

March/April 2009



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!

Hoodland's Mountain Maturity!

A new adventure is just around the corner!

- Living with Chronic Illness (six week course)
- TOPS
- Defensive Driving Class April 15th



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

March Trips



March 20th, Friday: Opening night for Sandy Actors Theatre. Presenting "Murder on the Rerun." Ghosts, goons and goblins come together in this delightful comedy mystery to discover "whodunit!" What if you could come back from the grave to solve your own murder? What if a team of zany ghosts could help you solve the mystery? Leave center at 5:30 p.m.

Dinner and the play. Transportation and entry fee is \$13.00. Dinner on your own at local restaurant in Sandy.

Sign-up begins March 2nd.

March 25th, Wednesday: Spirit Mountain Casino in Grande Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins March 2nd.



March 31st, Tuesday: Dentzel American Carousel Museum. Painted ponies, a frolicking cat and a rampaging boar. See these whimsical animals and other items displaying colorful craftsmanship and history. Opened in 2005, the museum houses the world's public collection of Dentzel carousel pieces. Gustav Dentzel brought the first carousels to America from Europe, and treasures from four generations of the Dentzel family can be seen. You can also see carvers and painters at work on the new carousel. Lunch at a nearby restaurant. Transportation \$9.00. Leave center at 10:00 a.m. Sign-up begins on March 2nd.

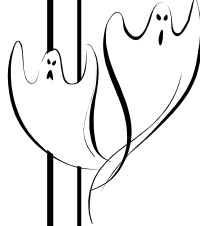


April Trips



April 11th, Saturday: Wooden Shoe Bulb Company. Oh what a sight for the eyes! Enjoy the colorful tulip and daffodil display fields, gift shop and country store, the Tulip Café and pony rides, wine tasting, Dutch sausage, Mexican food, wooden shoe making and for the gentlemen, the steam tractor and farm equipment display. Take some bulbs or cut flowers home. Come along with us for this special trip. Transportation \$7.00. Leave center at 10:00 a.m. Sign-up begins April 1st.

April 17th, Friday: Last weekend for "Murder on the Rerun" presented by the Sandy Actor's Theatre. Ghosts, goons and goblins come together in this delightful comedy mystery to discover "whodunit!" What if you could come back from the grave to solve your own murder? What if a team of zany ghosts could help you solve the mystery? Sign-up begins April 1st. Leave center at 7:00 p.m. Transportation and entry fee is \$13.00. **Just the play, no dinner.**



April 21st, Tuesday: Spirit Mountain Casino in Grande Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino. Leave center at 8:30 a.m. Return about 5 pm. Transportation is \$9.00. Sign-up begins April 1st.

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 10:00 a.m. in the main lodge. Everyone

Jean Bennett-Sabel: Stamping Class:
Tuesday, March 10th, April 14th,
9:30-11:30 a.m. 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, March 23rd, April 23rd. Class will be held in the Dorman Room at 10a.m-11:30a.m. \$10:00 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, March 24th, April 28th. 9:00 -11:30 a.m. All the supplies that you need are provided. Please bring \$3:00 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 9:00-10:15 a.m. \$10 drop in. Sign up for three classes for \$25:00. We gently cover: breathing, stretching, balance, strength, stillness, and more. Come with an empty stomach and clothes you can move in. Questions? call Sue at (503) 622-3611.



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 a.m.



Jeri Gallagher: Fabric painting class,
Third Monday, 1:00-3:30 p.m.
Bring your item to paint.



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



Safe at Any Age Defensive Driving Class

Refresh your knowledge of safe driving practices. Safe at Any Age is a six-hour class that is a state approved insurance discounted course. It is most appropriate for drivers over the age of 55. The two part course: Putting on My Other Hat, is a review of the basic defensive driving skills used to avoid collisions and maintain excellent safety records; Safe Driving Practices and the Aging Process, describes the physical factors that may affect driving ability and how one can compensate for the normal effects of aging. Please call (503) 622-3331 to reserve your seat.

April 15th, 9:00-4:00 p.m. Hoodland Fire Station



Hoodland Senior Center joins the national 2009 March for Meals campaign to help raise awareness of the Meals on Wheels program in our community. The Meals on Wheels program delivers meals to the homes of house-bound individuals to help them maintain an independent life style regardless of income, which can save tax dollars by delaying a move to a residential care facility.

The Meals on Wheels program depends on volunteers to help prepare and deliver **hot** meals at least five times a week; networking and related assistance may be included where needed. Although the home-delivered meals are designed to cover one-third of daily dietary needs, recipients often use the meals as their primary food source and spread the meals over lunch and dinner.

Operating under guidelines from the Older Americans Act (OAA), Hoodland Senior Center coordinates the local Meals on Wheels program, including initial assessment and ongoing monitoring of each recipient. To help defray the average (2008-2009) cost of \$8.00 per meal and related assistance, the Center relies on funds contributed by OAA and Nutritional Services Incentive Programs USDA (NSIP), covering about one-third the cost of each meal; when feasible, voluntary recipient donations add approximately \$2.12/meal.

The Hoodland Senior Center is pleased to participate in the 2009 March for Meals campaign to promote community awareness of the Meals on Wheels program, though many of us are familiar with friends, neighbors and relatives who have been or are being assisted by the program. The Center hopes the mountain community will take this opportunity to show their support of Meals on Wheels by dropping off a donation at Clackamas County Bank, Welches Branch, or by mailing one to the Hoodland Senior Center, P. O. Box 508, Welches, OR 97067.

March

Mary Whitman	3rd
Jean Gillies	4th
Bill Blankenship	4th
Barbara Mennell	6th
Steve Durham	6th
Vincent Brown	7th
Phyllis Takach	8th
Illomay Van Orsow	9th
Ed Wever	9th
Raymond Wilkins	10th
Carol Jones	11th
Lorry Lythgoe	13th
Mona Naft	16th
Mary Swanson	16th
Mark Smith	16th
Myra Walker	18th
Liz LaBlue	20th
Katie Cassatt	20th
Shirley Bruckner	23rd
Valerie McMillan	23rd
Bill Van Orsow	30th
Richard Smith	31st

Birthstone: Aquamarine/Bloodstone
Flower: Jonquil or Violet

H A P P Y B I R T H D A Y T O Y O U

April

Kathy Bock	2th
Melvin Mullin	4th
Manny Campos	5th
Dave Arce	7th
Lee Hart	7th
Tom Cassatt	9th
Patricia Cox-Hollosy	13th
Adolf Stocker	13th
Jim Roberts	16th
Ted Grise	16th
Josefina Miller	18th
Sue Sidebottom Hill	19th
Ed Thoennes	20th
Jerry Sabel	23rd
Sally Streeter	24th
Modene Wever	26th
Linda Bell	26th
June Hartman	28th

Flower: Daisy or Lily
Birthstone: Diamond

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

THE HOODLAND SENIOR CENTER NEEDS YOUR HELP PLEASE RESPOND TO OUR NEED

FUNDRAISING CRISIS!!!

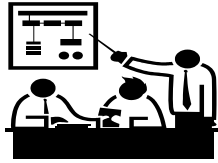
Most of you know that the Hoodland Senior Center helps support senior center operations by selling our series of coverlets. These beautiful and unique items make special gifts. Please consider them when choosing gifts for family and friends. Our sales are seriously down and we need your help to bring this fundraising activity up-to-par. Coverlets are available for purchase at Whispering Woods, Made on Mt. Hood, In Sheep's Clothing, Mt Hood Cultural/Museum, Wy'east Book Shoppe & Art Gallery and Hoodland Senior Center.

PLATE COLLECTERS—HEADS UP!!!!

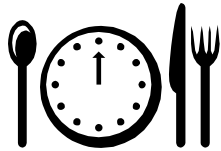
We have received a donation of collectors' plates which are from The Hamilton Collection, Artffects, Danbury, Lenox and others. (27 plates available)

These make good gifts; please come by and select one from our stock at only \$25.00 each. Viewing and sales will be held on Thursday, March 19th from 200- 4:00 p.m.

March



Board Meeting: Monday, March 9th at 11:00 a.m. at the center. Everyone welcome.



Congregate Lunch: 1:00 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.



Foot Clinic: Thursday March 12th. 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, March 12th, from 2:00-4:00 p.m., to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Hoodland Senior Center (503) 622-3331.



Legal Assistance: Thursday, March 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 at (503) 668-5569.

Let us do the driving!

Shop Sandy area stores on Wednesday, March 4th & March 18th. Please call no later than the day before. Transportation \$2.00. Driver can assist with parcels. We need 5 people to make a trip. We will start picking up riders at 10:00 a.m. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



Wednesday, March 18th, we are celebrating birthdays: Dinner on your own at 4:00 p.m. at the Zigzag Inn. If you would like a ride, please give us a call at (503) 622-3331. You do not need to stay home because you don't like driving alone

The Joy of Aging

Television journalist Dan rather once asked a 106-year-old man to discuss his secret of long life. The old man rocked back and forth in his chair before answering. Finally he replied, "Keep breathing."

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1pm:Lunch Wildwood café	3 10am:Line Dancing	4 9am:Yoga 10am:Shop 10am:Tops	5 10am:Line Dancing 1pm:Lunch Barlow Trail	6	7
8	9 11am:Board Mtg. 1pm:Lunch Wildwood café	10 9:30:stamp class 10am:Line Dancing	11 9am:Yoga 10am:Tops	12 9:30:Foot clinic 10am:Line Dancing 1pm:Lunch Barlow Trail 2pm:Hearing clinic legal clinic	13	14
15	16 1pm:Lunch Wildwood café 1pm: fabric paint	17 10am:Line Dancing	18 9am:Yoga 10am:shop 10am:Tops 4pm:Dinner ZigZag Inn	19 10am:Line Dancing 1pm:Lunch Barlow Trail 2-4pm: view collectors plates	20 5:30pm: Trip tonight	21
22	23 10am:TaiChi 1pm:Lunch Wildwood café	24 9am:Water color 10am:Line Dancing	25 8:30am:Trip today 9am:Yoga 10am:Tops	26 10am:Line Dancing 1pm:Lunch Barlow Trail	27	28
29	30 1pm:Lunch Wildwood café	31 10am:Line Dancing 10am: Trip				

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.

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.

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

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 9:30 a.m. Please bring a towel and \$13.00 for the service. Bonnie also provides deluxe foot massages & includes nail trimming, filing, acupressure massage with oil or lotion \$20.00.

HEARING CLINIC; second Thursday of the month at our center 2-4p.m.

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.



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 Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5.

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.

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

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.

TRANSPORTATION: A driver is available for grocery shopping and congregating 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.**

Blooming Occasions Floral Designs recognized our **Meals on Wheels drivers** on Valentine's Day with a lovely floral arrangement. Our drivers are the unpaid and unsung heroes of this program; we thank them and we thank Blooming Occasions for remembering them.



Our newest board members, Pat and Lora Buckley, are a welcome addition to our Board. We look forward to a long and pleasant association.

"Living Well with Chronic Conditions"
A Six-Week Workshop

Living Well with Chronic Conditions (the Chronic Disease Self-Management Program) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring.

The class size is limited. There is no cost for the class. The series is sponsored by Clackamas County Social Services and the Senior Center. Please call (503) 622-3331 for reservations.

The series will cover the following topics:
"Living Well with Chronic Health Problems"

- ◆ Managing medications
- ◆ Dealing with depression
- ◆ Eating wisely and well
- ◆ Controlling pain
- ◆ Setting and meeting goals
- ◆ Fighting fatigue and frustration
- ◆ Starting an exercise program
- ◆ Managing stress and relaxing
- ◆ Solving problems
- ◆ Communicating better with health care providers



There is a "Living Well with Chronic Conditions" manual that is provided to each class participant. The manuals cover the material offered in each class. The classes are taught by a lay leader professional and a social services provider who are themselves living with a chronic illness.

The classes and manuals are free of charge. Donations are welcome.

Class schedule for these Tuesdays, "April 14, 21, 28, May 12th, 19th, 26th, 1:00-3:30 p.m.

Call (503) 622-3331 to reserve your place.

Board of Directors

Judith Norval
Chair

Bob Reeves
Vice Chair

Muriel Bartz
Secretary

Kathy Olds
Treasurer

Karen Reeves
Lora Buckley
Pat Buckley

Members
Emeritus
Althea Dorman
Bob Dorman

Office Staff

Jeri McMahan
Center Director

Lilli Sawyer
Receptionist

April

Board Meeting: Monday, April 13th
11:00 a.m. Dorman Room.
Everyone welcome.

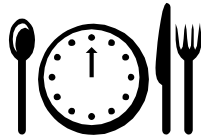


Legal Assistance:
Thursday, April 9th.



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: 1:00 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 accommo-
date dietary needs prescribed by doctors'
orders! We can not accommodate dis-
likes. Advance
notice please.



Shop Sandy area stores, Wednesday,
April 8th & 22nd. Transportation
\$2:00. Driver can assist with parcels. 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 your
appointments.

Let us do the driving!
Let us do the driving!

Foot Clinic:
Thursday April 9th. 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, April 15th, we
are celebrating birthdays.
Dinner on your own at 4:00 p.m.
at the Zigzag Inn. If you would like a
ride, please give us a call at (503)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, April 9th,
2:00-4:00 p.m., to check hearing,
clean hearing aids and replace batteries.
Appointments must be scheduled at
Hoodland Senior Center, (503) 622-3331.



"True friends are the ones who never
leave your heart, even if they leave
your life for awhile. Even after years
apart, you pick up with them right
where you left off, and even if they
die they're never dead in your heart."

Anonymous

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am:Yoga 10am:Tops	2 10am:Line Dancing 1pm:Lunch Barlow Trail	3	4
5	6 1pm:Lunch Wildwood café	7 10am:Line Dancing	8 9am:Yoga 10am:Tops 10am:shop	9 9:30:Foot clinic 10am:Line Dancing 1pm:Lunch Barlow Trail 2pm:Hearing clinic legal	10	11 10am: Trip today
12 Happy Easter	13 11am Board Meeting 1pm:Lunch Wildwood café	14 9:30:stamp class 10am:Line Dancing 1pm:Chronic Illness class	15 9am:Defensive Driving 9am:Yoga 10am:Tops 4pm:Dinner Zig Zag Inn	16 10am:Line Dancing 1pm:Lunch Barlow Trail	17 7pm:Trip tonight	18
19	20 1pm:Lunch Wildwood café 1pm fabric painting class	21 8:30am:Trip 10am:Line Dancing 1pm:Chronic Illness class	22 9am:Yoga 10am:shop 10am:Tops	23 10am:Taichi 10am:Line Dancing 1pm:Lunch Barlow Trail	24	25
26	27 1pm:Lunch Wildwood café	28 9am:water color class 10am:Line Dancing 1pm:Chronic Illness class	29 9am:Yoga 10am:Tops	30 10am:Line Dancing 1pm:Lunch Barlow Trail		

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. Every little bit helps!

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 _____