

January/February 2009



*The Hoodland Senior Center offers a variety of services;
be sure to read our services page .*

Hoodland's Mountain Maturity!

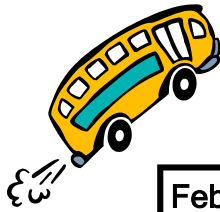
A new adventure is just around the corner!

- Have Lunch with your Friends
- TOPS
- Tai Chi workshops



Hoodland Senior Center (non profit 501 c3, #93-1094463)
PO Box 508
Welches, OR 97067
25400 E. Salmon River Rd.
503-622-3331
hoodlandseniors@verizon.net
Open Monday–Thursday
9 a.m. to 4 p.m.

January Trips



February Trips

January 13, 2009, Tuesday: The Art of Ceremony: Regalia of Native Oregon. The Hallie Ford Museum of Art at Willamette University presents a gathering from Oregon's nine federally recognized native nations of ceremonial regalia—special clothing and implements created for special occasions as First Salmon ceremonies, feather dances, memorials, weddings and longhouse gatherings. Leave center 9 am. Transportation \$7. Lunch on your own. Sign- up begins January 5th.

January 23, Friday: Opening night for Sandy Actors Theatre. Presenting Over the River & Through the Woods. A heart warming journey through the lives of two sets of grandparents that will have you laughing, and at times with tears in your eyes. Will they ever succeed in marrying off their grandson? Leave center 7pm. Transportation and entry fee \$13. **Just the play, no dinner.** Sign- up begins January 5th.

January 20th, Tuesday: Spirit Mountain Casino in Grand Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the casino. Leave center a 8:30am. Return about 5 pm. Transportation \$9. Sign- up begins January 5th.

February 7th, Saturday, Bob's Red Mill in Milwaukie. This 15,000 square foot facility features an 180 foot high operational water wheel, displays of historic milling equipment and a working stone mill using French millstones from the 1800's. The retail store offers more than 300 products, kitchen essentials and a wide variety of all natural items from regional manufacturers such as Columbia Gorge Organics, Oregon Spice and Willamette Valley Fruit growers. Breakfast is served until 3pm. Enjoy lunch or breakfast at the café, then shop the whole grain store. Leave center at 10:30am. Transportation \$6. Sign- up begins February 2nd.

February 20th, Friday: Dinner and a play. Sandy Actors Theatre presents Over the River & Through the Woods. A heart warming journey through the lives of two sets of grandparents that will have you laughing, and at times with tears in your eyes. Will they ever succeed in marrying off their grandson? Leave center 5pm. Transportation and entry fee \$13. Sign- up begins February 2nd

February 25th, Wednesday: Spirit Mountain Casino in Grand Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the casino. Leave center a 8:30am. Return about 5 pm. Transportation \$9. Sign- up begins February 2nd.

Registration for trips begins the first working day of the month unless otherwise stated in trip description. Sign up yourself and one other person. You may call our office to be placed on the interested list, your seat is reserved when fees are collected. No refunds will be made for cancellations made less than 48 hours (two working days) before trip, unless the trip is canceled by the Center. Check in 10 minutes before departure time. These trips are for Seniors over age 60. Under 60 may go on trips if seats are available on the Bus.

Activities



Line Dancing:

Mt. Hood Village. Each Tuesday and Thursday at 10 a.m. in the main lodge. Everyone invited!

Jean Bennett-Sabel: Stamping Class:
Tuesday, January 13th, February 10th.
9:30 am–11:30 am. Bring scissors, stamps and imagination. A few dollars for supplies; experience is not necessary. A fun way to end up with some beautiful results and socialize with friends. Stop by and see for yourself. Call 503-622-3331 to reserve your space.



Bonnie Newman will conduct Tai Chi
Workshops January 5th and February 2nd. Class will be held in the Dorman Room at 10am-11:30. \$10 each class. Her format includes Eight pieces of Brocade, a meditative Qigong, the vitality exercise, the first few moves of the Tai Chi Chuan form and ends with a self massage. Please call 503-622-3331 to register.



Jean Bennett-Sabel: Water Color Class:
Tuesday, January 27th, February 24th. 9 am–11:30 am. All the supplies that you need are provided. Please bring \$3 for each class and your desire to paint! No experience is needed. Call senior center at 503-622-3331 to sign up. Seating is limited.

Sue Allen Zig Zag Yoga-- at Evergreen Plaza suite 102 on Welches Road next to Welches Post Office.

Wednesday mornings 9-10:15 am. \$10 drop in.

Sign up for three classes for \$25. We gently cover: breathing, stretching, balance, strength, stillness, and more...

Come with an empty stomach and clothes you can move in.



TOPS

TOPS is a non-profit, non-commercial weight loss support organization; it's two-fold objective is to encourage healthy lifestyles through weight loss support groups and to sponsor obesity research. While it is non-profit there is an annual fee schedule of \$24.00 for a one-year membership which includes 10 issues of TOPS News, which is mailed directly to the member's home. There is also a \$1.00 per attendance fee.

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight.

We meet every Wednesday in the Dorman Room at the Senior Center at 10:00 am.

Jeri Gallagher: Fabric painting class,
Third Monday, 1:00–3:30 pm.
Bring your item to paint.



The Dorman Room is available upon request for classes, cards, meeting and activities for the community.

OMEGA-3 Fatty Acids

You have probably heard about the benefits of eating foods rich in omega-3 fatty acids. But what does that really mean? Understanding the benefits of omega-3 fatty acids and learning how you can identify them will help you incorporate them into your meal plan.

Omega-3 fatty acids are a type of polyunsaturated fat. There are three types of omega-3 fatty acids found in foods and used by the body:

*DHA- (docosahexaenoic acid) found in shellfish and fish

*EPA- (eicosapentaenoic acid) found in shellfish and fish

*ALA- (alpha-linolenic acid) found in plant sources

EPA and DHA are both associated with heart health. ALA is converted by the body (in smaller amounts and at a slower rate) to EPA and DHA.

What are the benefits of a diet rich in omega-3s?

Evidence suggests that omega-3 fatty acids (from shellfish and fish) help maintain a healthy heart and may reduce the risk of coronary heart disease. More research is needed but studies are showing that omega-3s may help reduce the risk of certain diseases.

How many omega-3s do I need to eat?

Generally, it is recommended that most people eat at least 2 servings of fish (especially fatty fish) per week. A serving is 3-4 ounces. For people who cannot meet this recommendation through foods, it may be appropriate for a health care provider to recommend a fish oil supplement.

What fish have the highest amount of omega-3 fatty acids?

Fatty fish have the highest levels of omega-3 fatty acids but all fish contribute some omega-3. Choose from:

*Salmon

*Sable Fish

*Sardines

*Lake Trout

*Mackerel

*Rainbow Trout

*Bluefish

*Anchovies

*Herring

*Mussels

*Mullet

*Halibut

*Tuna

*White Fish

(Note-certain types of fish have elevated levels of mercury and should be eaten less often and avoided by children and women who are pregnant or breastfeeding-tilefish, swordfish, king mackerel, albacore tuna and shark).

If you're not a fish eater, where can you get your omega-3s?

*Ground flaxseed

*Walnuts, pecans

*Canola, soybean, flaxseed and walnut oil

*Food products with added omega-3s


What are some delicious ways to increase omega-3s in your diet?

*Add chopped walnuts and grilled salmon to a salad

*Prepare your seafood on the grill

*Substitute fish in one of your chicken recipes

*Sprinkle ground flaxseed on your cereal, yogurt, salad



**Smile! It
increases
your face
value**

January

Ken Wisher	15th
Sue Squiers	16th
Laura O'Neil	17th
Winslow Hogard	18th
Jerry Ashland	23rd
Marge Jee	25th
Corinne Davis	28th
Shirley Hendrickson	28th
Mabel McArdle	28th
Patti Ligatich	29th
Inez Manion	31st
Sharon Schetter	31st

Birthstone: Garnet
Flower: Carnation

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February

Gary Upham	1st
Jean Bennett Sabel	2nd
Linda Shockey	6th
Carol Hawthorne	7th
Rosemary Bennett	9th
Pat Upham	9th
Bob duBiel	12th
Don Hamilton	12th
Rosemary Landis	13th
Bob West	16th
Judith Norval	17th
Mark Smith	17th
Pete Walker	18th
Kathy Rodriguez	22nd
Jean Wever	23rd
Hussey, Phyllis	24th
Ione Williams	24th
Roma Bennett	26th

Birthstone: Amethyst
Flower: Primrose

Subway Sandwich Drawing for you and a Friend

Birthday folks make sure to put your name in the box for the drawing at congregate dining on Mondays and Thursdays

NEW STOCK MARKET TERMS

CEO—Chief Embezzlement Officer

CFO—Corporate Fraud Office

BULL MARKET—A random market movement causing an investor to mistake himself for a financial genius.

BEAR MARKET—A 6 to 18 month period when the kids get no allowance, the wife gets no jewelry, and the husband gets no sex.

VALUE INVESTING—The art of buying low and selling lower

P/E RATIO—The percentage of investors wetting their pants as the market keeps crashing

BROKER—What my broker has made me.

STANDARD & POOR—Your life in a nutshell.

STOCK ANALYST—Idiot who just downgraded your stock.

STOCK SPLIT—When your ex-wife and her lawyer split your assets equally between themselves.

FINANCIAL PLANNER—A guy whose phone has been disconnected.

MARKET CORRECTION—The day after you buy stocks.

CASH FLOW—The movement your money makes as it disappears down the toilet.

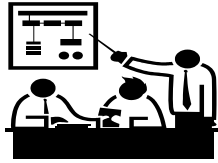
YAHOO—What you yell after selling it to some poor sucker for \$240 pr share.

WINDOWS—What you jump out of when you're the sucker who bought Yahoo @ \$240 per share.

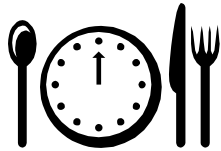
INSTITUTIONAL INVESTOR—Past year investor who's now locked up in a nut house.

PROFIT—An archaic word no longer in use.

January



Board Meeting: Monday, January 12th at 11 am at the Center. Everyone welcome.



Congregate Lunch: 1 pm, Monday, Wildwood Café; Thursday, Barlow Trail (formerly The territory). No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice, please.



Foot Clinic: Thursday January 8th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331.



Hearing Clinic: Thursday, January 8th, from 2-4 pm, to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Hoodland Senior Center 622-3331.



Legal Assistance: Thursday, January 8th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment at (503) 668-5569.



Shop Sandy area stores on Wednesday, January 7th. Please call no later than the day before. Transportation \$2.00. Driver can assist with parcels as needed. We need 5 people to make a trip. We will start picking up riders at 10 am. Make your hair appointment, manicure appointments in the morning,. We will make every attempt to combine all the appointments in which you are interested.

Wednesday, January 21st, celebrating birthdays: Dinner on your own at 3 pm. at the Zigzag Inn. If you would like a ride, please give us a call at 622-3331. You do not need to stay home because you don't like driving alone or in the dark.

We do not touch people so lightly that we do not leave a trace

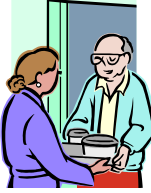


January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am:Line Dancing 1pm:Lunch/ Barlow Trail	2	3
4	5 10am:TaiChi 1pm:Lunch Wildwood Cafe	6 10am:Line Dancing	7 9am:Yoga 10am:Tops/ Shop in Sandy area	8 9:30am:Foot Clinic 10am:Line Dancing 1pm:Lunch/ Barlow Trail 2pm:Hearing clinic	9	10
11	12 11am: Board Mtg. 1pm:Lunch Wildwood Cafe	13 TRIP Today 9:30am: stamp class 10am:Line Dancing	14 9am:Yoga 10am:Tops	15 10am:Line Dancing 1pm:Lunch/ Barlow Trail	16	17
18	19 Center Closed Martin Luther King Day	20 TRIP Today 10am:Line Dancing	21 9am:Yoga 10am:Tops 3pm:Dinner; ZigZag	22 10am:Line Dancing 1pm:Lunch/ Barlow Trail	23 TRIP TODAY	24
25	26 1pm:Lunch Wildwood Cafe	27 9am:Water color class 10am:Line Dancing	28 9am:Yoga 10am:Tops	29 10am:Line Dancing 1pm:Lunch/ Barlow Trail	30	31

SERVICES—HOODLAND SENIOR CENTER

BLOOD PRESSURE CHECK: If you are keeping a close watch on your blood pressure, the Hoodland Fire Department will check it for you during working hours from 8 to 5, seven days a week. No appointment necessary. Or, visit Clackamas County Bank during bank hours to use the Blood Pressure machine provided by the Mt. Hood Lions.



NUTRITION: Home delivered meals are available Monday through Friday. Hot, well-balanced noon meal is delivered by volunteers to older adults to improve nutrition for folks who cannot regularly shop or cook for themselves.

We depend on your donation to support the meal program. Please donate what you can toward the cost of each meal, if you are 60 or older. If under 60, please pay \$7.

Congregate lunches; we meet at Wildwood Café each Monday, and at The Territory each Thursday at 1 p.m. For guideline, suggested donation is \$5.

EQUIPMENT LOAN PROGRAM: We have walkers, crutches, wheelchairs and commodes, all at a very affordable rental fee or loan basis.

INFORMATION AND REFERRAL (I&R): Locating and contacting appropriate services to meet the needs of people in our community. Areas include: homemaking, nutrition, home maintenance, health care, legal socialization and financial counseling.

TELEPHONE REASSURANCE: Would you like a telephone friend? Volunteer is available to call you for a daily check-in or just to visit as you desire.

EYE GLASSES: We are a collection site for used glasses and hearing aids for Mt. Hood Lions Club.

OUTREACH: Center staff will visit elderly residents to coordinate in-home service to maximize independent living in a healthy and safe environment.

FOOT CARE: Each month on the second Thursday, Bonnie Newman, LPN, will provide foot care at the Hoodland Senior Center. Call the Center for an appointment, which begin at 9:00 a.m. Please bring a towel and \$13.00 for the service. Bonnie also provides 10 minute foot massages for an additional \$20.00.

SENIOR HEALTH INSURANCE BENEFITS ASSISTANCE PROGRAM (SHIBA). Sponsored by Clackamas County Social Services, volunteers trained to give you unbiased professional information with many of your insurance concerns. For assistance or information, call your Center or local SHIBA Office at (503) 655-8427.

HEARING CLINIC; by appointment once a month. Call 503-668-5569.

TRANSPORTATION: A driver is available for grocery shopping and congregated lunch. Call Center for scheduling. Volunteers use their private vehicles to provide rides for personal needs and appointments in Portland or Gresham. Door to door transport and lift van is available at the Senior Center. We prefer at least four working days prior to your appointment to give us time to schedule your request. **Suggested donation is what you can afford towards the cost of each ride.**

LEGAL SERVICES: Free, one half hour legal service for seniors (60 or older). Program provided by local attorney by appointment on second Thursday of each month. Call Sandy Senior Center for appointment at (503) 668-5569.

**ARE YOU AWARE
THAT YOU CAN PAY YOUR PGE BILL BY TELEPHONE?**

Call their customer service number, 503-228-6322, to pay by telephone. Very simple and saves a postage stamp!

**Clackamas County Energy Assistance Program 2008-2009
LIEAP Program**



To apply for energy assistance:

- You must live in Clackamas County.
- You must be within the following gross (before taxes) income guidelines:

For a household size of:	Income cannot be over:
1	\$1,685 per month
2	\$2,204 per month
3	\$2,722 per month
4	\$3,241 per month
5	\$3,760 per month
6	\$4,278 per month
7	\$4,376 per month
8	\$4,473 per month

For each additional member, add \$97 monthly.

- You must provide income verification for the previous calendar month for all adults aged 18 and over in your household.
- You must provide a copy of your utility bill(s), and/or receipts for wood, propane or oil if applicable to you.

If your heat/electricity has been shut off or you are facing a shutoff, please call the Energy Assistance Line

ENERGY ASSISTANCE LINE: 503-650-5640

**Board of
Directors**

Judith Norval
Chair

Bob Reeves
Vice Chair

Muriel Bartz
Secretary

Kathy Olds
Treasurer

Karen Reeves

**Members
Emeritus**
Althea Dorman
Bob Dorman

Office Staff

Jeri McMahan
Center Director

Lilli Sawyer
Receptionist

February

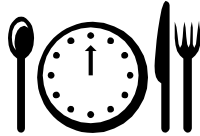
Board Meeting: Monday, February 9th, 11 am, Dorman Room. Everyone welcome



Legal Assistance: Thursday, February 12th. Volunteer attorney is available for free 30 minute appointment offering legal assistance in areas such as estate planning, wills, consumer complaints, etc. Call Sandy Senior Center for appointment, (503) 668-5569.



Congregate Lunch: 1 p.m., Monday, Wildwood Café, Thursday, Barlow Trail, formerly The Territory. No reservations necessary. Suggested donation is \$5.00 for each meal. Please note! We can accommodate dietary needs prescribed by doctors' orders! We can not accommodate dislikes. Advance notice please.



Shop Sandy area stores, Wednesday, February 4th Transportation \$2. Driver can assist with parcels as needed. Please call no later than the day before. We need 5 people to make a trip. We will start picking up riders at 10a.m. Make your hair appointment, manicure appointments in the morning, we will make every attempt to combine all the appointments in which you are interested.



Foot Clinic: Thursday, February 12th. Bring a towel and \$13.00 or \$20.00 for a clip, file and 10 minute foot massage. Call for appointment, (503) 622-3331.



Wednesday, celebrating birthday. February 18th Dinner on your own at 3 p.m. at the Zigzag Inn. If you would like a ride, please give us a call at 622-3331. You do not need to stay home because you are alone, or don't like driving alone or in the dark.

Hearing Clinic: Thursday, February 12th, 2-4pm, to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at Hoodland Senior Center, 622-3331.



Nowhere does a man retire
with more quiet or freedom
than into his own soul
Marcus Aurelius

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10am:TaiChi 1pm:Lunch/ Wildwood Cafe	3 10am:Line Dancing	4 9am:Yoga 10am:Tops/ Shop Sandy area	5 10am:Line Dancing 1pm:Lunch/ Barlow Trail	6	7 TRIP Today
8	9 11am:Board Mtg. 1pm:Lunch/ Wildwood Cafe	10 9:30:Stamp class 10am:Line Dancing	11 9am:Yoga 10am:Tops	12 9:30am:Foot Clinic 10am:Line Dancing 1pm:Lunch/ Barlow Trail Legal Clinic 2pm:Hearing Clinic	13	14
15	16 Center Closed: Presidents' Day	17 10am:Line Dancing	18 9am:Yoga 10am:Tops 3pm:Dinner/ ZigZag	19 10am:Line Dancing 1pm:Lunch/ Barlow Trail	20 TRIP TODAY	21
22	23 1pm:Lunch/ Wildwood Cafe	24 9am:water color class 10am:Line Dancing	25 TRIP TODAY 9am:Yoga 10am:Tops	26 10am:Line Dancing 1pm:Lunch/ Barlow Trail	27	28

Hoodland Senior Center
25400 E Salmon River Rd.
PO Box 508
Welches, Or 97067



Non Profit Organization
U.S. Postage Paid
Welches, Oregon
Permit 32

Phone: 503-622-3331
Fax 503-622-3331
Email: hoodlandseniors@verizon.net
www.mthood.info/hoodlandseniors

Return Service Requested

Please realize how important your annual contribution is to help offset the cost of printing and mailing our newsletter. Please contribute \$5.00 so we can continue this service.

NEWSLETTER

Our center is a non-profit 501c (3) charitable organization. Our mission is to support and promote activities and services in the community.

If you have not sent in your \$5 Please remember!!
We are asking you to submit \$5 each year to off set our printing costs.
Bring or mail your \$5 to the center if you have not done so this year.

Hoodland Senior Center, PO Box 508, Welches, Or 97067

Name _____ Birthdate _____
Name _____ Birthdate _____

Address _____
City _____ Zipcode _____