



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 July, 2008

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Angie Boyd, *Cook*

L&F Steering Committee

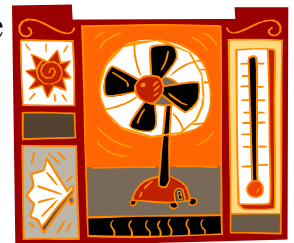
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Staying Cool During the Summer Months

Staying cool and comfortable as the weather gets hotter and hotter tends to be a difficult task for many seniors. Keeping our bodies from over heating is very important. A few ways to help keep yourself cool and healthy include:

- Knowing where to go and stay cool.
- Wear sunscreen when you are out and about.
- Drink water

There is assistance out there to help people stay cool. Be sure to contact Neighborhood House to help make sure you are ready for this summer's heat wave before it strikes!



Neighborhood House 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.

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



July Trips

To sign up for any of the following trips contact Leah at 503-295-0044 or come visit us in our office to reserve your seat.

Neighborhood House Trips

ROSE GARDEN @ WASHINGTON PARK

Thursday, July 10th

11a.m. to 3p.m.

Enjoy Portland's International Rose Test garden. Be sure to wear comfortable shoes and bring a brown bag lunch.

Note: *Uneven walkways and stairs in the rose garden.*

THE GROTTO

Tuesday, July 29th

11 a.m. to 3 p.m.

Take a stroll among the 62 acre Catholic Shrine composed of a Meditation Chapel, Chapel of Mary, The Grotto and the breathtaking botanical garden. Visit the book store or gift shop then enjoy a brownbag lunch before heading home. Be sure to bring a sack lunch, walking shoes and money for shopping.

Loaves & Fishes is willing to pack individuals a brownbag lunch for \$2.

Pick up and drop off location for these two trips is at Elm Court 1032 SW Main Street



NW Portland Ministries Trips



Japanese Garden & Lunch

Friday July 11th

10 to 2 p.m.

Cost: \$6.25

At the heart of a Japanese garden is harmony with nature. Through the careful use of plants, stones, and water, areas of serene and quiet beauty emerge. These peaceful spots in the Garden lend themselves to meditation and contemplation. The 5.5 acre Japanese Garden is composed of five distinct garden styles

A Day at Cannon Beach

Friday July 18th

8 to 3 p.m.

July is the perfect time of year to enjoy the beach. View beautiful beach front scenes while you shop at boutiques and galleries. Have lunch and ice cream at the local eateries.

Sauvie Island Lavender Farm Excursion

Friday July 25th

10 to 2 p.m.

Cost: \$5 Tour & Tea fee

Our beautiful farm is like a Victorian garden with lovely paths leading to a flower-filled arbor where visitors can view four snow-capped mountain peaks and hundreds of acres of nursery and farmland. Come and pick your own fresh lavender bouquet or stop by our charming market for bundles dried to perfection, plants, and exceptional handcrafted gifts made from the finest farm ingredients.

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

Elm Court Classes & Activities

CONVERSATION CIRCLE

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

ENGLISH AS A SECOND LANGUAGE

Tuesdays 1:00-2:00 p.m.

GAMES GALORE HOUR

Monday, Wednesday & Friday 10-11:00 a.m.
A time dedicated to Cribbage, Chess, Hearts, Pinochle or any others that may catch your fancy.

ENHANCED FITNESS – FREE

Monday, Wednesday & Friday 1:30-2:30pm
Improves cardiovascular endurance, strength, balance and flexibility.



BINGO

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

COMPUTER TUTOR

Wednesdays 1:00-3:00
Available to help with questions about internet, word processing and graphics.



COMPUTER LAB

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 LAW PROJECT

2nd Thursday, July 10th
4th Thursday, July 24th
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.



To make appointments, call Leah
503-295-0044.

Please call with any questions
503-295-0044

FOOD BOX DELIVERY

You must be homebound and physically unable to go out and independently get a food box. Frequency of delivery is based on physical need. Individuals may not receive a food box more than once a month. Call Leah for initial screening 503-295-0044.



To sign up for the following classes please contact
Senior Recreation 503-823-4328

SCHOLARSHIPS AVAILABLE

QIGONG: Balance & Breathing

July 1st-August 12th & July 3rd-August 14th
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: 263989 OR 263990

WRITING YOUR MEMORIES

June 18th–August 6th
Wednesdays 10:30-12:30 OR 1:00-3:00 pm
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: 264263



BULLETIN BOARD

Have you heard about the NW Portland Ministries Senior Shuttle?

Every **Monday thru Saturday**, NW Portland Ministries has a Senior Shuttle that runs throughout downtown **8:30 a.m.-4:30 p.m.** This shuttle takes passengers to Good Sam Hospital, its surrounding clinics and offices, apartments in the area, two Loaves & Fishes sites then continues back to the downtown area. The route should take about an hour. The full route looks like this:



Pick up Locations	Estimated Travel Times Monday—Saturday							
VUE Apts.	8:30	9:30	10:30	11:30	1:00	2:00	3:00	4:00
Rose Schnitzer	8:40	9:40	10:40	11:40	1:10	2:10	3:10	4:10
Safeway/St. James	<i>Throughout the day as needed</i>							
Elm Court L&F	<i>Throughout the day as needed</i>							
Good Sam Hosp.	<i>Throughout the day as needed</i>							
Marshall Union	9:00	10:00	11:00	12:00	1:30	2:30	3:30	4:30
Gallagher Plaza	9:05	10:05	11:05	12:05	1:35	2:35	3:35	4:35
Medallion Apts.	<i>Throughout the day as needed</i>							
Irving Street L&F	<i>Throughout the day as needed</i>							
NW Tower Apts.	9:15	10:15	11:15	12:15	1:45	2:45	3:45	4:45
Fred Meyer	<i>Throughout the day as needed</i>							

If the shuttle is significantly late, please phone 503-221-1224

Note: Driver's lunch break is from 12:30 p.m.-1:00 p.m.

ON SUNDAYS THE SENIOR SHUTTLE IS DEDICATED TO SHOPPING!

The shuttle will begin each Sunday starting at 9:30 a.m. at Marshall Union Manor then continue to Gallagher Plaza at 9:45, Medallion Court at 9:50, NW Tower at 10:00; then it's off to FRED MEYER & TRADER JOES. The Senior Shuttle will continue this route and give all passengers 2 hours to shop until the driver's lunch break. At 1:00 p.m., the Senior Shuttle will begin a new shopping route at VUE Apts., then Rose Schnitzer Tower at 1:30 to also take them to Fred Meyer & Trader Joes.

NEIGHBORHOOD HOUSE NEEDS YOUR HELP! VOLUNTEERS ARE NEEDED FOR THE FOLLOWING TASKS:



- An individual to deliver food boxes throughout downtown. Ten food boxes are delivered twice a month to individuals in their homes.
- DRIVERS to use agency vehicles to transport downtown residents to different activities.
- ESCORTS to go with individuals to various appointments.

July Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:15 Qigong+ 1:00 ESL 1:-00 Conversation C.	2 10:30 Writing+ 1:00 Writing+ 1:30 Enhance Fitness 1:00 Computer Tutor 2:00 BINGO	3 12:15 Qigong+	4 1:30 Enhance Fitness 2:00 BINGO <i>NH is closed</i>
7 10:30 Drawing+ 1:30 Watercolor+ 1:30 Enhance Fitness 3:00 Living Well	8 12:15 Qigong+ 1:00 ESL 1:-00 Conversation C.	9 10:30 Writing+ 1:00 Writing+ 1:30 Enhance Fitness 1:00 Computer Tutor 2:00 BINGO	10 12:15 Qigong+ 1:00 <i>Senior Law</i> <u>Appt. Required</u> Trip 11 to 3 p.m. International Rose Garden	11 1:30 Enhance Fitness 2:00 BINGO Trip 10 to 2 p.m. Japanese Gardens & Lunch
14 10:30 Drawing+ 1:30 Watercolor+ 1:30 Enhance Fitness	15 12:15 Qigong+ 1:00 ESL 1:-00 Conversation C	16 10:30 Writing+ 1:00 Writing+ 1:30 Enhance Fitness 1:00 Computer Tutor 2:00 BINGO 3:30 EC Steering Committee	17 12:15 Qigong+	18 1:30 Enhance Fitness 2:00 BINGO Trip 8 to 3 p.m. Cannon Beach
21 10:30 Drawing+ 1:30 Watercolor+ 1:30 Enhance Fitness	22 12:15 Qigong+ 1:00 ESL 1:-00 Conversation C	23 10:30 Writing+ 1:00 Writing+ 1:30 Enhance Fitness 1:00 Computer Tutor 2:00 BINGO	24 12:15 Qigong+ 1:00 <i>Senior Law</i> <u>Appt. Required</u>	25 1:30 Enhance Fitness 2:00 BINGO Trip 10 to 2 p.m. Sauvie Island Lavender Farms
28 10:30 Drawing+ 1:30 Watercolor+ 1:30 Enhance Fitness	29 12:15 Qigong+ 1:00 ESL 1:-00 Conversation C Trip 11 to 3 p.m. The Grotto	30 10:30 Writing+ 1:00 Writing+ 1:30 Enhance Fitness 1:00 Computer Tutor 2:00 BINGO	31 12:15 Qigong+	LEGEND Unmarked=EC Activity +Parks and Rec <i>Note: Senior Rec,, Senior Law & all trips require registration.</i>

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

NONPROFIT ORG.
U.S. POSTAGE
PAID

Return Service Requested



A United Way Program
