



**Neighborhood House, Inc.**

# Neighborly News

Publication of Neighborhood House Senior Center &  
Aging Services District Center

503-244-5204; www.nhweb.org; e-mail: aging@nhweb.org September 2005

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*Neighborhood House, Inc.*  
**Peggy Norman**, *Associate Director*  
**Angela Deparini**, *Manager*  
**Diane Reid**, *Center Coordinator*  
**Nadene Miller**, *Case Manager*  
**Ryan Richmond**, *Case Manager*  
**Gretchen Mucken**, *Activities Coordinator*

## Wanted: Creative New Program Ideas for Seniors in Southwest Portland

The latest Neighborhood House Strategic Plan prioritized the development of innovative programs to meet community needs. We are most interested in creating programs that can be paid for by the consumer. In other words, we'd like to expand our offerings with small innovative services that we can offer for reasonable fees, based on what the community really wants and needs-- rather than relying solely on what programs the government wants to fund. The Board of Directors and Executive Director have asked me to spearhead the effort and I will be asking seniors, parents, and the community for their best advice and ideas.

This month I went to the District Center Advisory Committee to solicit ideas for senior services. After a lively discussion, several possibilities were suggested: staff coordination of services for area seniors whose children have more money than time available to assist with their care; bonded fiduciary services to assist with banking and bill paying; a geriatric clinic for assessments and referrals for services; specialized legal services for seniors; in home services by a NH paid staff person; fee-based educational programs or support groups; additional health services and escorted events/ escorted travel.

I know we have just scratched the surface with these ideas, so we are taking this concept to *you* as potential consumers. What additional senior services would you like to see? What would you or your family pay a reasonable fee to access or do? This is a chance to jump start the process by sharing your most creative ideas or wildest hopes. There will be a suggestion box for your ideas in the senior center this month. You can also stop me for a chat at the Senior Center or email your ideas to [pnorman@nhweb.org](mailto:pnorman@nhweb.org). I'd really like to report back to Board of Directors that we have settled on three or four great ideas to begin developing for new senior services this year, so don't hold back!

--Peggy Norman, NH Associate Director

Our mission statement reads: Neighborhood House, Inc. is a nonprofit organization that provides services and resources to develop, support and foster self-reliance, economic independence and dignity in people of all ages and backgrounds. Our statement of purpose is to give children a good start, provide hope for families, and maintain the dignity of older persons in order to help people help themselves.

## *Spotlight on Diane Reid*

Many of you have met Diane Reid or seen her at her desk in the Center office in recent weeks, and readers of the *Neighborly News* may have read in the July/August issue that Diane had taken the position of Activities Coordinator at the Senior Center. However, after less than a month on the job, Diane was selected to succeed Sharon McCartney, the retiring Senior Center Coordinator. It may very well set a new record for on-the-job promotions, but it's not that surprising when you learn more about Diane's preparation for her work.

She was brought up in San Francisco and, right after high school, went to Southern California to attend Pitzer College. After one semester she returned to the Bay Area and began waiting tables at a café and later worked for a sales company as an office manager. Meanwhile, she was taking classes at the College of Marin, a community college, and in one course in which theories of sociology and psychology were compared, she learned about fields of study which might lead her to a career.

At the age of twenty, Diane realized that she had defined her goals and was ready to continue her education. Her only application went to Mills, a well-known and respected women's college in the Bay Area, and she was accepted. There, she earned her bachelor's degree in sociology and, after graduation, worked for a year as a manager of the café where she had once waited tables. During that year, she and her partner talked about the future and were soon seriously considering a move to another city. San Francisco is a very expensive city and not one where opening jobs in social work are likely to provide much of a living.

They discussed other cities where they might like to live and work, but always they kept in mind how inconvenient they might find being a great distance from their families. Diane has always been quite close to her mother and her partner also has strong family ties, and it became clear to them both that whatever might occur as their parents grew older, that wanted to be there for them. That ruled out Boston and similarly distant cities, and soon Portland seemed the place to find both home and careers.

On a weekend visit to Portland, they decided it was not unlike San Francisco in its setting as well as its climates, both environmental and social. They also saw in Portland a diverse and progressive community and took little time in finding a suitable house. Before long they had moved in with all their belongings and were busy painting rooms and working on the lawn.

While she was seeking employment, Diane volunteered at the Oregon Food Bank and learned about an opening as Activities Coordinator at the Neighborhood House Center. She was granted an interview, after which she was given a long list of questions and asked to return for a second interview. At the second meeting, which only lasted about 7 minutes, she again met with Senior Center Coordinator Sharon McCartney, Senior Center Manager, Angela DeParini, and two members of the Advisory Committee.

Diane was hired and, after only four weeks on the job, was promoted to Senior Center Coordinator. Now she has the pleasure of helping to arrange her office in its new location. Straight down the hall from the old office, the door is open. If you stop by to meet her and she is not too busy, she may tell you about her gardening or about the short stories she likes to read. Perhaps she'll tell you about her travels to Spain or her plans for a trip to Italy. And if you really have time, she'll tell you about her three cats.

-Tess Enroth

## *Spotlight on Gretchen Mucken*

Dear Reader, once again we find a blessing with our personnel department. Her name is Gretchen Mucken and she is our new Activities Coordinator.

Gretchen was born in California, but grew up in Oregon. Here she has lived in Eugene and Milwaukie. Before she graduated from the University of Oregon with a degree in History, she spent her senior year in Argentina. She lived in a rural area outside Buenos Aires. This was part of a Rotary Exchange program to share cultures and open boundaries.

Gretchen comes to the Senior Center from Eugene where she worked at FOOD for Lane County (part of the Oregon Food Bank) where she made referrals for emergency food assistance. She is wonderfully thrilled to be here, and aren't we too?

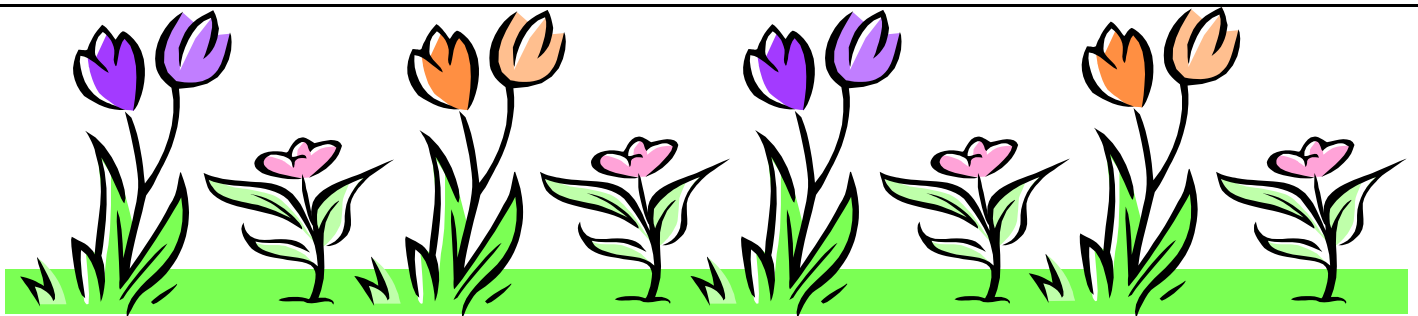
Her husband, Troy Mucken is from Milwaukie and works with credit and loans at Wells Fargo Financial. The two got married June 18, 2004 and met at the University of Oregon.

When asked about youthful activities, Gretchen smilingly admitted to loving the stage. In high school she was in "Anne of Green Gables" and "The Sound of Music" as a singing nun.

Gretchen has been inspired with lessons from travel and family. Travel has taught her: The best experiences in life are usually the scariest. Her dad has taught her to live life easy and has inspired her academically. Her mom has given her sensitivity. Many people have contributed to the sum of this lovely woman who has become an honest person who enjoys meeting new people.

We are fortunate to have Gretchen at the Senior Center. Her responsibilities include: scheduling rooms and classes, planning trips, the usual amount of paperwork and being available to us all. So, dear reader, welcome we say to Gretchen our new Activities Coordinator.

-Qi



### **FOCAL POINT SURVEYS**

You may have noticed that you are now being asked to fill out a Focal Point Survey when you attend activities through the Senior Center. These surveys are important because the information is what is used to receive funding for the Senior Center. You will only be asked to fill out one survey, even if you attend several different activities, during this fiscal year. Please note that all information is kept strictly confidential and will be shredded after use. If you have additional questions, please see Gretchen Mucken or call 503-244-2504 x103. Thank you for your cooperation!

# Programs and Services

## **BLOOD PRESSURE SCREENING**

Second Thursday  
September 8, 10:00—11:00 AM  
**Free** - Provided by Autumn Hills, Marquis Co.

## **QIGONG CLASSES**

Thursdays, 1:00 PM-2:00 PM  
**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.

## **AARP ‘55 ALIVE’-Driving Safety Program**

Wednesday, September 1, 9:00 AM—12:00 PM  
Thursday, September 2, 9:00 AM—12:00 PM  
**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.

## **ESTATE PLANNING WORKSHOP**

Tuesday, September 6, 1:00-2:00  
**Free**

Attorney Richard Schneider will present an entertaining and informative program concerning wills, living trusts, health care advance directives and other estate planning documents and strategies. Learn how to minimize or eliminate estate taxes, avoid probate, retain complete control over to whom, how and when your estate is distributed and avoid losing your assets to nursing home costs. A question and answer session will follow the presentation. Richard Schneider’s law practice focuses entirely on estate planning law. He has been practicing for over 23 years and is the co-author of *A Will Is Not Enough In Oregon*.

Mr. Schneider is a member of the American Academy of Estate Planning Attorneys, National Academy of Elder Law Attorneys and Oregon Gerontological Association. In addition, he serves on the Advisory Board of OASIS and is affiliated with Elders in Action. For more information visit [www.rbsllc.com](http://www.rbsllc.com).

## **DIABETIC THERAPEUTIC FOOTWEAR PRESENTATION**

Wednesday, September 7, 12:00-1:00 PM  
**Free**

Informational seminar about the footwear and foot care available for diabetics. Sponsored by Diabetic Therapeutic Footwear located at 163 Enterprise Way in Upland, CA.

## **HEALTHCARE PRESENTATION**

September 14, 11:30-12:30  
**Free**

### **Held in auditorium**

This healthcare presentation is sponsored by Loaves and Fishes and will be held in the Auditorium at the Multnomah Arts Center during lunch.

## **SENIOR LAW PROJECT**

2nd and 4th Tuesdays  
September 13 & 27, 9:00 AM

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-minutes 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 Ryan at 503-244-5204.

## **STROKE SUPPORT**

Third Tuesday  
September 20, 1:00—2:00 PM

The Stroke Support Group provides support and information in meeting the challenges of living that accompany a stroke. Please join us for an informative meeting led by Lee Paton, Elder Care Consultant, RN, PhD in Gerontology.

*(Continued from page 4)*

### **FOOT CLINIC**

Third Wednesday

September 21, 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.

### **LOW VISION SUPPORT AND DISCUSSION GROUP**

Third Tuesday

September 20, 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. During this meeting a tape, “Research on Macular Degeneration” by Dr. Michael Klein will be played.

### **FALUN GONG**

Mondays, 1:00—2:00 PM

**Free**

Chinese exercises taught by Dana Churchill, a 4th year medical student at NCNM and Falun Gong practitioner. It improves mental and physical and well-being through a series of easy to learn exercises, meditation and development of one’s heart/mind nature.

### **CAREGIVER’S SUPPORT GROUP**

Fourth Tuesday

September 27, 1:00—2:00 PM

Anyone who is caring for an elder is welcome to participate in this group. We have informal discussions on the issues surrounding caregiving, as well as speakers and videos from community resources. Call 503-244-5204.

### **ACUPUNCTURE**

Mondays and Thursday afternoons

Appointment and payment in advance required.

\$45 for first visit; \$35 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist

### **STABILITY BALL & YOGA**

Tuesdays, 11:30 AM — 12:30 PM

Thursdays, 9:10 AM—10:10 AM

Fee: \$3.00

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

### **YOGA**

Fridays, 10:00 AM-11:30 AM

Fee \$3.00/session

### **RHYTHMIC EXERCISE**

Tuesdays, 10:15—11:15 AM

Thursdays, 10:15—11:15 AM

Fee: \$3.00/session

### **CONVERSATION CIRCLE**

Thursdays

1:30 PM - 2:15 PM

Free

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.

Great reasons to join us:

- Practice English skills
- Meet People
- Increase confidence
- Have fun
- The participants choose the topics.
- Possibilities for field trips.

### **NAILS BY MIRA**

Mondays

12:00 Noon—3:00PM

For women only

Fee: \$2.00

Let Mira trim and file your finger nails, trim your cuticles, massage your hands, and apply polish and art work to your nails. She also works on acrylic nails. Call (503) 244-5204 to schedule an appointment.

### **HAIRCUTS BY YOLANDA**

Mondays

2:15— 3:30 PM

Fee: \$2.00 (for men & women)

Call (503) 244-5204 to schedule an appointment.

# September Trips and Outings

## WATERFRONT PARK CONCERT

- Thursday, September 1st
- 3:30-9:30
- **FREE**
- **Registration begins August 22nd**

Waterfront Park is a lovely site. We'll go to grass bowl and hear both the Portland Symphony and the Youth Symphony. No admission charges for the park or concert. And, if you like, we'll drop you off at home after the show. **Bring a picnic supper, a lawn chair and maybe a blanket.** Please contact Gretchen, at (503) 244-5204, to register for this trip.

## BONNEVILLE DAM AND FISH HATCHERY

- Wednesday, September 7th
- 9:30-4:00
- COST: \$9.50, Lunch on your own at the Char Burger in Cascade Locks.
- **Registration begins August 22nd**

A not too long trip up the Columbia to look at the Bonneville Fish Hatchery and tour the Bonneville Dam, and a lunch in Cascade Locks at the famous Char Burger at the foot of the Bridge of the Gods.

## MEMORY GARDEN

- Thursday, September 9th
- 1:30-4:30
- **FREE**
- **Registration begins September 1st**

Located in Ed Benedict Park, the Memory Garden is a piece of paradise perfect for an afternoon stroll. The garden was dedicated in 2002 and is one of only 8 Memory Gardens in the whole U.S. Bring a picnic snack and a smile as we enjoy this beautiful garden.

## HILLSBORO AIR SHOW-U.S. AIR FORCE THUNDERBIRDS

- Saturday, September 10th
- 8:30-4:00
- Cost: \$16.50, this includes transportation and your ticket for the show. Lunch on your own
- **Registration begins August 22nd**

This is always a fun event and this year it's in September, when it's supposed to be cooler than the usual July date. The star attraction this year is the

US Air Force Thunderbirds demonstration team, along with dozens of other air show acts.

You will have a chance to examine the many static displays of old and new civilian and military aircraft before the real show begins about 11:00 a.m. There are lots of munchies for sale on site for your lunch. Remember to **bring a lawn chair (as there is no provided seating), a sun hat and sun screen.** It can still be quite warm in September, though usually not as hot as July.

## BOB'S RED MILL

- Tuesday, September 13th
- 1:30-4:30
- **FREE**
- **Registration begins September 1st**

Bob's Red Mill produces delicious whole-grain baking mixes and bakery items. Come see their brand new 15,000 square foot visitor center, which features an 18 foot high functioning water wheel, displays of historic milling equipment, and a working stone mill! Bring a few dollars to purchase a mouth-watering treat from their on-site bakery.

## PORTLAND FARMERS MARKET

- Wednesday, September 14th
- 9:00-12:30
- **FREE**
- **Registration begins September 1st**

Come explore the Portland Farmers Market. Purchase the freshest produce, listen to the sounds of the city, and meet new people! Please contact Gretchen, at (503) 244-5204, to register for this trip.

## OKTOBERFEST AT MT. ANGEL

- Thursday, September 15th
- 9:30-4:00
- Cost: \$8.50, no admission fees. Lunch on your own.
- **Registration begins September 1st**

Okay, so its Septemberfest. Either way, its always a fun trip. A tour of the Library at the Mt. Angel Abby has also been arranged. The architecture of the Library is spectacular, and the

views of the valley from up on the hill are incredible.

Of course, there's always plenty to eat at the Oktoberfest booths in the town, and the opportunity to purchase various food specialties and other gifts to take home. Lunch will be whatever you decide to purchase at the Fest.

### SENIOR SAFARI

- Tuesday, September 20th
- 11:00-3:00
- **FREE**
- **Registration begins September 1st**

The Zoo is a fun place, with slightly hilly walking areas and a lot of interesting sites. There are several food courts and restaurants on site. Please contact Gretchen at 503-244-5204, to register for this trip.

### FORT VANCOUVER

- Tuesday, September 21st
- 10:30-4:30
- Cost: \$4.50, Please bring \$3.00 for admission and money for lunch at the Inn at the Quay
- **Registration begins September 1st**

Join us on a tour of Historic Fort Vancouver in Vancouver Washington! We will experience firsthand how settlers lived at the first permanent European-American settlement in the Pacific Northwest. The tour will be followed by a delicious lunch at Inn at the Quay.

### HOOD RIVER FRUIT TRIP

- Thursday, September 29
- 9:00-5:00
- Cost: \$15.00, Lunch at Hood River Inn on your own and whatever fruit or wine you wish to buy.

Travel up the Washington side of the Gorge for a breathtaking view of the Columbia, stop at Rowena Dell east of Hood River for the High Desert counterpoint to Crown Point. Lunch at the Hood River Inn on the patio overlooking the Columbia. A visit to the Hood River Winery and Rasmussen's Farm for fresh fruit.



## Policies

### HOURS OF OPERATION

The senior center hours have changed slightly. We will now be open the following hours:

Monday	9:00 AM-3:30 PM
Tuesday	9:00 AM-3:30 PM
Wednesday	9:00 AM-3:30 PM
Thursday	9:00 AM-3:30 PM
Friday	9:00 AM-3:30 PM

### MEMBERSHIP / RENEWAL

Membership/newsletter delivery cost:

- \$20.00 annually for an individual
- \$30.00 annually for a couple

Wondering how to tell when your membership renewal is due? At the top of the address label on your newsletter it will say "renewal." We will also send out a friendly reminder card before your membership comes due to try to avoid any lapses in newsletter delivery. Please be sure to complete a new membership form when you pay.

### TRIP REGISTRATION

There is a trip registration date next to all trip descriptions. We will under no circumstances register people before that date.

### *Senior Center trips*

- Membership required
- Must pay at time of registration
- Refunds-see policy below

### *Free Trips*

- Registration may be done by phone
- Contact Gretchen at (503) 244-5204 to register
- Registration is a commitment of attendance.

### TRIP REFUND POLICY

Refunds for trips will only be given if the trip is cancelled or if the seat can be filled by another senior center member. At that time, you can decide whether you would prefer a cash refund or a trip credit. If you decide you would like a trip credit we will issue you a **Trip Credit Certificate**. This slip will be valid for any senior center trip within **3 months** of the cancellation date. Please treat these as cash as they will not be replaced if lost or stolen.

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## September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1 9:10 Stability Ball 9:00 "55 Alive" 10:00 Current Events* 10:15 Rhythmic Exercise 10:30 Views 11:45 Acupuncture 12:15 Social Bridge 1:00 Qigong 1:30 Conversation Circle <b>Trip: Waterfront Park</b>	2 9:30 SSI Board Mtg* 9:00 "55 Alive" 10:00 Yoga 12:15 Duplicate Bridge	3/4
5 <b>LABOR DAY</b> ***** <b>CENTER</b> <b>CLOSED</b>	6 10:15 Rhythmic Exerc. 11:30 Yoga & Stability Ball 1:00 Estate Planning Seminar	7 10:00 Golden Age 10:00 Cribbage 12:00 Foot care Seminar 12:15 Pinochle 12:30 Playreading* <b>Trip: Bonneville Dam &amp; Hatchery</b>	8 9:10 Stability Ball 10:00 Current Events* 10:00 Blood Pressure 10:15 Rhythmic Exercise 10:30 Views 11:45 Acupuncture 12:15 Social Bridge 1:00 Qigong 1:30 Conversation Circle <b>Trip: Memory Garden</b>	9 9:00 Painting# 9:30 SSI Curriculum Board Meeting* 10:00 Yoga 12:15 Duplicate Bridge	10/11 <b>Trip: Hillsboro Air Show-Saturday</b>
12 9:15 Acupuncture* 12:00 Nails By Mira 12:15 Monday Bridge 1:00 Falun Gong 2:15 Haircuts	13 9:00 Senior Law Proj. 10:15 Rhythmic Exerc. 11:30 Yoga & Stability Ball 11:30 Woodcarving Lab 1:00 Woodcarving <b>Trip: Bob's Red Mill</b>	14 10:00 Cribbage 10:00 Golden Age 10:00 Greek Theater* 12:15 Pinochle 12:30 Playreading* <b>Trip: Farmer's Market</b>	15 9:10 Stability Ball 10:00 Current Events* 10:00 Science & Religion* 10:15 Rhythmic Ex 10:30 Views 11:15 Acupuncture 12:15 Social Bridge 1:00 Qigong 1:30 Conversation Circle <b>Trip: Oktoberfest</b>	16 9:00 Painting# 10:00 Yoga 12:15 Duplicate Bridge	17/18

<p>19 9:15 Acupuncture 12:00 Nails By Mira 12:15 Monday Bridge 1:00 Falun Gong 2:15 Haircuts</p>	<p>20 10:15 Rhythmic Ex 11:00 Low Vision 11:30 Woodcarving Lab 11:30 Yoga &amp; S.B. 1:00 Stroke Support Group 1:00 Woodcarving <b>Trip: Oregon Zoo</b></p>	<p>21 9:00 Foot Clinic 10:00 Cribbage 10:00 Golden Age 10:00 Greek Theater* 12:15 Pinochle 12:30 Playreading* <b>Trip: Fort Vancouver</b></p>	<p>22 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex 10:30 Views 11:15 Acupuncture 12:15 Social Bridge 1:00 Qigong 1:30 Conversation Circle</p>	<p>23 9:00 Painting# 10:00 Yoga 12:15 Duplicate Bridge</p>	<p>24/25</p>
<p>26 8:00 Beg. Spanish# 9:15 Acupuncture 10:00 Spanish, Intm.# 12:00 Nails By Mira 12:15 Monday Bridge 1:00 Falun Gong 2:15 Haircuts</p>	<p>27 9:00 Adv. Spanish# 9:00 Senior Law Proj. 9:30 Paper Crafting+ 10:15 Rhythmic Ex 11:30 Woodcarving Lab 11:30 Yoga &amp; S.B. 1:00 Woodcarving 1:00 Caregiver's Support</p>	<p>28 10:00 Cribbage 10:00 Golden Age 10:00 Greek Theater* 12:15 Pinochle 12:30 Playreading* <b>Trip: Hood River</b></p>	<p>29 9:10 Stability Ball 10:00 Current Events* 10:15 Rhythmic Ex 10:30 Views 11:15 Acupuncture 12:15 Social Bridge 1:00 Qigong 1:30 Conversation Circle</p>	<p>30 9:00 Painting# 10:00 Yoga 12:15 Duplicate Bridge</p>	<p>October 1st <b>LEGEND</b> Unmarked- Senior Center Activity *SSI +Parks and Rec #PCC</p>

### Registration Information

**Senior Center Registration:** Please call 503-244-5204 for questions regarding Senior Center Activities that are not already answered on page 4 and 5.

**Senior Studies Institute:** SSI membership is required to participate in classes. To become a member pick up an SSI flyer, fill out the information on the back, and send \$30 to P.O. Box 80744 Portland, OR 97280-1744. For more information call Neal Naigus at PCC 503-977-4122.

**Portland Parks and Recreation:** Registration begins online Aug. 15th at [www.portlandparks.org](http://www.portlandparks.org) or by calling 503-823-2525. Limited class information given below. For more details, please reference the Senior Recreation Registration Book.

**PCC:** Please reference PCC Fall Registration Booklet.

**CLASS: Beg Chinese Watercolor**  
DATE: Wed., Oct. 5 – Dec 7  
TIME: 10:00 am – 12:00 pm  
COST: \$22.00 CODE: 172769  
**CLASS: Adv. Chinese Watercolor**  
DATE: Wed, Oct. 5 – Dec. 7  
TIME: 1:00 pm – 3:00 pm  
COST: \$22.00 CODE: 172772

**CLASS: Paper Crafting Creations**  
DATE: Tues. Sept. 27 - Nov. 15  
TIME: 9:30 AM – 11:30 AM  
COST: \$18.00 CODE: 171964  
**CLASS: Holiday Paper Crafting**  
DATE: Tues. Nov. 29 - Dec. 13  
TIME: 9:30 AM – 11:30 AM  
COST: \$6.00 CODE: 171966  
**CLASS: Basic 1 Computer**  
DATE: Mon. Oct. 3– Oct. 17

TIME: 9:30 AM – 11:00 AM  
COST: \$17.00 CODE: 172689  
**CLASS: Basic 2 Computer**  
DATE: Mon. Oct. 24– Nov. 7  
TIME: 9:30 AM – 11:00 AM  
COST: \$17.00 CODE: 172720  
**CLASS: Basic 3 Computer**  
DATE: Mon. Nov. 15– Nov. 28  
TIME: 9:30 AM – 11:00 AM  
COST: \$17.00 CODE #:172724

**CLASS: All About Email**  
DATE: Mon. Oct. 3– Oct. 24  
TIME: 11:00 AM – 12:30 PM  
COST: \$20.00 CODE: 172753  
**CLASS: Internet Made Easy**  
DATE: Mon. Oct. 31– Nov 28  
TIME: 11:00 AM – 12:30 PM  
COST: \$22.00  
CODE: 172729

# Fun Stuff

## POETRY PLACE

### Biker

I met a husky biker  
 In a California bar  
 He has a lot of tattoos  
 And a very nasty scar  
 I said "You're looking Ugly"  
 He said "I've gone from bad to worse"  
 The he flexed his mighty biceps  
 And he hit me with his purse

Submitted by:  
 Leonard H. Roland

*You're invited to...*

## Join our Pinochle Group

**Where:** Senior Center Capitol Room  
**When:** Wednesday afternoon at 12:15  
**Cost:** \$2.00 per game

**Hurry to become a part of this dynamic and welcoming group. You're bound to make a new friend and have some fun.**

***Hope to see you there!***



## SEPTEMBER GARDENING TIPS

- \* • Plant spring-flowering bulbs!
- \* • Lift and divide existing spring flowering bulbs. Also a good time to lift and divide overgrown or crowded perennials, replanting into soil amended with compost.
- \* • It's one of the best times of the year to plant perennials!
- \* • Tidy up annuals and trim back spent growth. Feed with a water-soluble fertilizer to encourage some annuals to put out one last round of bloom before frost.
- \* • While the soil is still warm, it is a great time to seed a new lawn.
- \* • Lightly feed roses after their fall bloom with a granular, organic/slow release fertilizer like the Whitney Farms Rose & Flower Food. LEAVE THE HIPS ON THE ROSES! They help signal the plant to go into dormancy.
- \* • Fall is for Planting! The soil is still warm, providing faster root growth and giving plants a head start on next year's growth. By next summer, they will have a larger, more established root system than spring plantings - means better drought tolerance and better flowering the first year. Also, the shorter days and mild temperatures in fall mean lower stress on new plants. Last, but not least, the inevitable rains help keep those new plants watered-in, meaning less work for you (maybe a few days left to enjoy the hammock).



# Notices

## CASINO NIGHT

Friday, October 7th

Tickets are **\$15.00**  
Includes admission, dinner, and  
playing chips!

Ask any Senior Center Staff  
member how to purchase a ticket!

*All proceeds benefit the Senior Center  
and Turning Point*



### FUN FACTS ABOUT OUR VOLUNTEERS

- ◆ 50 volunteers worked a total of 2,159 hours during April, May and June. That is equal to almost 5 full-time employees.
- ◆ During those three months, they also solicited 11,520 pounds of food to distributed and make available for local seniors.
- ◆ In July alone, Mary Manley and our volunteer driver, Jim McLaughlin, provided rides 751 times for seniors in SW Portland.
- ◆ Leona, our Peoplebank Ride Coordinator, arranged volunteer drivers to transport 49 Seniors to doctors appointments.

*(Continued from page 7)*

Center membership is required for participants in all activities, classes and trips. Membership is open to all individuals 55 & older, or if the spouse is 55 years of age. (Scholarships are available). There are no fees for services e.g. tax assistance, legal assistance, health clinics, support groups or information and assistance. Center membership is not required for classes co-sponsored by PCC or Senior Studies Institute.

## Call For Volunteers

We are in desperate need of someone to take over our **Plant Program**, which is an important fundraising activity. If you are knowledgeable and experienced in the care and propagation of plants, and would like to take charge of our plant room, please call us at (503) 244-5204.

We are also looking for people to escort some of our grocery shopping trips. Your main duty would be to assist people with their bags on the way home from the trip. If you would be interested in volunteering in this capacity, or know someone else you might, please call us at (503)244-5204.

## HARVEST BAZAAR

The **HARVEST BAZAAR** will be taking place this year. If you have volunteered in the past, or would like to get involved this year, please call us at (503) 244-5204.

We are also accepting donations of the following:

- Yarn-for handy crafts
- New Handy Crafts
- Jewelry
- Lightly Used Holiday Items
- Gift Type Items

## URGENTLY NEEDED

Neighborhood House is in need of Volunteer Drivers to take Seniors to medical appointments, and occasional miscellaneous trips.

This could be done once a week, twice a month, once a month, or whatever time you have to give.

If you are interested please call Diane Reid at 503-244-2504.

Thank you for your consideration.



**Neighborhood House, Inc.**

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

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A United Way Program

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

**Check One**

In Memory of: \_\_\_\_\_ In Tribute to: \_\_\_\_\_ To Celebrate: \_\_\_\_\_ In Friendship: \_\_\_\_\_

**Send Card To:**

Name: \_\_\_\_\_

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

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

\_\_\_\_\_ I'd like information about the Senior Center Endowment Fund.

\_\_\_\_\_ I'd like to volunteer at the Neighborhood House Senior Center.