



**Neighborhood House**  
Helping Neighbors Help Themselves



**LOAVES & FISHES CENTERS**  
The Meals-On-Wheels People

# Downtown Neighborly News

A Publication of Neighborhood House Downtown District Center  
503-333-6064; www.nhweb.org; e-mail: aging@nhweb.org April, 2008

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Elm Court is a Loaves & Fishes meal site where Neighborhood House, NW Portland Ministries, Senior Recreation, and other partners come together to serve the older adults of downtown Portland.

## CALL FOR VOLUNTEERS

Neighborhood House and Loaves & Fishes are looking for volunteers to fill the following vacant volunteer positions:

DRIVER-for Meals on Wheels  
SERVER-for meal time  
DRIVER- for recreational trips  
DRIVER-to deliver food boxes-8 hours/month  
FACILITATOR-for classes, groups and activities  
ESCORTS- to assist older adults to appointments

If you are unable to volunteer, maybe you know somebody who can! Ask a neighbor, friend or family member if they might be interested in these volunteer activities. Volunteers will need to fill out a volunteer application and have background check completed prior to placement.

***Call 503-333-6064 if you are interested!***

## NH PROGRAMS AND SERVICES

### Senior Law Project

The 4<sup>th</sup> Thursday of every month from 1:00-4:00 p.m.

Volunteer attorneys provide 30-minute consultations. All clients over 60 are eligible for free consultation regardless of income. Appointments are required to meet with the attorney.



### Healthy Changes Diabetes Support Group

Every Monday 1:00-2:30 p.m.

This is a fun, informal group setting for those 55+ with Diabetes. This group is intended to improve Diabetes self-management skills. This is not a substitute for regular doctor visits. Prior registration is required.

### Information & Assistance Services

Medical Transportation Scheduling  
Link residents to community resources to help them obtain services they need.  
Advocacy and Support



MULTNOMAH  
COUNTY

### Food Box Delivery

Offered twice a month. Call for specific dates/times or to sign up. Photo ID, proof of income and verification of number of people per household. Individuals must be homebound and personally unable to go out and independently get a food box. You may receive 1 food box every 30 days. A food box is designed to help feed a family for 3-5 days. The food box will consist of food for breakfast, lunch, dinner and snacks (as available). May also include hygiene products.



### Case Management Services

Available to downtown residents ages 60+ who are not receiving Medicaid or Oregon Health Plan (OHP). If you do not meet our Case Management criteria, we will help you find the organization that meets your services criteria.

**For information on any of these services, call 503-333-6064**



# April Trips

\*Call NH at 503-333-6064-space is limited\*

**Shopping at Value Village and lunch at Davidson's in Tigard – April 4<sup>th</sup> 10-2pm** Join us to experience the adventure of shopping at Value Village! This is no ordinary thrift store. There are new and recycled items that come in daily with easy to find bargains. When we're all shopped out we'll head over to Davidson's for a tasty lunch. You are responsible for cost of your own lunch.

## The 23<sup>rd</sup> Annual Tulip Festival April 11<sup>th</sup> 10-2pm

Come enjoy over 40 acres of tulip fields along with the numerous tulip and daffodil display gardens. You are also welcome to visit the Gift Shop, Country Store, Tulip Café and the farm equipment display.

## Powell's Books & Skyline Restaurant April 18<sup>th</sup> 10:00-2:00 pm

Powell's City of Books is a book lover's paradise, the largest used and new bookstore in the world. Located in downtown Portland, Oregon and occupying an



### Elm Court L&F Classes & Activities

**Enhance Fitness Class – FREE**  
Monday, Wednesday & Friday 1:30-2:30pm

Improves cardiovascular endurance, strength, balance and flexibility.



### Blood Pressure Clinic – Autumn Hills Marquis Co. – FREE

First Tuesday of every month 1-3pm



### BINGO

Wednesday & Friday 2-3:15 p.m.



### Fun with Fiber! – Sign Up

Thursday 9:30-11 am

Learn to knit and make crafty gifts to take home or give as a gift! Bring your own project to work on with an experienced artist as your creative guide.



### Computers

Open for individual use 8am-5pm  
Lab tutor on Thursdays -3 pm to help with questions about Internet, word processing and graphics.



entire city block, the City stocks more than a million new and used books. Nine color coded rooms house over 3,500 different sections, offering something for every interest, including an incredible selection of out-of-print and hard-to-find titles. You are responsible for the cost of your lunch.

## Classical Chinese Garden & lunch at Fong Chong April 25<sup>th</sup> 10-2pm

Created to nurture and inspire all who visit, this Garden is little changed from what might have greeted you during the Ming dynasty in China. This walled Garden encloses a full city block. Serpentine walkways, a bridged lake, and open colonnades set off meticulously arranged landscape of plants, water, stone, poetry, and buildings. Architects and artisans from China who designed and constructed the Garden mean for each aspect of the Garden to convey artistic effect and symbolic importance. \$6 admission fee for seniors and you are responsible for the cost of your lunch.

*~Offered through a partnership with NW Portland Ministries and Friendly House Senior Program~*



## PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

### Senior Recreation – For those 55+ at Elm Court Loaves & Fishes Winter 2008

To sign up for any of the following classes please call 503-823-4328

**Scholarships are available**

#### Qigong: Balance & Breathing

Classes April 1<sup>st</sup> – May 6<sup>th</sup> and April 3<sup>rd</sup> – May 8<sup>th</sup>  
Tuesday & Thursday 12:15-1:00 p.m.

Qi means breath in Chinese & gong means applied to a discipline. Qigong is then translated to mean 'breath work' or the art of managing breathing to achieve & maintain good health. Easy movements, seated or standing, enhance energy, mobilization, improve joint flexibility & stamina. Regular practice can reduce stress, establish balance & generate a sense of peace. \$9 for each Spring session. Barcodes: 261055 or 261056

#### Writing your Memories

Wed. 10:30-12:30pm OR 1-3 pm April 9<sup>th</sup> – May 28<sup>th</sup>  
Everyone would love to find a journal or diary of his or her ancestors. Where's yours? Future generations will cherish the childhood and family stories you preserve for them today. Learn to easily write your thoughts and recollections and preserve them before they disappear. \$15 for Spring session. Barcodes: 260693 or 260694

#### Pastel Techniques

Mondays 1:00-3:00 p.m. March 31<sup>st</sup> – May 19<sup>th</sup>  
Try your hand at this rewarding medium. Learn shading, overlaying, hatching, blending and other techniques. \$22 for Spring session. Barcode 2690970

#### Watercolor For All

Tuesday 1:30-3:30 p.m. April 8<sup>th</sup> – May 27<sup>th</sup>  
Discover methods of laying washes, mixing colors, elements of light and much more in this rewarding class. \$22 for Spring session. Barcode: 260909