



**Neighborhood House**  
Helping Neighbors Help Themselves



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

1032 SW Main Street

# Downtown Neighborly News

A Publication of Neighborhood House Downtown District Center  
503-295-0044; www.nhweb.org; e-mail: aging@nhweb.org June, 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.

## Living Well with Chronic Conditions

Every Monday from June 2nd—July 7th  
3:00-5:30 p.m.

This six-week class is *free* and open to seniors or anyone with asthma, diabetes, heart disease, arthritis or any other chronic health concern. It teaches practical skills to living a healthy life with an ongoing health condition. These classes are fun and interactive!

This workshop is designed to build confidence for managing health, staying active & enjoying life.

For more information contact:  
Loaves & Fishes Centers  
Barbara Mahoney  
503-736-6325 x25953

## NH PROGRAMS AND SERVICES

### Information & Assistance Services

Medical Transportation Assistance  
Link residents to community resources to help them obtain services they need.  
Advocacy and Support  
Medical equipment loan program  
Assist filling out paperwork

### Case Management Services

Available to downtown residents ages 60+ who are not receiving Medicaid health services. If you do not meet our Case Management criteria, we will help you find the organization that meets your needs.

For information on any of  
these services, call  
503-295-0044

### Senior Law Project

2<sup>nd</sup> Thursday, June 12th  
4<sup>th</sup> Thursday, June 26th



Appointments begin at 1:00 p.m. This service is available to you if you or your spouse is 60+ years of age, and are residents of Multnomah Co. The initial 30-minutes consultation is free, regardless of income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time for this valuable service.

### Food Box Delivery

You must be homebound and physically unable to go out and independently get a food box. You may be eligible to receive one food box delivered monthly or every other month.





# June Trips



Space is limited—Reserve your spot today!  
Call Neighborhood House 503-295-0044

## June 6, 10-2:00 pm Lloyd Center/Portland Rose Society 120<sup>th</sup> Spring Rose Show

The ice rink transforms into a delightful rose garden with more than 4000 blooms. The fragrance and exquisite beauty of these prize winning roses are something to behold. Lunch at Red Robin.  
\$3 Admission to the Rose Show.

## June 13, 10-2:00 pm Bridgeport Village

Enjoy shopping at the new and exciting Bridgeport Village. Shop at Ann Taylor Loft, Talbots, Crate & Barrel and much more. Enjoy lunch at PF Chang's, Pastini or one of the many restaurants available.

## June 20, 10-3:00 pm

### Lake Oswego Festival of the Arts

Join artisans for the 45th L.O. Art festival which has an outstanding reputation for bringing exhibits of quality and diversity. In nearby George Rogers Park there will be booths with fine art, crafts, food and musical entertainment.

## June 27, 10-3pm

### End of the Oregon Trail Interpretive Center

in Oregon City. Join us for the exhibit "Unfolding Lives: Discovering Pioneers' Fates". Learn about the history of the Oregon Trail by seeing living history presentations, exhibits, the gallery and a movie on the lives of pioneer families. Lunch at the Bomber. \$7 Admission.

~Offered through partnership with Northwest Portland Ministries and Friendly House Senior Program~

## Elm Court Classes & Activities



## PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

### Living Well with Chronic Conditions

Mondays 3:00-5:30, June 2nd—July 7th  
A 6 week course that teaches practical skills for living a healthy life with an ongoing health condition like asthma, diabetes, heart disease, arthritis and numerous others.

### Conversation Circle

Tuesdays 1:00-2:00 p.m.  
Join us for a weekly discussion on various topics.



### Games Galore Hour

Mon, Wed & Fri. 10-11a.m.  
A time dedicated to Cribbage, Chess, Hearts, Pinochle or any others that may catch your fancy.



### 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. 1st Tuesday 1-3 p.m.



### BINGO

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



### Computers

Monday-Friday 8:00 a.m.-5:00 p.m.  
Lab tutor on Wednesdays 1:00-3:00 p.m. to help with questions about Internet, word processing and graphics.



**Senior Recreation – For those 55+ at Elm Court**  
To sign up for any of the following classes please call 503-823-4328

### Scholarships available

#### Qigong: Balance & Breathing

May 13th—June 24th & May 15th—June 26th  
Tuesday & Thursday 12:15-1:00 p.m.  
Qi means breath in Chinese & gong means applied to a discipline. Easy Movements enhance energy, flexibility, and improve balance  
\$10.50 for each Summer Session.  
Barcodes: 261057 OR 261058

#### Writing your Memories

June 18th—August 6th  
Wednesdays 10:30-12:30pm OR 1:00-3:00 p.m.  
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 Summer Session  
Barcodes: 264262 OR 264263

#### Drawing All Levels

June 16th—August 4th  
Mondays 10:30 a.m.-12:30 p.m.  
Learn shading, overlaying, hatching, blending and other techniques.  
\$22 for Spring session.  
Barcode: 264310

#### Watercolor For All

June 16-August 4th  
Mondays 1:30-3:30 p.m.  
Learn to lay washes, mix colors, use the elements of light and much more in this rewarding class.  
\$22 for Spring session. Barcode: 264316

# June 2008

## Elm Court Activity Calendar

1032 SW Main 503-295-0044

<b>2</b> 10:00 Games 1:00 Pastels & Drawing+ 1:30 Enhance Fitness 3:00 Living Well	<b>3</b> 12:15 Qigong 1:00 Conversation Circle 1:00 BP Clinic	<b>4</b> 10:00 Games 1:30 Enhance Fitness. 1:00 Computer Tutor 2:00 BINGO	<b>5</b> 9:30 Fun w/Fiber 12:15 Qigong+ 1:00 ESL	<b>6</b> 10:00 Games 1:30 Enhance Fitness 2:00 BINGO  <b>Trip</b>
<b>9</b> 10:00 Games 1:00 Pastels & Drawing+ 1:30 Enhance Fitness 3:00 Living Well	<b>10</b> 12:15 Qigong 1:00 Conversation Circle  Walking Group	<b>11</b> 10:00 Games 1:00 Comp. Tutor 1:30 Enhance Fitness 2:00 BINGO	<b>12</b> 9:30 Fun w/Fiber 12:15 Qigong+ 1:00 ESL <i>1:00 Senior Law Appt. Required</i>	<b>13</b> 10:00 Games 1:30 Enhance Fitness 2:00 BINGO  <b>Trip</b>
<b>16</b> 10:00 Games 10:30 Drawing+ 1:30 Enhance Fitness 1:30 Water color+ 3:00 Living Well	<b>17</b> 12:15 Qigong 1:00 Conversation Circle  Walking Group	<b>18</b> 10:00 Games 10:30 Writing Memories+ 1:00 Comp. Tutor 1:00 Writing Memories+ 1:30 Enhance Fitness 2:00 BINGO	<b>19</b> 9:30 Fun w/Fiber 12:15 Qigong+ 1:00 ESL	<b>20</b> 10:00 Games 1:30 Enhance Fitness 2:00 BINGO  <b>Trip</b>
<b>23</b> 10:00 Games 10:30 Drawing+ 1:30 Enhance Fitness 1:30 Water color+ 3:00 Living Well	<b>24</b> 12:15 Qigong+ 1:00 Conversation Circle	<b>25</b> 10:00 Games 10:30 Writing Memories+ 1:00 Comp. Tutor 1:00 Writing Memories+ 1:30 Enhance Fitness 2:00 BINGO	<b>26</b> 9:30 Fun w/Fiber 12:15 Qigong+ 1:00 ESL <i>1:00 Senior Law Appt. Required</i>	<b>27</b> 10:00 Games 1:30 Enhance Fitness 2:00 BINGO  <b>Trip</b>
<b>30</b> 10:00 Games 10:30 Drawing+ 1:30 Enhance Fitness 1:30 Water color+ 3:00 Living Well	<div style="border: 2px dashed red; padding: 10px; background-color: #e0e0e0;"> <p style="text-align: center;"><b>Legend</b></p> <p style="text-align: center;">Unmarked = EC Activity</p> <p style="text-align: center;">+ = Senior Recreation</p> <p style="text-align: center;">NOTE: Senior recreation, trips &amp; some special events require registration</p> </div>			

# BULLETIN BOARD

**Coming  
Soon!!**

## **Elm Court Walking Groups & Walking Destination Tours**

Will be held on a weekly or bi-weekly basis throughout the Spring and Summer months. What's the difference? Walking Groups will be done for exercise on a fixed route outside while Walking Destination Tours will consist of walking to specific locations within the downtown area such as the Wells Fargo building, local architectural beauties, museums and various exhibits.

If you would like further information or specific dates and times please contact the Neighborhood House Office. **503-295-0044**

*Groups will be tailored to individuals physical abilities.*



## **Thank you OHSU Student Nurses!**

Throughout April and May, Elm Court has had the privilege of hosting four student nurses from Oregon Health Science University. These soon-to-be nurses have been lending a helping hand to assist with Meals on Wheels deliveries, visit Neighborhood House clients, conduct medication brown bag sessions within the downtown community as well as host numerous blood pressure clinics and foot inspections at Elm Court.

We cannot thank these successful individuals enough for the services they provided to our congregation and community without question. Elm Court will not forget the caring hands and hearts that these students have put forth.

It's not everyday a community gets a group of people all at once to dive in and explore its needs with such passion.

**THANK YOU**

We wish you all luck with all of your future endeavors!

**A volunteer for the following task is needed:**

- **An individual to deliver food boxes throughout downtown. Ten food boxes are delivered twice a month to individuals in their homes.**

**Contact Neighborhood House  
503-295-0044**

**Did you enjoy the Wills, Trusts & Advance Directive Seminar?**

Let us know your thoughts and if an encore session would be helpful for your friends or loved ones. Or if you have an idea of a different seminar that could be helpful for our downtown community.

**503-295-0044**