

November/December 2010



Hoodland's Mountain Maturity!

HELP THE SENIOR CENTER

- If you have ever thought of driving for Meals on Wheels, now is the time!!! We are short handed. Please call the center to sign up.
- Purchase an Entertainment Book. *The senior center receives 50% of the proceeds.*



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@frontier.com
Open Monday–Thursday
9-4 p.m.

November



December



Tuesday, November 9th: Sleigh Bells

Sleigh Bells is the Northwest's largest Christmas gift store, situated in the northern Willamette Valley of Oregon, 20 minutes south of Portland, and 50 minutes north of Salem. They feature a world class gift shop situated on 75 acres of Christmas Trees. The gift shop features home made candies, ornaments from around the world, knit stockings, cards for all seasons, gifts for all ages - everyone on your list. Leave 10 am. Transportation \$7.00 Sign-up November 1st.

Saturday, November 13th: Saturday Market. Do your Christmas shopping early!!

Operating since 1974, the Portland Saturday Market is the largest continuously operated 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. Over 250 small business and individual artists from the northwest region gather each week for the Saturday/Sunday event with live music and a plethora of exotic foods which will satisfy anyone's appetite. Leave center 10 am. Transportation \$7.00. Sign-up begins November 1st.



Wednesday, November 17th: Spirit Mountain Casino in Grande Ronde. Leave Center at 8 a.m. Return about 5:00 pm. Transportation is \$9.00. Sign-up begins November 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.

Saturday, December 4th: 2 pm Matinee, Holiday Jukebox. A salute to the Stage Door Canteen of the 1940's and set during WWII Christmas time, the show features four fictitious Hollywood stars who have put together a string of 1940's hits and Christmas music to entertain "the boys" at the front. Filled with great standards, holiday music and comedy, the show is reminiscent of the USO shows of days gone by. The cast sings some of the best music of the twentieth century, including tributes to The Andrews Sisters, Bing Crosby, Spike Jones and many more. Musical numbers span big band, swing and Latin—it's a musical retrospective of an America we'll never see again! Transportation and fee: \$35.00. Leave center at 11:45 am. Eat first, bring snack, extra money for possible lunch later. **Must sign up by November 4th to**



Wednesday, December 15th: Aspen Meadow Annual Christmas Light Display of over 150,000 lights. This display is 100% free and for all to enjoy.

Bring your whole family! Complimentary Refreshments and treats every night. Heated areas, movies, children's toy land, and more. Leave the center at 6:00 pm. Transportation \$7.00. Sign-up begins November 29th.



Activities



Line Dancing-

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



Jeri Gallagher: Fabric Painting Class-
Mondays, November 15th and December 20th 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!



Beading workshop with Kathy. Starting Tuesday, September 28th, continuing on November 9th & 23rd, December 14th & 28th from 1pm–3pm in the Dorman Room at the center. Fee: \$10. To get started Kathy will have bead kits available for purchase for \$5; or you bring your own beads or broken jewelry that needs restringing. Call center to reserve your space.

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

Entertainment Books On Sale Now!!! Great gift idea!!

Help the Hoodland Senior Center continue to provide hundreds of meals every year to **Meals on Wheels** recipients. \$25 each. Hoodland Senior will receive 50% of the proceeds.



Clackamas county Energy Assistance Program 2010-2011

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	\$1757 per month
2	\$2,298
3	\$2,839
4	\$3,380

For each additional member, add \$101 monthly.

You must provide income verification for the pervious calendar month for all adults aged 18 and over in your household. You must provide a copy of your utility bill 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. 503-650-5640.

Please be aware this program 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.

Important Medicare Advantage Time-line and enrollment date changes means reduced grace period

October 1: First day to compare plans for 2011. (Health Plans can now release information about next year's benefits)

November 15: First day to enroll (Health Plans can now take applications)

December 31: Last day to enroll (health Plans can accept Medicare Advantage applications until Midnight)

January 1, 2011: First day of 2011 membership (New coverage benefits begin) First day of Medicare Advantage (MA) "Lock In" period (Members may disenroll from MA and return to Original Medicare (A&B)* *May enroll in a Prescription Drug Plan (PDP) to continue Part D enrollment status.

February 14th: Last day of MADP (Medicare Advantage Disenrollment period) with MADP (Medicare Advantage with Part D Prescription drug coverage. Watch the acronyms they can have different meanings.

These changes are targeted to reduce the number of changes you can make in a plan year. Exercise caution, ask question, get help to navigate these systems.

For questions about your Medicare plans, a SHIBA (State Health Insurance Benefits Assists) Representative is available. Call us at the senior center or for Clackamas County Social Services, call 503-655-8427.

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

So God agreed.....

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God agreed.....

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed again.....

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God. "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you.

There is no need to thank me for this valuable information. I'm doing it as a public service.

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: Every other month on the second Thursday, an LPN will provide foot care at the Hoodland Senior Center. Call the Center for an appointment, which begins 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.***

November Birthdays:

John Hanifin 1
 Patrick Holbrook 2
 David McDougald 8
 June Horner 11
 Jeff Schneider 12
 Dick Kirkendall 15
 Marlene Miller 17
 Vernie Gex 19
 Arlene Hamilton 21
 Antoinette Ellis 25
 John Miller 25
 Richard Bell 27

Flower: Chrysanthemum
 Stone: Topaz or Citrine

December Birthdays:

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

Flower: Poinsettia
 Stone: Turquoise or Lapis

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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!!!

December



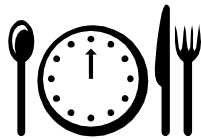
Hearing Clinic: on Wednesday, December 8th 11am-12noon to check hearing, clean hearing aids and replace batteries. Appointments must be scheduled at the **Sandy Senior Center, 503-668-5569.**

Board Meeting, Monday, December 13th at 11:00 am at the Center. Everyone welcome.



Legal Assistance: Thursday, December 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 (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, December 1st and the 15th. 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,



No Foot Clinic in December



Senior Views

- One thing wrong with the younger generation is that most of us don't belong to it anymore.
- The trouble with an inferiority complex is that people who ought to have one never do.
- The trouble with telling a good story is that it reminds the other guy of a dull one.'
- One way to make a fortune is to be able to determine the exact moment a piece of junk becomes an antique.

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am:Yoga 10am:Tops 10am:Shop	2 10am: Line Dance 1pm: Lunch Barlow Trail	3	4 Trip today
5	6 1pm: Lunch ZigZag, Res- taurant	7 10am: Line Dance	8 9am:Yoga 10am:Tops 11am:hearing clinic	9 9am: Legal Clinic 10am: Line Dance 1pm: Lunch Barlow Trail	10	11
12	13 11am:Board Mtg. 1pm: Lunch ZigZag, Res- taurant	14 10am: Line Dance 1pm: Beading class	15 9am:Yoga 10am:Tops 10am:Shop Trip today	16 10am: Line Dance 1pm: Lunch Barlow Trail	17	18
19	20 1pm: Lunch ZigZag, Res- taurant Paint Class 1pm	21 10am: Line Dance	22 9am:Yoga 10am:Tops	23 10am: Line Dance 1pm: Lunch Barlow Trail	24	25 Merry Christmas Everyone!!
26	27 1pm: Lunch ZigZag, Res- taurant	28 10am: Line Dance 1pm: Beading class	29 9am:Yoga 10am:Tops	30 10am: Line Dance 1pm: Lunch Barlow Trail	31	

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

Safe at Any Age Defensive Driving Class

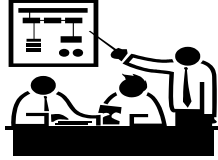
Refresh your knowledge of safe driving practices. **Safe at Any Age** is a six-hour class that is a state approved, insurance discounted course. It is most appropriate for drivers over the age of 55. The **two part** course: Putting on My Other Hat, is a review of the basic defensive driving skills used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

November 10, 9:00-4:00 p.m. Hoodland Fire Station



November

Board Meeting:
Monday,
November 8th , 11:00 am
at the Center. Everyone
welcome.

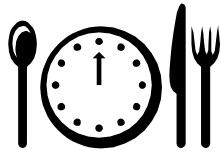


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necessary. Suggested donation is \$5.00
for each meal. Please note! We can ac-
commodate dietary needs prescribed by
doctors' orders! We can not accomo-
date dislikes. Advance
notice, please.



Let us do the driving!

Shop Sandy area stores on
Wednesday, November 3rd and the
17th. Please, call no later than the day be-
fore. 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 at-
tempt to combine all your ap-
pointments.



Foot Clinic: Thursday,
November 18th. Bring a towel
and \$13.00. Clip, file and 10 minute foot
massage for \$20.00.
Call for appointment,
(503) 622-3331.



Hearing Clinic: Wednesday,
November 10th. Sandy Senior
Center, 503-668-5569. call
for appointment.



A grandfather and his grandson entered their vacation cabin and kept the lights off until they were inside to keep from attracting pesky insects. Still, a few fireflies followed them in. Noticing them before his grandfather did, the grandson whispered, "It's no use, Grandpa. The mosquitoes are coming after us with flashlights."

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1pm: Lunch ZigZag, Res- tauriant	2 10am: Line Dance	3 9am:Yoga 10am:Tops 10am:Shop	4 9am:Legal clinic 10am:Line dance 1pm: Lunch Barlow Trail	5	6
7	8 11am: Board Mtg. 1pm: Lunch ZigZag, Res- tauriant	9 10am: Line Dance Trip today 1pm: Beading class	10 9am:Safe at Any Age 9am:Yoga 10am:Tops 11am:hearing clinic	11 Veterans Day Center closed	12	13 Trip today
14	15 1pm: Lunch ZigZag, Res- tauriant Paint Class 1pm	16 10am: Line Dance	17 9am:Yoga 10am:Tops 10am: shop Trip today	18 10am: Line Dance 1pm: Lunch Barlow Trail Foot Clinic 9am	19	20
21	22 1pm: Lunch ZigZag, Res- tauriant	23 10am: Line Dance 1pm: Beading class	24 9am:Yoga 10am:Tops	25 Thanksgiving Day Center closed	26	27
28	29 1pm: Lunch ZigZag, Res- tauriant	30 10am: Line Dance				