

MAY/JUNE 2010



Hoodland's Mountain Maturity!

- Volunteer to take seniors to medical & personal appointments.
- Defensive Driving Class, May 5th, Wednesday



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.

May Trips



June Trips

Saturday, May 8th: Portland Saturday Market: Operating since 1974 the Portland Saturday Market is the largest continually operating outdoor arts and crafts market in the nation. Centered in Portland's historic Old Town the Market is one of the most popular shopping destinations for local handcrafted goods. Malls are, in the scheme of things, a recent invention. Come and live life as our forbears did: browse home-made foods, clothes, ad infinitum! What a pleasure to purchase goods made locally. Leave center at 10 am. Transportation \$6.00. Sign-up begins April 29th.

Wednesday, May 19: The Grotto. In 1923 the property acquired for the Grotto was a rugged, untamed wilderness that was once a quarry used to obtain rock for rail beds. A natural cathedral was carved out of the 110-foot basalt cliffside, and a stone altar built, above which was placed a depiction of Mary holding the body of her son after his crucifixion. A replica of Michelangelo's Pietà was added several years later. The Grotto's two levels include native plants, gift shop, gardens and a panoramic view of the Columbia River Valley, the Cascades and Mt. St. Helens. Transportation \$6.00, Grotto elevator fee \$3.00 for seniors. Lunch on your own at a nearby restaurant. Leave center at 10:00. Sign-up begins April 29th.

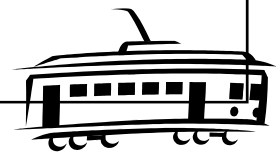
Tuesday, May 25th: Spirit Mountain Casino in Grande Ronde. Spend the day gaming at the tables, relax, enjoy the ride, have lunch at the Casino, play bingo. Leave Center at 8:30 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins April 29th.



Friday, June 11th: Dan and Louis Oyster Bar: You are invited to join us at the oldest family owned restaurant in Portland! Well known locally and around the world, the restaurant celebrates 100 years of serving the public its signature seafood dishes. Since Louis C. Wachsmuth opened the doors in 1907, five generations have been involved in carrying on the family tradition. A century later and an Old Town landmark, we welcome you to share in a Portland favorite. Leave the center at 11:00 am. Transportation \$6.00. Sign-up begins May 24th.



Wednesday, June 16th: Transit Trip to Hillsboro on the Max Line: Leave center 9 am. Bring money for transportation (Max transportation is .95/one way) and lunch on your own at the end of the line in Hillsboro. Moderate walking. Sign up on May 24th. Leave center 9am.



Wednesday, June 30, Spirit Mountain Casino in Grande Ronde. Leave Center at 8:30 am. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins May 24th.

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: May 11th at 9 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. No June class.



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 Fourth Monday, May 17th and June 21st from 1:00–3:30 pm. Bring your item to paint.

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.



Jean Bennett-Sabel: Water Color class May 25 th at **9:30 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. NO June class.



LET'S WALK IT OFF!!

Each Wednesday morning at 9 a.m. , walk around the track at Welches School. Meet in the parking lot at the senior center. If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. It has so many health benefits. Walking can reduce the risk of many diseases – from heart attack and stroke to hip fracture and glaucoma. These may sound like claims on a bottle of snake oil, but they're backed by major research. Walking requires no prescription, the risk of side effects is very low, and the benefits are numerous to mention a few:

- Prevent depression, colon cancer, constipation, osteoporosis, and impotence
- Lengthen lifespan
- Lower stress levels
- Relieve arthritis and back pain
- Strengthen muscles, bones, and joints
- Improve sleep
- Elevate overall mood and sense of well-being.



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

SWEET AND TANGY MUSTARD-MOLASSES CHICKEN



PREHEAT oven to 400°F. Remove skin from 2 lb bone-in chicken breasts and place in pan. (If chicken breasts are large-about 1 lb each-cut in half.) Top with 1 thin sliced onion.

COMBINE ¼ C deli mustard and ¼ C molasses and brush onto chicken breasts. Bake 25 minutes, or until cooked through, turning chicken halfway through. (Makes 4 servings: 1 serving = ¼ lb chicken breast.)

TOTAL: 280 calories per serving.

Serve with oven-baked fries: Cut half a potato into wedges, toss with ½ tsp olive oil and salt-free seasoning, and bake until crisp, 20 to 30 minutes, for a combined 380 calories.

Proper Disposal of Prescription Drugs



Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

- To dispose of prescriptions drugs not labeled to be flushed follow the procedure below:
- Take your prescription drugs out of their original containers.
- Mix drugs with an undesirable substance such as cat litter or used coffee grounds.
- Put the mixture into a disposable container with a lid such an empty margarine tub or sealable bag.
- Conceal or remove any personal information including prescription number on the empty containers by covering it with black permanent markers or by scratching it off.
- Place the sealed container and the empty drug containers in the trash.

Attention Manufactured Home Owner!!

You may be eligible to have your ductwork tested, sealed and repaired at **NO COST TO YOU** through Energy Trust of Oregon.

This is a home improvement program offered through the Energy Trust of Oregon and offers customers of Portland General Electric, and Northwest Natural access to trained, certified home improvement contractors for testing and energy efficient upgrades.

Call 503-581-6999 for more information and to see if you qualify for the program.



A Time for Caregivers

This workshop, cosponsored by the Franciscan Spiritual Center and the Oregon Alzheimer's Association, is designed for people who are helping to care for a parent, sibling, partner or friend who has Alzheimer's disease. You will learn about dementia, resources, and ways to take care of yourself. Scheduled workshops are:

April 6, 1—4 PM St. John the Baptist in Milwaukie

May 3, 1 – 4 PM Holy Family Parish

June 7, 9:30 AM – 12:30 PM The Madeleine Parish

To register or if you have questions call the Franciscan Spiritual Center at 503-794-8542



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 _____

Thank you for your support!!!

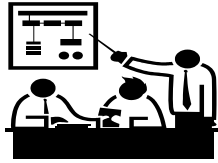
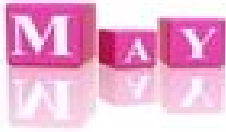


SAFE AT ANY AGE Defensive Driving Class

May 5th, Wednesday,

9:00 am - 4:00 pm at the Hoodland Fire Station

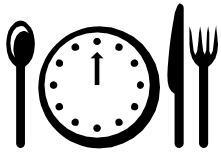
Refresh your knowledge of safe driving practices. Safe at Any Age is a six-hour class that is a state approved insurance discounted course. It is most appropriate for drivers over the age of 55. A two part course: **Putting on My Other Hat**, is a review of the basic defensive driving skills used to 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.



Board Meeting: Monday, May 10th at 11:00 am at the Center. Everyone welcome.



Legal Assistance: Thursday, May 13th. 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.



Congregate 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.

Let us do the driving!

Shop Sandy area stores on Wednesday, May 5th and May 26. 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 ap- pointments.



Foot Clinic: Thursday, May 13h Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331. **NO JUNE FOOT CLINIC.**



Hearing Clinic: Wednesday, May12th, Sandy Senior Center, 503-668-5569. call for appointment.

If I could go back for one thing only, it would be this—the light coming off the mountains, the wind pressing fireweed and purple lupine against our knees, the shadows of clouds spilling over us as they blow across the mountaintops...

First stanza of Light into Light
By Michelle Maher





May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 See you @ The Bite of Mt Hood
2	3 1pm:Lunch ZigZag Restaurant	4 10am:Line Dance	5 9am:Defensive driving class 9am:Walk 9am: Yoga 10am:Tops 10am:shop	6 10am:Line Dance 1pm: Lunch Bar- low Trail Restau- rant	7	8 10am:Trip today
9 Happy Mother's Day	10 11am: Board mtg. 1pm:Lunch ZigZag Restaurant	11 9am: stamp class 10am:Line Dance	12 9am:Walk 9am: Yoga 10am:Tops Hearing clinic	13 9am: Legal clinic 9:30:foot clinic 10am:Line Dance 1pm: Lunch Bar- low Trail Restau- rant	14	15
16	17 1pm:Lunch ZigZag Restaurant 1pm:Fabric paint	18 10am:Line Dance	19 9am:Walk 9am: Yoga 10am:Tops 10am:Trip today	20 10am:Line Dance 1pm: Lunch Barlow Trail Restaurant	21	22
23	24 1pm:Lunch ZigZag Restaurant	25 8:30am:Trip today 9:30am:paint class 10am:Line Dance	26 9am:Walk 9am: Yoga 10am:Tops 10am:shop	27 10am:Line Dance 1pm: Lunch Barlow Trail Restaurant	28	29
30	31 Memorial Day Center closed					

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. Call Sandy Senior Center at (503) 668-5569 for appointment.

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. Suggested donation is \$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.** *Respect our drivers. Do not call them at their homes to see if they are available. Call the office to arrange your rides.*

May		H A P P Y B I R T H D A Y T O Y O U	June	
Anita Peterson	5		Rod Poole	2
Carolyn Adams	7		Pat Morgan	2
Lora Buckley	9		Barbara Novinger	6
Anna David	10		Alice Norseen	9
Marjorie Burgess	11		Blythe Nordbye	11
Pat Ranta	12		Molly Smith	11
Patty Youell	16		Ben Notmeijer	11
Bill Dunham	17		Joyce Payne	17
Richard Waterhouse	19		Dorothy Dancy	18
Joy Martin	25		Lilli Sawyer	21
Diane Stanton	25		Gordon Marshall	24
Mary Ann Coyle	25		Martha Mandel	24
Nancy Dougherty	27		Judith Edelman	25
Beverly Hoffmeister	29		Bev Wence	26
Matt Ligatich	29		Tommie Kirkendall	29
Herb Miller	30		Ann Holbrook	29
Birthstone: Emerald			Birthstone: Pearl or Moonstone	
Flower: Lily of the Valley			Flower: Rose	

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
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

Head's Up!

- Celebrate May Day! *The Bite of Mt Hood is an energetic, fun and emerging fundraising event benefiting the Mt Hood Area Chamber of Commerce and the Hoodland Senior Center. Come join us! See you May 1st. \$5 entrance fee.*
- Save on your auto insurance by taking our Safe at Any Age Defensive class scheduled on May 5th at the Fire Station
- Many Thanks to Jan Howell for offering arthritis classes; we are looking for another instructor who would like to be certified in order to continue the classes when Jan is not available.
- Kick off your summer activities by participating in some or all of the following happenings:
 - Go on day trips for your enjoyment.
 - Bring your friends to our affordable congregate lunch at two of the Mountains' good restaurants.
 - Please note a few changes in our schedules, i.e. the foot clinic is every other month; hearing and legal services are still available in Sandy.
 - If you haven't sent in your census, be sure to do so. Remember our federal funding for services is determined by Census numbers.
 - Would you like the BOTO (Bring one book Take one book) exchange to continue at the center. We need to hear from you. Call us! Please



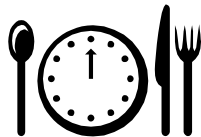
Hearing Clinic:
Wednesday, June 9th,
 11 am-12 noon to check hearing,
 clean hearing aids and replace bat-
 teries. Appointments must be sched-
 uled at the **Sandy Senior Center,**
503-668-5569.



Board Meeting: Monday, No
 board meeting this month.



Legal Assistance: Thursday, June
10th. Volunteer attorney is available
 for free 30 minute appointment offering le-
 gal assistance in areas such as estate
 planning, wills, consumer complaints, etc.
 Call Sandy Senior Center (38348 Pioneer
 Blvd.) for appointment, (503) 668-5569.



Congregate Lunch: 1:00 p.m.,
 Monday, ZigZag Restaurant;
 Thursday, Barlow Trail. No reserva-
 tions 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.

Let us do the driving!

Shop Sandy area stores, Wednesday,
 June 2nd, and 23rd
 Transportation \$2. 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 10 a.m. Make
 your hair appointment, manicure appointments
 in the morning, we will make
 every attempt to combine all
 your appointments.



Foot Clinic: **NEXT FOOT
 CLINIC IN JULY.**



Life is like a sandwich.
 The more you put in it
 The better it gets

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am:Line Dance	2 9am:Walk 9am: Yoga 10am:Tops 10am: Shop	3 10am:Line Dance 1pm: Lunch Barlow Trail Restaurant	4	5
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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

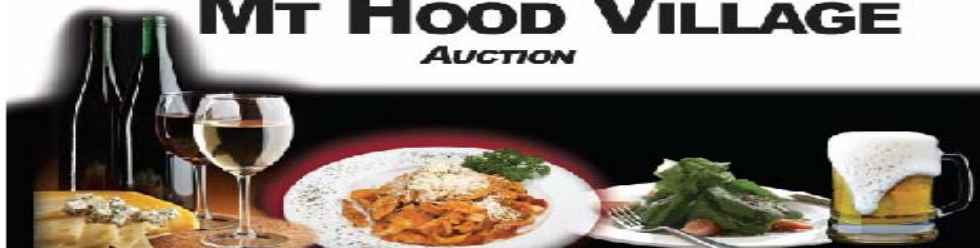
Return Service Requested

MT HOOD AREA CHAMBER

PRESENTS

THE BITE OF MT HOOD

**SAT. MAY 1ST
5 PM - 10 PM
MT HOOD VILLAGE
AUCTION**



Silent Auction! Oral Auction!
Bites and Sips from Local Food and Beverage Establishments
Music & Relaxing Atmosphere

See details at www.thebiteofmthood.com
Questions? Phone 503-521-8285