



**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 July, 2008

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## In Praise of Volunteering

Volunteers bring their talents, skills, knowledge, energy and so much more to our senior center. Without them it would not be the same wonderful haven that it has become for so many visitors.

Volunteering is an opportunity to make a huge difference in the quality of lives in others. It is also an opportunity to learn new ideas and connect with others, to learn new job skills and community building skills, and to make new friends. It is also a opportunity to shine and really be a part of something big that nurtures the best gifts that you have to offer. We at NHSC welcome your involvement in contributing and making a difference in this wonderful community.

## Volunteer Orientation

Do you enjoy sharing your talents and skills with others in your community? Join us on

Friday, July 11<sup>th</sup>

2 to 3pm

In the Williams room to meet other volunteers and learn about volunteer opportunities that will make a difference in our community.

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  
July 10th 10:00—11:00 AM

Free - Provided by Autumn Hills, Marquis Co.



## QIGONG CLASSES

Monday, 10:15 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, July 8th

4th Tuesday, July 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

July 9th 9:00 AM – 3:30 PM.

Cost: \$27.00 (Note: Increase to \$35. after July 1st.)

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

Thursday, July 24th 8:00 AM– 12:00

Friday, July 25th, 8:00 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

June 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

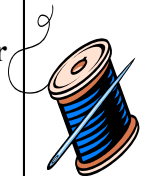
Fee: \$3.00/session

## 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.

**Free 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 2:00 to assist you with minor clothing repairs.



# *Bulletin Board*

## **Foot Clinic Rate Increases**

Starting July 1<sup>st</sup>, the price for foot care services provided by Legacy Visiting Nurses Association at the senior center will increase from \$27. per person to \$35. per person. The Legacy Foot Care clinic is held on the second Wednesday of the month at the Neighborhood House Senior Center.

## **New VIEWS Workshops**

VIEWS (Volunteers Involved for the Emotional Well-Being of Seniors) provides free one hour workshops on topics important to older adults. For those interested in becoming a volunteer, VIEWS provides 50- hour volunteer training. All services are free. Age 55+. For more info contact the VIEWS Volunteer Supervisor at (503) 261-6181.

## **Learn to Crochet**

The NHSC crafting group invites new comers to join in and share crafting ideas, tips, and skills. The group meets every Friday at noon. We welcome you to share crochet techniques and welcome participants of all skill levels to join them in a fun and creative environment. Starter yarn will be provided, and be sure to bring your own crochet hooks.

## **Need Assistance Paying for Medications?**

For information about prescription coverage options such as the Oregon Prescription Drug Program, OMB, SMB, and for assistance with understanding strategies for working with Medicare Part D , contact the West Branch Aging and Disability Services at (503) 988- 5460.

## **New Bridge Classes**

It's not too late to sign up for new Bridge Classes.

Marie Germuska will be teaching a bridge class for intermediate and advanced Bridge players called "Major Suite Raises II" this September. This class is for experienced players who wish to develop their skills in this area. Call Ann Williams at (503) 244-5204 to register.

New players who are interested in learning Bridge basics can now sign up on our interest list. If enough people sign up, we plan to start a new beginning Bridge class this summer or fall. Call Ann Williams at (503) 244-5204 x103 to let us know if you are interested.

## **Senior Center Wish List**

We wish to thank you for your generous donations that help to keep our senior center running and ready to serve the senior community. This month we can use the following items in our kitchen:

**Decaf coffee — Creamer**

**Granulated Sugar**

## **4th of July Closure**

The Neighborhood House Senior Center will be closed on Friday, July 4<sup>th</sup> in honor of Independence Day. All activities and classes will be closed.

# July Trips

Payment is required prior to registration for trips with a cost. You can secure your spot by coming to the NHSC on or after the registration date.

When registering for free trips you can only register one other person. Come in person to register.

## OLD CHURCH SUMMER BROWN BAG CONCERTS

- Wednesday, July 2<sup>nd</sup>
- 10:45am to 1:30pm
- COST: \$2.00, bring sack lunch or money for lunch
- Registration begins June 26th



Enjoy a brown bag noon concert at Portland's historical Old Church. Bring your own sack lunch or purchase lunch along the way.

## WINCO & MORE SHOPPING TOUR

- Wednesday, July 2<sup>nd</sup>
- 1:45 – 3:45pm
- COST: FREE, plus money for shopping
- Registration begins June 26th



Take advantage of this hassle-free shopping tour at Winco in Tigard, plus stops at other nearby stores like Value Village or Dollar Store. Contact Ann Williams at 503-244-5204 x103 to register.

## CHINESE GARDEN & DIM SUM LUNCH

- Tuesday, July 8th
- 10:30 to 3:00pm
- COST: \$3.00
- Registration begins June 26<sup>th</sup>

Enjoy a delicious selection of dim sum at a Chinese restaurant before you feast your eyes on the beauty of the Portland Classical Chinese Gardens. Be sure to wear your walking shoes.

## LUCKY EAGLE CASINO

- Tuesday, July 15<sup>th</sup>
- 8:45-5:00
- FREE
- Registration begins July 1<sup>st</sup>

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



## SEASIDE BEACH TRIP

- Wednesday, July 16th
- 9am to 4pm
- COST: \$13.50
- Registration begins June 26th



Bring your sunscreen, a picnic lunch and money for snacks and join us for a refreshing trip to Seaside Beach.

## TRYON CREEK & LAKE OSWEGO PICNIC STROLL

- Tuesday, July 22nd
- 10:30 to 3pm
- COST: \$2.50
- Registration begins June 26th

Stroll the beautiful trails of Tryon Creek State Park and enjoy a tranquil picnic lunch among the trees at the nature center. After lunch we will drive to Lake Oswego for dessert at a French restaurant next to the lake. Bring a sack lunch and money for dessert.

## HISTORIC KENNEDY SCHOOL & IRVINGTON TOUR

- Wednesday, July 30th
- 11am to 2:30pm
- COST: \$3.50
- Registration begins June 26th

Treat yourself to lunch at the historic Kennedy School. After lunch you have a choice of viewing a movie or joining us for a walking tour of the beautiful Irvington neighborhood.

## AURORA COLONY MUSEUM & BRIDGEPORT MALL

- Wednesday, July 31st
- 10:30 to 3:30pm
- COST: \$5.50
- Registration begins June 26th

Travel back in time at the Aurora Museum followed by a picnic lunch in the historic Aurora Colony. After lunch we will stop for dessert in the Bridgeport Village Mall. Be sure to bring a sack lunch, your walking shoes and money for shopping.



# July Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	2 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+ <b>OLD CHURCH WINCO</b>	3 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	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 Free Mending 1:00 Woodcarving <b>CHINESE GARDEN</b>	9 9:00 Foot Clinic 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading*	10 9:10 Stability Ball 10:00 Blood Pressure 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	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+ 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving <b>LUCKY EAGLE</b>	16 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+ <b>SEASIDE BEACH</b>	17 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	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+ 11:00 Low Vision 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving <b>TRYON CREEK</b>	23 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+	24 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge	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	29 9:10 Stability Ball 10:15 Rhythmic Ex 10:30 Paper Crafting+ 11:15 Conversation C 12:30 Free Mending 1:00 Woodcarving	30 10:00 Cribbage 10:00 Golden Age 12:15 Pinochle 12:30 PlayReading* 1:00 Watercolor+ <b>KENNEDY SCH.</b>	31 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge <b>AURORA MUSEUM</b>	



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