



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 November 2008

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Let's Celebrate Caregivers

For many caregivers, taking on the responsibility of caring for others is both challenging and rewarding. But the work they do can make all the difference in a person's life. That is why we invite everyone to join us in remembering National Family Caregiver's month. This is a perfect time to appreciate and celebrate family caregiver's in your community.

The National Caregiver's Association offers the following ideas for ways to celebrate the contributions of family caregiver's:

Send a card of appreciation or a bouquet of flowers to brighten up a caregiver's day.

Help a family caregiver decorate their home for the holidays.

Offer comic relief! Save a funny comic strip or share a funny movie.

Offer to help out with a side dish or help prepare Thanksgiving dinner.

Help a family caregiver find information or resources that might help them.

There are many more ways you can celebrate or show appreciation for caregivers. We at NHSC welcome your ideas and suggestions.

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

November 6th 10:00—11:00 AM

Free - Provided by Autumn Hills, Marquis Co.



Call the Senior Center at 503-244-5204 to reserve your space in the class.

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

4th Tuesday, November 25th

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

November 12th

9:00am – 3:30 PM.

Cost: \$35.00

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

Thursday, November 20th 9:00AM—12:00

Friday, November 21st 9:00AM –12:00

Fee: \$10; Payable to AARP

This course is recommended for everyone over 55 years of age. 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.

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

November 18th 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

Family Caregivers' Celebration Box

Starting this month, we will honor family caregivers by circulating our first Caregiver Celebration box. Similar to a "Welcome Wagon" basket this box will contain items to brighten their day as well as provide practical information about useful resources.

If you would like to contribute to this project, contact Ann Williams at (503) 244-5204 for information on how you can help.

Providence Presentation on Medicare

Thursday, November 7th

12:30 to 2:30pm.

Here is an opportunity to learn more and have some of your questions answered about changes in Medicare insurance coverage.

LIEAP Energy Assistance

YWCA representatives from the LIEAP Energy Assistance program will be at NHSC on November 3, 10, 17 & 24th to help with energy assistance. Call (503) 721-6760 to schedule your appointment.

Volunteer Orientation

Please join us

November 6th

from 2 to 3pm

Learn how you can help.

NEW WAYS TO GET AROUND TOWN

Transportation can open the doors to so many opportunities to enjoy what Portland has to offer. That's why we invite you to join our new **Rider's Club**. Choose new places to explore with friends. Let a Ride Ambassador be your guide. Or, become a Ride Ambassador yourself and help others learn new ways to get around town. For more information, stop by the Neighborhood House Senior Center office or call (503) 244-5205 and learn how you can become a part of this adventure.

**Your Ticket to the
Rider's Club
Admit One**

Join Us for the Next
Rider's Club Meeting
Friday, November 14th
2 to 3pm



Announcements



Everyone Loves Birthdays!

Well, of course they do! And we at Neighborhood House Senior Center want to join in the celebration. So stop by for a piece of birthday cake on Friday, November 7th from 12:30 to 1:30pm for a celebration of November birthdays. If your birthday falls on November you may have a chance to win a birthday cake or gift item in our birthday drawing. And don't be surprised if you get a special birthday greeting by phone this month.

Special thanks to Safeway and Albertsons for your generous donations.

NHSC CLOSURES

The Neighborhood House Senior Center will be closed for the holidays:

Veteran's Day, November 11th
Thanksgiving, November 27th &
November 28th.

Inclement Weather

In case of inclement weather, NHSC will follow Portland Public Schools Inclement Weather closure schedules. A 2-hour delay for PPS means that morning activities are cancelled and the Senior Center doors will open at 11am.

IT'S ALL ABOUT FOOD

Want to learn about good nutrition and community food resources ?

Then join us on

Monday,

November 3rd

2 to 3pm.

Announcements



We at Neighborhood House Senior Center want to give special thanks to all the volunteers that have contributed to Making the annual Harvest Bazaar a success!

Special thanks to the volunteers who have worked year round to prepare for this event and to those who have given so much of their time in supporting this event.

Many thanks to community members who have donated Supplies, gift items, helping hands, and baked goods.

**Fred Meyers — Trader Joes — Starbuck's Coffee —
Anita & Otto's Restaurant — Shari's Restaurant —
Daniel's Hair Care — Lake Oswego Lakewood Theatre
—And many more....**

Your Contributions Have Made All the Difference!

November 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.

VERBOORT SAUSAGE FESTIVAL

- Saturday, November 1st
- 10:30am to 3pm
- **COST: \$7.00**
- **Registration begins October 24th**

Celebrate the 74th annual Verboort festival featuring, great food, fun activities and their popular all-day, all-you-can-eat Sausage and Sauerkraut dinner, a tradition since 1934.

Come in person to register.

HUBER'S RESTAURANT & CRAFTS MUSEUM VISIT

- Wednesday, November 5th
- 11:30 - 3pm
- **COST: \$3.50, plus money for lunch**
- **Registration begins October 24th**

Join us for a delicious turkey lunch at the popular Huber's restaurant followed by a visit to the beautiful, new Museum of Contemporary Crafts. **Come in person to the senior center to register.**

WOODBURN OUTLET & SWEET TOMATOES LUNCH

- Monday, November 17th
- 11am to 3:30pm
- **COST: \$6.00, plus money for lunch**
- **Registration begins October 24th**

Enjoy lunch at Sweet Tomatoes restaurant before heading out to the recently expanded Woodburn Outlet Shopping mall with many newer outlet stores to choose from. **Come in person to the senior center to register.**

PITTOCK MANSION & WESTERN-STYLE LUNCH

- Wednesday, November 25th
- 11:30 to 3:30pm
- **COST: \$2.50, plus money for lunch & admission**
- **Registration begins October 24th**

Join us for a tour of historic and festively decorated Pittock Mansion as they prepare for the holidays. Enjoy a delicious, western-style lunch at Big Red's restaurant. **Come in person to the senior center to register.**

LUCKY EAGLE CASINO

- Tuesday, November 18th
- 8:45—5pm
- **COST: FREE**
- **Registration begins November 3rd**

Contact the NHSC office at (503) 244-5204 to register.

DO YOUR PART FOR TRAVEL SAFETY

For your safety and the safety of others it is very important that you return to the bus with the same group that you arrived with. Doing your part helps make our trips safe and enjoyable for all.

November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LEGEND</p> <p>Unmarked=Senior Center Activity</p> <p>*SSI</p> <p>+Parks and Rec</p> <p>#PCC</p>	<p>VERBOORT SAUSAGE FESTIVAL TRIP IS ON SATURDAY NOVEMBER 1st.</p> <p>SIGN UP TODAY!</p>			
<p>3</p> <p>9:00 Meditation</p> <p>9:00 Energy Assistance</p> <p>9:30 Basic Comp+</p> <p>10:00 QiGong</p> <p>11:00 Internet+</p> <p>11:00 Acupuncture</p> <p>12:15 Bridge</p> <p>2:00 Food Resources</p>	<p>4</p> <p>9:10 Stability Ball</p> <p>10:15 Rhythmic Ex</p> <p>11:15 Conversation C</p> <p>12:30 Free Mending</p> <p>1:00 Woodcarving</p> <p>1:00 Beg Bridge</p>	<p>5</p> <p>9:00 Foot Clinic</p> <p>10:00 Cinema *</p> <p>10:00 Cribbage</p> <p>10:00 Golden Age</p> <p>12:15 Pinochle</p> <p>12:30 PlayReading*</p> <p>HUBER'S LUNCH</p>	<p>6</p> <p>9:10 Stability Ball</p> <p>10:00 Blood Pressure</p> <p>10:00 Current Events*</p> <p>10:15 Rhythmic Ex.</p> <p>10:30 Views</p> <p>12:15 Social Bridge</p> <p>1:00 Earth Institute*</p> <p>2:00 Volunteer Orient</p>	<p>7</p> <p>9:00 Painting#</p> <p>9:30 SSI Mtg*</p> <p>10:00 Yoga</p> <p>12:00 Crafting</p> <p>12:15 Dupl. Bridge</p> <p>12:30 Providence</p> <p>12:30 Birthday Cake</p>
<p>10</p> <p>9:00 Meditation</p> <p>9:00 Energy Assistance</p> <p>10:00 QiGong</p> <p>11:00 Acupuncture</p> <p>12:15 Bridge</p>	<p>11</p> <p>SENIOR CENTER</p> <p>CLOSED FOR VETERAN'S DAY</p>	<p>12</p> <p>10:00 Cribbage</p> <p>10:00 Potpourii*</p> <p>10:00 Golden Age</p> <p>12:15 Pinochle</p> <p>12:30 PlayReading*</p> <p>1:00 Watercolor+</p>	<p>13</p> <p>9:10 Stability Ball</p> <p>10:00 Current Events*</p> <p>10:15 Rhythmic Ex.</p> <p>10:30 Views</p> <p>12:15 Social Bridge</p> <p>1:00 Princess Alice</p>	<p>14</p> <p>9:00 Painting#</p> <p>10:00 Yoga</p> <p>12:00 Crafting</p> <p>12:15 Dupl. Bridge</p> <p>2:00 Rider's Club</p>
<p>17</p> <p>9:00 AARP Driving</p> <p>9:00 Energy Assistance</p> <p>9:00 Meditation</p> <p>10:00 QiGong</p> <p>10:00 Spanish Conv#</p> <p>11:00 Acupuncture</p> <p>12:15 Bridge</p> <p>WOODBURN OUTLET</p>	<p>18</p> <p>9:10 Stability Ball</p> <p>10:00 Adv Spanish#</p> <p>10:15 Rhythmic Ex</p> <p>11:00 Low Vision</p> <p>11:15 Conversation C</p> <p>12:30 Free Mending</p> <p>1:00 Woodcarving</p> <p>LUCKY EAGLE</p>	<p>19</p> <p>10:00 Philosophy*</p> <p>10:00 Cribbage</p> <p>10:00 Golden Age</p> <p>10:00 Watercolor+</p> <p>12:15 Pinochle</p> <p>12:30 PlayReading*</p> <p>1:00 Watercolor+</p>	<p>20</p> <p>9:00 AARP Driving</p> <p>9:10 Stability Ball</p> <p>10:00 Current Events*</p> <p>10:15 Rhythmic Ex.</p> <p>10:30 Views</p> <p>12:15 Social Bridge</p> <p>1:00 Religion*</p>	<p>21</p> <p>9:00 AARP Driving</p> <p>9:00 Painting#</p> <p>10:00 Yoga</p> <p>12:00 Crafting</p> <p>12:15 Dupl. Bridge</p>
<p>24</p> <p>9:00 Energy Assistance</p> <p>10:00 QiGong</p> <p>10:00 Spanish Conv#</p> <p>11:00 Acupuncture</p> <p>12:15 Bridge</p>	<p>25</p> <p>9:00 Sr Law Project</p> <p>9:10 Stability Ball</p> <p>9:30 Paper Crafting+</p> <p>10:00 Adv Spanish#</p> <p>10:15 Rhythmic Ex</p> <p>11:15 Conversation C</p> <p>12:30 Free Mending</p> <p>1:00 Woodcarving</p> <p>PITTOCK MANSION</p>	<p>26</p> <p>10:00 MuchMore*</p> <p>10:00 Cribbage</p> <p>10:00 Golden Age</p> <p>10:00 Watercolor+</p> <p>12:15 Pinochle</p> <p>12:30 PlayReading*</p> <p>1:00 Watercolor+</p>	<p>27</p> <p>CLOSED</p> <p>THANKSGIVING</p> <p>HOLIDAY</p>	<p>28</p> <p>CLOSED</p> <p>THANKSGIVING</p> <p>HOLIDAY</p>



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

Return Service Requested



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:(____) _____