reliable information to those it served.

One of the first challenges the committee addressed was how Community Health Workers could distribute reliable virus information and supplies to farmworkers and their families: PPE, preventative measures, resources, and more. The committee quickly determined that recording and distributing quality videos, in Spanish, was one important educational option.

To aid in the project, Woolery volunteered his video and audio editing skills. "I was grateful to be part of the process," said Woolery. "It's been a really enjoyable experience seeing the creativity among staff, the increasing quality of the videos, and helping distribute such important information."

One of their favorite projects is a videonovela titled "Entre Amigos" ("Between Friends") that emphasizes the importance of taking care of one's mental health during this challenging time. Recently, the team has also been putting together and distributing video testimonials to encourage community members to get the COVID-19 vaccine.

For their contributions, especially in the last year, Castañares and Woolery were selected for Volunteers of the Year.

Both Castañares and Woolery state their heart-felt support of The Next Door. "It's remarkable to see how the organization has grown and expanded to meet the needs of the community," said Woolery. Castañares agreed, saying, "The Next Door demonstrates over and over its unique, creative role as an umbrella social service organization, with a strong emphasis on social justice, community promotion, and equity."

To learn more about The Next Door, visit nextdoorinc.org or call 541-386-6665.

To see all the videos Castañares and Woolery helped create, visit nextdoorinc.org/videos.



Judy Beckman receives northwest honor

By Judy Galloway
Harmony of the Gorge Sweet Adelines Chorus

Judy Beckman, director of the Harmony of the Gorge Sweet Adelines Chorus, was selected as the "Heart of the Northwest" recipient for 2021 by the members of Region 13 of Sweet Adelines International, which includes women singers in Washington, Alaska, Oregon, Idaho, and Montana.

The award was announced during the annual convention last weekend, which had to be a virtual event this year.

The Heart of the Northwest Award was created to honor a member who actively serves and participates in both her chorus and regional roles and activities, displays enthusiasm and commitment to promoting the Harmonize the World theme of SAI and Region 13 through her music and interpersonal skills, and willingly shares skills and knowledge with singers.

Beckman has been a Sweet Adeline most of her life, beginning at the age of 12, when her music teacher asked her and some friends if they'd like to try quartetting. That was all it took. She was hooked — and the quartet, the Tonka Tones, sang together for six years and before they each went their own way for college.

After relocating to the Pacific Northwest, in 2005, she joined Harmony of the Gorge chorus where she sang bass for several years before being asked to be the chorus' director. In 2012, she became a certified director in the Sweet Adeline International organization. Beckman has become not only the voice, but the face of Sweet Adelines in the Gorge. She's regularly on morning radio talk shows in the area and she represents the chorus at the various chambers of commerce meetings in our various communities. She seldom misses opportunities to share her love of barbershop harmony and the chorus wherever she goes, whether it be the bank, coffee shop, or grocery store. Beckman has also been active at the regional and international level, and she has been a faculty member at Harmony College Northwest in Tacoma.

Beckman is the "Heart of the Northwest" and doesn't hesitate to share her talents, knowledge, time, and energy with everyone around her, and does so without regard for self-recognition.

She is on a life-long quest of learning and sharing the beauty of music with those around her.

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For more information on Harmony of the Gorge, visit the website www.harmonyofthegorge.com.



Clockwise, from top: Musicians Chari Harrington, Erica Roulier and Elaine Thompson, and Hank and Linda, participants. Photos courtesy of Columbia Gorge Orchestra Association

Age+ Circles of Care Brings Music and Connection to Older Adults

By Erica Roulier
Columbia Gorge Orchestra Association

In spite of the pandemic, several area musicians have found an enthusiastic new audience through Age+ Circles of Care. Age+ Circles of Care is a program that connects older adults to volunteers in The Dalles and Mosier to help them with supportive services. Volunteers help with grocery shopping, running errands, outside yard work, learning how to use Zoom, and friendly check-ins over the phone. Face to face services have been suspended due to the COVID-19 pandemic. Over the past several months, Circles of Care has partnered with the Columbia Gorge Orchestra Association (CGOA) to match volunteer CGOA musicians with older adults who receive a musical phone call each week.

Chari Harrington, a violinist with CGOA's Sinfonietta orchestra, said, "I love speaking with older people, and I receive a blessing every time I chat with and play for Sharon and Chris through Circles of Care. It is definitely a relationship, a give and take. I am certainly not the only one giving."

Elaine Thompson, a singer with CGOA's Voci choir, plays piano for her Circles of Care friend. "What a gift to me to be able to play music for someone who is willing to listen! It is also very meaningful to be talking to someone of my

mother's generation. My mother passed several years ago, and I miss the dignity of composure of what is called, 'the greatest generation.' I feel like I have a new friend, and during COVID, that is unique. I hope we get to meet in person in the future. We talk about all sorts of things — not really music, but life. That is the most meaningful to me. I hope I bring some lightness and connection to her days; she does to mine."

Erica Roulier, who plays viola in the Sinfonietta, said, "My Circles of Care friends, Linda and Hank, are so appreciative and lovely to talk to. As with any great volunteer opportunity, I am getting as much (or maybe more) joy from this connection as they are. I am grateful for the motivation to practice and perform, and I encourage others to join in the sharing of music and friendship!"

For her part, Linda said, "Hank and I appreciate hearing from Erica each week and listening to some beautiful music. This connection through Circles of Care is especially welcome now during COVID, since we are at home most of the time."

Age+ Circles of Care is looking for more musicians to call an older adult once a week to offer them a warm hello and some music over the phone.

If you are interested in volunteering, contact Gracen Bookmyer at gbookmyer@ageplus.org or call 541-397-0724.