

July/August 2010



Hoodland's Mountain Maturity!

- Take a hike with us
- Give your brain a tune-up
- Bring a friend to lunch



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.

July Trips

August Trips



Wednesday, July 14th, Walking tour of downtown Portland: Join us for a downtown "experience." We will try to do as much as possible in a 2-2.50 hour period, but there is always more to be seen. We will start in the oldest part of town at Skidmore Fountain, continue up town to Pioneer Square, including "Portlandia," Old-town/China Town, the water front, the Chinese Garden, a fountain or two, ride the Max, maybe ride the Street car to Powell's Books, other interesting places, buildings and things that may come up along the way. We can vary the tour plan according to the profile of our group. There will be MUCH WALKING! Lunch on your own after tour. Transportation \$6. Leave center at 8:30 a.m.



Tuesday, August 10th, Portland Spirit luncheon cruise.



Enjoy a two-hour afternoon getaway. Includes plated lunch entrée selected by each guest on board, bread, hot tea, iced tea, coffee, fountain soft drinks and piano music. Desserts, appetizers and other beverages from our full service bar are available for purchase.

Luncheon cruise and transportation \$45.00 Leave center at 11:00 am. Sign-up begins **July 1st. No later than July 26th**



Sunday, July 18th, Philip Foster Farm. Welcome to the First Destination Resort in the Oregon Territory; on the National Historical Site List; Join us from 11–4 pm for

Mary Charlotte's Garden Party to enjoy a vintage fashion show, berry cobbler & ice cream, garden gifts and plants. Textile crafters, doll and textile collectors, and live [music](#) throughout the day. Transportation and admission \$10.00. Leave center at 11a.m. Lunch on your own after the Garden Party.

Tuesday, August 17, Evergreen Aviation Museum: Home of Howard Hughes' "Spruce Goose." Self-guided tour museum pass for \$19 or a combo pass including the IMAX movie for \$26. Lunch on your own at the Spruce goose Café. Transportation \$7. Leave center 9 a.m. sign-up begins August 2nd.



July 24th, Saturday, 2 pm matinee. Broadway Rose Theater's The King and I: Rodgers and Hammerstein's classic is a stunning tale of learning to love and learning to change. Musical numbers like "Getting to Know You," "Something Wonderful," and "Shall We Dance?" Ticket and transportation \$28.

Leave center 12:30p.m. **Signup Now! No later than July 1st**



Wednesday, August 25th Spirit Mountain Casino in Grande Ronde. Leave Center at 8a.m. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins August 2st.



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

Jean Bennett-Sabel: Stamp Class and Water Color will resume in September.



Line Dancing:

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



Jeri Gallagher: Fabric Painting Class Monday, July 19th and August 16th. from 1:00–3:30 pm. Bring your item to paint.



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.



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.

Book Exchange in the Dorman Room

Bring one, borrow several! Instead of paying up to \$10.00 for a paperback book, borrow one, or several, of ours. Donating some of your own books allows the senior center to offer an up-to-date selection. Everyone benefits!



Memory and more! Clear out those cobwebs! Give your brain a tune-up!

Tuesdays: 1pm-2:30pm, July 6th, 13th and 20th. \$10.00 payable to Hoodland Senior Center. Class Leader: Tommie Kirkendall. Call center to sign up 503-622-3331.



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 center.



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



The Hoodland Senior Center is participating in a summer program, The “Good for You Project” to increase consumption of fresh fruits and vegetables in your daily diet. We need resources for fresh fruits and vegetables to provide additional serving to participants in our nutrition program. Want to share all your extra garden vegetables? Our center would love to pass your shared Bounty to the nutrition program. Bring your donations to the center Monday through Thursday 9am- 4pm. Choose to care, eat right, live long!!

What does Healthy eating mean to You?

Making changes can be hard. But when it comes to taking care of yourself, it’s worth the effort.

Benefits of healthy eating can reduce your risk of:

- Heart disease, stroke
- High blood pressure and diabetes
- Breast, colon, and prostate cancers.

Making changes can be hard. But when it comes to taking care of yourself, its worth the effort. When you are ready to make some changes, here is how you can start:

Make small changes over time: start with one change at a time. Add one serving of fruit or vegetables to any of your meals. Try having fruit as a snack. When you have met that goal, choose another small change to work on. Avoid fad diets or big changes in what you eat.

Control your portion sizes and choose leaner meat or fish. A healthy portion size is about the size of your palm, or a deck of cards. Try skinless white meats such as turkey or chicken or add some fish to your diet. Broil or bake instead of frying.

Realize that simple changes add up! Switching from whole milk to lowfat milk can make a big difference in your daily intake of calories. Try cutting back on sugar by limiting the amount of soda you drink. Use small amounts of healthy oils such as olive or canola oil. Drink plenty of water, 6-8 glasses every day— it’s good for the body and it helps you feel full. Try to eat more slowly. It takes your stomach 20 minutes to tell your brain that it’s full.

Avoid temptation! If it’s not in your cupboard, you won’t be tempted. Make a grocery list to help you buy healthier foods, stay away from junk food. Substitute lower fat choices for high fat and sugar, read labels. Plan your grocery trips so that you don’t end up shopping when you are hungry.

Improve what you eat!! Add one fruit or vegetable to meals or snacks until you have reached five or more a day. A medium sized apple is one serving. Fresh is best, but frozen dried and canned fruits and vegetables are all good choices. For canned fruits or vegetables, look for labels that say “in light syrup” or “no added salt.” Take healthy high-fiber snacks with you (fruits, vegetables, lower calorie nutritional bars) to avoid hunger later in the day.

Be adventurous! Include variety in the food you choose. Learn new ways to prepare vegetables and low-fat meals. Try new spices and herbs. There are many low-fat recipes available on the Internet or in magazines—give them a try!!

Be sensible! Don’t indulge in guilt. You can enjoy all foods without over doing it. If there is a high-fat, high calorie snack you want, have it. Just have a small portion and eat it less often. You can eat lower calorie foods at your next meal. By keeping healthy food in your kitchen you’ll make it easier to get back on track.

This information is not intended to diagnose or to take the place of medical advice from your physician or health care professional. Please consult your doctor if you have additional questions. Above comments taken from The Permanente Medical Group, Regional Health education, 2007.

Please use the schedule below to volunteer for our pancake breakfast at the Mt Hood Village on Friday, Saturday and Sunday, August 27, 28 and 29th.

Positions are briefly described below. Call the center (503-622-3331) or drop off your schedule request at the Hoodland Senior Center

Cooks, 2 people: Cook according to the crowd. Try not to cook too far ahead. Customers appreciate fresh pancakes. Ask the runner to replenish the batter so you don't have to leave your area. Please do not leave your area unmanned.

Kitchen, 2 people: Cut cantaloupes, make coffee, mix pancake batter, cook sausage. Make orange juice.

Tables/condiments, 3 people: Roll a fork/knife in a napkin for individual packets. Hand out the cantaloupes, margarine, pour juice and coffee. Ask runner to replenish your supplies when needed.

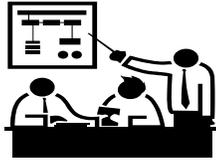
Runner, 2 people: Your responsibility is to keep the cooks and the condiment table supplied with food so they do not have to leave their station. Help keep the condiment table supplied with all items including coffee, cantaloupes, forks, napkins, syrup and margarine. Help kitchen volunteers, cook sausage, cut cants, make coffee and batter if necessary. Deliver batter and cooked sausage to the cooks. Provide breaks at the three stations when needed.

This is one of our most successful fund raising events of the year. Give us a hand! Hope to see you there!

| | Friday, 8/27 | Saturday, 8/28 | Sunday, 8/29 |
|-----------------------------------|--------------|----------------|--------------|
| <u>Shift 1 (7:30 10 am)</u> | | | |
| Cashier | | | |
| Cook #1 | | | |
| Cook #2 | | | |
| Table #1 | | | |
| Table #2 | | | |
| Table #3 | | | |
| Kitchen #1 | | | |
| Kitchen #2 | | | |
| Runner #1 | | | |
| <u>Shift 2 (10 am - 12:30 pm)</u> | | | |
| Cashier | | | |
| Cook #1 | | | |
| Cook #2 | | | |
| Table #1 | | | |
| Table #2 | | | |
| Table #3 | | | |
| Kitchen #1 | | | |
| Kitchen #2 | | | |
| Runner #1 | | | |



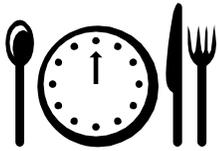
July



Board Meeting: Monday, July 12th at 11:00 am at the Center. Everyone welcome.



Legal Assistance: Thursday, July 15th. 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, July 7th and 21st. 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.



Foot Clinic: Thursday, July 8th. Bring a towel and \$13.00. Clip, file and 10 minute foot massage for \$20.00. Call for appointment, (503) 622-3331. **NO AUGUST FOOT CLINIC.**



Hearing Clinic: Wednesday, July 14th. Sandy Senior Center, 503-668-5569. call for appointment.

July 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|-----|--|
| | | | | 1 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 2 | 3 |
| 4  | 5 1pm:Lunch ZigZag Restaurant | 6 10am:Line dance 1pm: Memory and more | 7 9am:Walk 9am:Yoga 10am:Tops | 8 9:30:Foot Clinic 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 9 | 10 |
| 11 | 12 11am: Board Mtg. 1pm:Lunch ZigZag Restaurant | 13 10am:Line dance 1pm: Memory and more | 14 9am: hearing clinic 9am:Walk 9am:Yoga 10am:Tops Trip today | 15 9am: Legal clinic 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 16 | 17 |
| 18 Trip today | 19 1pm:Lunch ZigZag Restaurant 1pm:Fabric paint | 20 10am:Line dance 1pm: Memory and more | 21 9am:Walk 9am:Yoga 10am:Tops | 22 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 23 | 24 Play: The King and I Signup by July 1st!! |
| 25 | 26 1pm:Lunch ZigZag Restaurant | 27 10am:Line dance | 28 9am:Walk 9am:Yoga 10am:Tops | 29 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 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.

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.*

JULY BIRTHDAYS

| | |
|------------------|----|
| Ron Jee | 1 |
| Shirley Grainger | 1 |
| Jim Stanton | 1 |
| Richard Jones | 4 |
| Phyllis Farrell | 7 |
| Mardell Baessler | 9 |
| John Notar | 12 |
| Doyle Gilbert | 12 |
| Simon Rodriguez | 12 |
| Lynn Hewitt | 13 |
| Judy Chambers | 14 |
| Naomi Quick | 16 |
| Kathleen Olds | 22 |
| Dwight Pallander | 31 |

Birthstone: Ruby
 Flower: Sweet Pea

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AUGUST BIRTHDAYS

| | |
|-------------------|----|
| Del Wright | 3 |
| Georgia Baylis | 6 |
| Leo Burgess | 8 |
| Donna Waltman | 11 |
| Sue Jones | 12 |
| Kay Robillard | 13 |
| Mary Ellen Osborn | 13 |
| MaryLou Dunham | 15 |
| Pete Martin | 15 |
| Robert Dueber | 20 |
| Tom Farrell | 20 |
| Jean Marks | 21 |
| Eldon Vandenberg | 21 |
| Sally Hedlund | 22 |
| Pat Buckley | 28 |
| Francie Davidson | 28 |
| Amy McNamee | 28 |
| Elaine Thomas | 28 |
| Barbara Saldivar | 31 |

Birthstone: Sardonyx or Peridot
 Flower: Gladiola

Board of Directors

Judith Norval
 Chair

Bob Reeves
 Vice Chair

Lora Buckley
 Secretary

Pat Buckley
 Treasurer

Kathy Olds
 Karen Reeves

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

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!!!

August



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

Board Meeting: **Monday, August 9th.** at 11:00 am at the Center. Everyone welcome.



Legal Assistance: **Thursday, August 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, (503) 668-5569.

Congregate Lunch: 1:00 p.m., **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, **Wednesday, August 4nd, and 18th.**

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 ON SEPTEMBER 16TH.**



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

August 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|---|
| 1 | 2 1pm:Lunch ZigZag Res- taurant | 3 10am:Line dance | 4 9am:Walk 9am:Yoga 10am:Tops 10am:Shop | 5 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 6 | 7 |
| 8 | 9 11am: Board meeting 1pm:Lunch ZigZag Res- taurant | 10 10am:Line dance Cruise today Signup by July 26th!! | 11 9am:Hearing clinic 9am:Walk 9am:Yoga 10am:Tops | 12 9am:Legal clinic 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 13 | 14 |
| 15 | 16 1pm:Lunch ZigZag Res- taurant 1pm: Fabric painting | 17 10am:Line dance | 18 9am:Walk 9am:Yoga 10am:Tops 10am: shop | 19 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 20 | 21 |
| 22 | 23 1pm:Lunch ZigZag Res- taurant | 24 10am:Line dance | 25 9am:Walk 9am:Yoga 10am:Tops | 26 10am: Line dance 1pm: Lunch Barlow Trail Restaurant | 27 Huckleberry pancake breakfast | 28 Huckleberry pancake breakfast |
| 29 Huckle- berry pan- cake breakfast | 30 1pm:Lunch ZigZag Res- taurant | 31 10am:Line dance | | |  | |

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

Huckleberry Festival will be here before you know it!!
And so will summer!

Our famous Huckleberry Pancake Breakfast will be served at the
Huckleberry Festival located at the Mt hood Village, 8 a.m. to 12
noon on August 27, 28, 29.
\$5 a plate

Come down to enjoy the live entertainment, arts, crafts, booth,
Watermelon launch, salmon bake and more.

Call today to volunteer for the breakfast!!
503-622-3331