

# NOVEMBER/DECEMBER 2009



## Hoodland's Mountain Maturity!

- Safe At Any Age
- Mondays! Lunch at ZigZag Restaurant , 1:00 pm.
- Volunteer! We need transportation drivers!



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](mailto:hoodlandseniors@verizon.net)  
Open Monday–Thursday  
9-4 p.m.

## November Trips



## December Trips

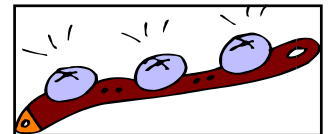
**Saturday, November 7th: Verboort Sausage & Kraut Dinner.** Can you believe that the Verboort community are preparing their 75th annual sausage and sauerkraut dinner? Believe it. It started in 1934! Featured activities include: bulk sausage sales (\$5/lb), bulk sauerkraut sales, along with lots of local produce including nuts, herbs, seeds, vegetables, plants, Christmas ornament booth, bake sale, candy booth, potholder prizes, fancy work booth, quilt raffle and Bingo. Dinner prices for seniors are \$14.00. Leave center at 10:00 am. Transportation is \$8.00. Sign-up begins October 26th.



**Tuesday, December 8th: Pittock Mansion at Christmas.** Nostalgic for a different era? This year's theme for decorating this glorious mansion is **Trees, Tinsel and Tradition; 150 years of Christmas.** Each room will be decorated in a different theme. A visit to this 16,000 square foot chateauseque mansion, nestled in Portland's west hills, will bring you back to the romantic charm of a vanished era. Marvel at the beauty and history of one of our nation's great mansions. Learn about the extraordinary lives of Henry and Georgiana Pittock and their role in the growth of Portland at the turn of the century. Admire remarkable antique furnishings and fine arts set in a 1914 National Register property. Lunch on your own at a nearby restaurant. Leave center at 10:00 am. Transportation and entry fee: \$14.00. Sign-up begins November 2nd.

**Friday, November 20th: Opening night, Sandy Community Presents: Best Christmas Pageant Ever** by Barbara Robinson. One of the most popular Christmas plays, produced over and over worldwide. Lots of children, music, singing and festive humor. A Christmas pageant that every parent will identify with. What could go wrong, does go wrong. Transportation and ticket \$13.00. Leave center at 7:00 pm. Sign-up begins November 2nd.

**Tuesday, December 15th: Visit Sleigh Bells in Sherwood,** the Northwest's largest Christmas gift store situated in 75 acres of Christmas trees. The Gift Shop is the main attraction on the farm, carrying thousands of different products from hundreds of different companies. Lunch at a nearby restaurant on your own. Leave the center at 10:00 am. Transportation is \$7.00. Sign-up begins December 1st.



**Tuesday, November 24th: 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 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins November 2nd.



**Wednesday, December 30th: 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 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins December 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. Seniors have Priority.

# Activities



## Line Dancing:

Mt. Hood Village. Each Tuesday and Thursday at 10:00 am in the main lodge. Everyone invited!

## **Jean Bennett-Sabel: Stamp Class:**

November 10 and December 8th from 9:30 am to 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.

**Jodie Bushman, local Tole painting artist,** is offering a Tole painting class on Tuesday, November 17th from 1:00-3:00 pm. Class fee is \$5.00. Jodie, who has been Tole painting since 1970, was once associate designer for Delta Paint Company. Her work has been published in many magazines and she has authored several books of her own designs. Call the center to sign up for this one time experience!

## **Sue Allen Zig Zag Yoga--** at Evergreen Plaza, suite 102 on Welches Road next to Welches Post Office. Wednesday mornings

9:00-10:15 am. \$10.00 drop in fee. 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.



**Jeri Gallagher: Fabric painting class,** Third Monday, November 16th; December 21st, 1:00–3:30 pm. Bring your item to paint.



**Jean Bennett-Sabel: Water Color class** November 24th and December 22 from 9 am to 11:30 am. 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.

**Massage for couples.** Bo Bodenschatz, retired massage therapist, will demonstrate how to relieve stiffness, aches and pain. Mr. Bodenschatz will demonstrate the proper procedure, then each participant will trade massages with their partner. November 10th, 1-2:30 pm. \$35.00 per couple.

## **TOPS**

Club meetings emphasize nutrition and exercise education focused on a member's effort to manage their weight. Every Wednesday at the Senior Center, 10:00 am. For additional information and questions please contact Donna at 503-668-0901. While it is non-profit there is an annual fee schedule of \$26.00 for a one-year membership which includes 10 issues of TOPS News, mailed directly to the member's home. There is also a \$1.00 per attendance fee.



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

## CRITICISM OF SENIOR CITIZENS

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

BUT, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music	The pride out of appearance
The romance out of love	The commitment out of marriage
The responsibility out of parenthood	The togetherness out of the family
The learning out of education	The service out of patriotism
The religion out of school	The Golden Rule from rulers
The nativity scene out of cities	The civility out of behavior
The refinement out of language	The dedication out of employment
The prudence out of spending	The ambition out of achievement

And we are certainly not the ones who eliminated patience and tolerance from personal relationships and interactions with others!!

Does anyone under the age of 50 know the lyrics to the Star Spangled Banner? Just look at the Seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over their hearts!

### *Clackamas County Energy Assistance Program 2009-2010*

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	\$1,757 per month
2	\$2,298 per month
3	\$2,839 per month
4	\$3,380 per month
5	\$3,921 per month

For each additional member, add \$101 monthly.

- You must provide income verification for the previous calendar month for all adults aged 18 and over in your household. You must provide 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**

Please call Hoodland Senior Center for applications.

### IMPORTANT INFORMATION

Please be aware that this is a first-come, first-served program. Applications will be processed as quickly as possible, in the order received and based on available funding. When your application is processed, you will be notified by mail. Your payment may not be applied to your account for several months following Clackamas County's receipt of your application. Completion of the application does not guarantee a program payment. **It is always important that you continue to pay your bill.**

# Senior Citizens Property Tax Deferral



- **Oregon provides property tax relief for qualified senior citizens.**

To qualify:

At least one spouse must be age 62 years or older on or before April 15 of the year you file the claim. If you are married and apply jointly with your spouse, you both must be 62 years old on or before April 15. If only one spouse is 62, you must file your application as an individual. Joint owners—Two or more people may apply for deferral as joint applicants. Both must be 62 years or older.

- You must own or be buying the property together. You **must** have a recorded deed to the property. Or, you must be buying the property under a recorded sales contract. You may have a revocable trust. You are **not** eligible if you have a life estate interest in the property. A life estate is when you live on the property, but do not own the property.
- All applicants must live on the property; however, you may live away from the property because of medical reasons. You must send a medical statement on letterhead from your health care provider to the Oregon Department of Revenue (the exact medical condition is not needed).

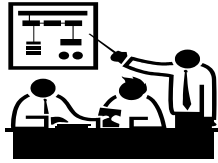
Household income must be less than \$39,000 for income tax year 2008. This includes taxable and nontaxable income, including Social Security and pensions. This is not the federal adjusted income (FAGI) amount. This income limit may change each year.

- On manufactured structures, a \$55 fee will be charged to your account for DOR to become a security interest holder, and the cost of recording the lien and the manufactured structure fee will be deferred.

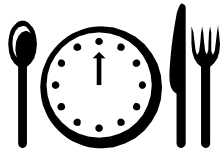
To apply: [Senior Deferral Application Form](#) or call 503-655-8671



# November



**B**oard Meeting: Monday, November 9th at 11:00 am at the center. Everyone welcome.



**C**ongregate Lunch: 1:00 pm, Monday,

ZigZag Restaurant; Thursday, Barlow Trail. 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.



**F**oot Clinic: Thursday, November 12th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331.



**H**earing Clinic: Wednesday, November clinic **To Be Announced** by Sandy Senior Center, 503-668-5569.



**L**egal Assistance: Thursday November 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 (38348 Pioneer Blvd.) for appointment at (503) 668-5569.

**Let us do the driving!**

**S**hop Sandy area stores on Wednesday, November 4th and the 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 am. Make your hair appointment, manicure appointments in the morning. We will make every attempt to combine all your appointments.



**“We make a living by what we do, but we make a life by what we give.”**

**Winston Churchill**

# November 2009

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Sat
1	2 1 pm: Lunch Zig-Zag Restaurant	3 10 am: Line dance	4 9 am: Yoga 10 am: Tops 10 am: shop today	5 10 am: Line dance 1 pm: Lunch Barlow Trail	6	7 10 am: Trip to-day-Verboort
8	9 11 am: Board Mtg. 1 pm: Lunch Zig-Zag Restaurant	10 10 am: Line dance 9:30 am: Stamp class 1-2:30 pm: massage for couples	11 9 am: Yoga  Veterans Day Center closed	12 9 am: Legal clinic/Sandy 9:30 am: Foot clinic 10 am: Line dance 1pm: Lunch Barlow Trail	13	14
15	16 1 pm: Lunch Zig-Zag Restaurant  1 pm: fabric paint	17 10 am: Line dance 1 pm-3pm: Toile paint class	18 9 am: Safe at Any Age 9 am: Yoga 10 am: Tops 10 am: shop today	19 10 am: Line dance 1 pm: Lunch Barlow Trail	20 7 pm: Trip-play	21
22	23 1 pm: Lunch Zig-Zag Restaurant	24 10 am: Line dance 9 am: Water color class Trip-casino	25 9 am: Yoga 10 am: Tops	26 Thanksgiving Day Center closed	27	28
29	30 1 pm: Lunch Zig-Zag Restaurant					

## 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, an 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. Deluxe foot massages are also provided which include nail trimming, filing, and 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:** 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.

**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. Suggest donation \$5.

**Congregate lunches:** We meet at Zigzag Restaurant each Monday, and at The Barlow Trail each Thursday at 1p.m. For guideline, suggested donation is \$5. **Under 60 years, \$6.50.**

**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.**



## November

John Hanifin	1st
Patrick Holbrook	2nd
June Horner	11th
Dick Kirkendall	15th
Marlene Miller	17th
Vernie Gex	19th
Arlene Hamilton	21st
Don Gilles	22nd
Antoinette Ellis	25th
John Miller	25th
Richard Bell	27th

Flower: Chrysanthemum  
 Stone: Topaz or Citrine

# HAPPY BIRTHDAY TO YOU

## December

Dorothy Leben	1st
Evelyn Brown	2nd
Frank McMillan	2nd
Walt Murawski	2nd
Gloria Olsen	3rd
Robin Henningsen	5th
Bobbie Miller	8th
Clarence Edelman	8th
Bob duBiel	12th
Judy Baumgarte	12th
Lorraine Parsons	12th
Peter Nordbye	12th
Doug Burk	13th
Pam Ashland	14th
Dovie Williams	15th
Philippa Jones	22nd
Sheila Lodge	26th

Flower: Poinsettia  
 Stone: Turquoise or Lapis

### Board of Directors

Judith Norval  
Chair

Bob Reeves  
Vice Chair

Muriel Bartz  
Secretary

Pat Buckley  
Treasurer

Kathy Olds  
Karen Reeves  
Lora Buckley

Members Emeritus  
Althea Dorman  
Bob Dorman

### Office Staff

Jeri McMahan  
Center Director

Lilli Sawyer  
Receptionist

### 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

### Holiday Food Basket and Toy sign-up

Food baskets and toys are available for low income families and individuals in the Hoodland area. Donations from local businesses and individuals in our community support this program. Sign up for a basket at the Hoodland Fire Department starting November 16 through December 9th.



# December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am: Line dance	2 9 am: Yoga 10 am: Tops	3 10 am: Line dance 1 pm: Lunch Barlow Trail	4	5
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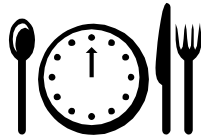
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**Let us do the driving!**

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



Hearing Clinic: Wednesday, December 9th: 11am-12noon to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the Sandy Senior Center, 503-668-5569.



**"It was once said that the moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."**

**Hubert Humphrey**



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](mailto:hoodlandseniors@verizon.net)  
[www.mthood.org/seniorcenter](http://www.mthood.org/seniorcenter)

Return Service Requested

### ***SAFE AT ANY AGE Defensive Driving Class***

Refresh your knowledge of safe driving practices. ***Safe at Any Age*** was prepared for the Oregon Department of Transportation by Ride Connection. This course will be offered on **Wednesday, November 18, 2009 at 9:00 am–3:00 pm at the Hoodland Fire Station**. This opportunity is provided by our volunteer instructor, who has been trained for this course. We will have a short break for lunch. You can bring a sack lunch or order lunch from a near-by restaurant. If you are 70 years old and over, the class is required every two years for insurance discount; every three years if under 70 years. Please call the Center to register for this free class at 503-622-3331.

