



**Neighborhood House**  
*Helping Neighbors Help Themselves*

# Neighborly News

A Publication of Neighborhood House Senior Center & Aging Services District Center  
503-244-5204; www.nhweb.org; e-mail: aging@nhweb.org April 2008

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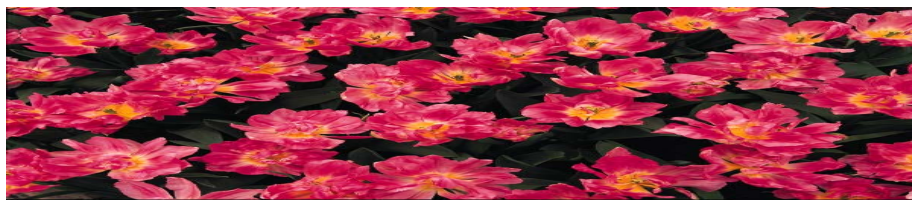
## WELCOME SPRING

Finally, Spring is officially and undeniably here and we are ready for it. Now is a great time to enjoy the warmer weather, the new buds and blossoms every day. A great time to *literally* stop to smell the flowers.

This is also a great time to celebrate all the contributions of everyone here at the Senior Center. Everyone adds something to the character of this place and it is through your sharing that this place will continue to grow.

We at Neighborhood House Senior Center would like to thank everyone who participated in our Annual Rummage Sale. Many thanks to the donors and the shoppers, the local businesses (including Shari's restaurant, Starbucks, and others who contributed so generously), and especially to the volunteers who gave so much energy and numerous hours towards making this event a success. Thank you all!

As we look forward to new developments at the Senior Center, we would also like to celebrate your voice and your imagination. This month we will have a new item at the front desk and that is a comment box. If you have ideas or comments you would like to share about the senior center we would love to hear what you think. Best wishes to all.



Neighborhood House, Inc. is a nonprofit organization that brings neighbors together to feed the hungry, house the homeless, and educate young and old. We strengthen community by providing resources to support self-reliance, economic independence and dignity in people of all ages and backgrounds. Neighborhood House is a multi-service, multi-site organization providing social, emergency and recreational services for individuals and families residing in SW Portland.

# Programs and Services

## BLOOD PRESSURE SCREENING

Second Thursday

April 10 10:00—11:00 AM

Free - Provided by Autumn Hills, Marquis Co.



## QIGONG CLASSES

Monday, 10:00 AM-11:00 AM

Free

Qigong (pronounced “Chi Gong”) is taught by Carol Melkonian. Carol is a Registered Nurse, Acupuncturist, and has many years of experience with Qigong and meditation. Qigong exercises are gentle, flowing movements which are both relaxing and energizing. Older adults find the gentle movements to be a wonderful form of exercise that improves circulation, balance, and enhances their sense of well being.



## SENIOR LAW PROJECT

2nd Tuesday, April 8th

4th Tuesday, April 22nd

Appointments begin at 9:00 AM. This service is available to you if either you or your spouse is 60+ years of age, and are residents of Multnomah Co. The initial 30-minute consultation is free, regardless of your income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service. **To make an appointment, call Ann at 503-244-5204.**

## FOOT CLINIC

Second Wednesday

April 9th, 9:00 AM – 3:30 PM.

Cost: \$27.00

Legacy Health Systems Visiting Nurses Association brings their foot care clinic to our Center each month. Appointments are required. This is a very popular service among our members. Reservations fill up quickly. Make an appointment by calling 503-244-5204.



## AARP ‘55 ALIVE’-Driving Safety Program

Tuesday, April 1st, 9:00 AM– 12:00

Wednesday, April 2nd, 9:00 AM-12:00

Fee: \$10; Payable to AARP

This course is recommended for everyone over 55 years of age. People 69 and younger should repeat the class every 3 years, and those over 70 should brush-up every two years. The course is designed to refine existing skills and develop safe driving techniques.

Insurance companies offer a discount to those completing the course. Check with your insurance agent for details. Call the Senior Center at 503-244-5204 to reserve your space in the class.

## ACUPUNCTURE

Appointments available Mondays. Payment in advance required. \$45 for first visit; \$35 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist.

## LOW VISION SUPPORT AND DISCUSSION GROUP

Third Tuesday

April 15th, 11:00 AM—12:00 PM

The Low Vision Support and Discussion Group, jointly sponsored by Neighborhood House Senior Center and Vision Northwest, provides an opportunity to share experiences and exchange information on how to adjust the routine and challenges of everyday life with reduced vision.

## STABILITY BALL & YOGA

Tuesday, 9:10 AM — 10:10 PM

Thursdays, 9:10 AM—10:10 AM

Fee: \$3.00

These exercises are designed to improve balance and core body strength.

## YOGA

Friday, 10:00 AM-11:30 AM

Fee \$3.00/session



## RHYTHMIC EXERCISE

Tuesday, 10:15—11:15 AM

Thursday, 10:15—11:15 AM

Fee: \$3.00/session

## CONVERSATION CIRCLE

Tuesdays, 11:15 AM - 12:30 PM

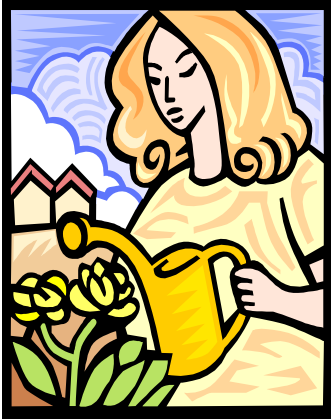
A Conversation Circle allows time to practice English in a relaxed and fun way. Any **woman** for whom English is a second language is invited to attend.

**Sewing Services Now Available**  
Need a button sewn on or other light mending? Mary W. will be here with her sewing machine on Tuesdays from 12:30 to 2:30 to assist you with minor clothing repairs.



# Bulletin Board

## Family Caregiver Resources



Neighborhood House provides family caregiver case management to support family members and natural support systems in providing care to downtown clients. The caregiver respite grant allocates \$600 for unpaid caregivers to be used to relieve the demands and stressors of the caregivers. Some examples of how the funds may be include hiring in home supports for housekeeping and bathing, transportation for the client, and continuing education classes for the caregivers. For more information to determine eligibility for the caregiver grant and family caregiver case management, please call Neighborhood House staff at **503-244-5204**.

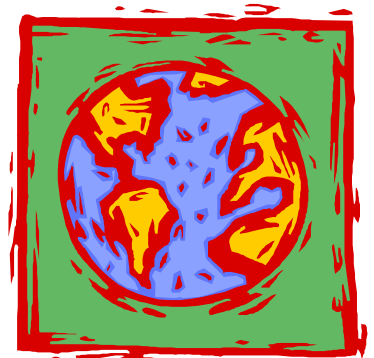
### Become a NHSC Member Today

Membership to the Neighborhood House Senior Center is open to all individuals 55 and older. Your membership opens the door to all kinds of wonderful activities here at the center including self-improvement classes and recreational trips. Annual membership is \$20 for an individual and \$30 for couples. For more information, contact us at (503) 244-5204.

### EARTH DAY CELEBRATION

Join us in the Senior Center lobby on Earth Day, April 22<sup>nd</sup> from 12:30 to 2:30pm for a special Earth Day celebration.

Learn about fun and effective ways to recycle and save money while you help others.



# April Trips

**Payment is required prior to registration for trips with a cost. You can secure your spot by coming to the Senior Center on or after the registration date. Hope to see you on February 1st.**

*When registering for free trips you can only register one other person.*

## **WOODEN SHOE TULIP FESTIVAL**

Wednesday,  
April 2<sup>nd</sup>  
10 to 3pm

**\$5.50, plus money for food**

**Registration begins March 27<sup>th</sup>**

Enjoy the brilliant colors of acres and acres of tulips at this scenic farm. Be sure to bring a brown bag lunch for an open air picnic. Come in person to the senior center to register.

## **LUCKY EAGLE CASINO**

Tuesday, April 8<sup>h</sup>  
8:45-5:00

**FREE**

**Registration begins April 1st**

Contact Ann Williams at (503) 244-5204 x103 to register.

## **PEARSON AIR MUSEUM& LUNCH**

Wednesday, April 16<sup>th</sup>  
11:30 to 3pm

**\$3.50, plus \$6 for admission**



## **Registration begins March 31<sup>st</sup>**

Discover the “pioneering days of Northwest aviation” at the Pearson Air Museum, which features the second oldest wooden hangar in the country and other “aviation milestones”, followed by lunch at McMenamin’s. Come in person to the senior center to register.

## **TRADER JOES & LUNCH**

Tuesday, April 22<sup>nd</sup>  
11 to 2:30pm

**FREE**

**Registration begins March 31<sup>st</sup>**

Enjoy a delicious lunch at one of many fine restaurants in the Beaverton Town Mall followed by shopping at Trader Joe’s Market. Come in person to the senior center to register.

## **LILAC FESTIVAL & LUNCH**

Wednesday, April 30<sup>h</sup>  
10 to 4pm

**\$4.50, plus \$2.00 admission and money for lunch**

**Registration begins March 31<sup>st</sup>**

Smell the perfume of beautiful lilacs as you tour Hulda Klager Lilac gardens and historic farm house and gift shop. Bring a brown bag lunch or money for lunch on the go. You won’t want to miss a minute of this beautiful tour. Come in person to the senior center to register.

# April Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 AARP 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting 11:15 Conversation C. 1:00 Woodcarving	2 9:00 AARP 10:00 Opera* 10:00 Golden Age 10:00 Cribbage 12:15 Pinochle 12:30 Play Reading* 1:00 Watercolor+ <b>Trip: Wooden Shoe</b>	3 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Investment*	4 9:00 Painting# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
7 9:00 Meditation 9:30 Comp Basic+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Internet+ 11:00 Acupuncture 12:15 Bridge	8 9:00 Senior Law 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:15 Conversation C 12:30 Mending 1:00 Woodcarving <b>Casino Lucky Eagle</b>	9 9:00 Foot Clinic 10:00 Cribbage 10:00 Golden Age 10:00 Rose Quarter* 12:15 Pinochle 12:30 Play Reading* 1:00 Watercolor+	10 9:10 Stability Ball 10:00 Blood Pressure 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Shoestring*	11 9:00 Painting# 9:30 SSI Mtg* 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
14 9:00 Meditation 9:30 Comp Basic+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Internet+ 11:00 Acupuncture 12:15 Bridge	15 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:00 Low Vision 11:15 Conversation C 12:30 Mending 1:00 Woodcarving	16 10:00 Cribbage 10:00 Great Cities* 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading* 1:00 Watercolor+ <b>Pearson Air Museum</b>	17 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Caravaggio*	18 9:00 Painting# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
21 9:00 Meditation 9:30 Comp Basic+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Internet+ 11:00 Acupuncture 12:15 Bridge	22 9:00 Senior Law 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:15 Conversation C 12:30 Mending 1:00 Woodcarving <b>Trader Joes</b>	23 10:00 Cribbage 10:00 Drugs* 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading* 1:00 Watercolor+	24 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Caravaggio*	25 9:00 Painting# 10:00 Yoga 12:00 Crafting 12:15 Dupl. Bridge
28 9:00 Meditation 9:30 Comp Basic+ 10:00 QiGong 10:00 Spanish Conv# 11:00 Internet 11:00 Acupuncture 12:15 Bridge 1:00 Advisory Mtg	29 9:00 Adv Spanish# 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:00 Low Vision 11:15 Conversation C 12:30 Mending 1:00 Woodcarving	30 10:00 Cribbage 10:00 Cameras* 10:00 Golden Age 12:15 Pinochle 12:30 Play Reading* 1:00 Watercolor+ <b>Lilac Festival</b>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p><b>LEGEND</b>            Unmarked=Senior            Center Activity            *SSI            +Parks and Rec            #PCC</p> </div>	



Neighborhood House, Inc.  
Senior Center & Aging Services  
7688 SW Capitol Hwy.  
Portland, Oregon 97219

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A United Way Program

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## YOUR GIFT TO NEIGHBORHOOD HOUSE SENIOR CENTER COUNTS!

**Your gift honors and remembers your loved ones and makes a difference in the lives of families and older adults in Southwest Multnomah County. Enclose your donation in an envelope and send to:**

**Neighborhood House Senior Center, 7688 SW Capitol Highway; Portland, Oregon 97219, or stop by the center.**

Enclosed is my gift of \_\_\_\_\_ made payable to Neighborhood House Senior Center.

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_