



Neighborhood House
Helping Neighbors Help Themselves

Neighborly News

A Publication of Neighborhood House Senior Center & Aging Services District Center
 503-244-5204; www.nhpdx.org; e-mail: aging@nhweb.org **September, 2012**

Aging Services Staff

Diane Reid, *Aging Services Manager*
Mary Muir, *Case Manager*
Dale Jackson, *Case Manager*
Laura Renner-Satushek,
I&A Specialist
Cindy Rapp, *I&A Specialist*
Jeffrey Ball, *Driver*
Linda Patriquin, *Case Manager*
(Downtown Office)
Erin Parish, *I & A Specialist*
(Downtown Office)

~ Free Alzheimer's Association Workshop ~ "Know the 10 Warning Signs"

September 13th, 10:00-11:00 a.m. in the Center

Topics covered in this important workshop include:

- *The risk factors and warning signs*
- *Basic overview of Alzheimer's disease*
- *What is involved in getting a diagnosis*

If you or someone you know is experiencing memory loss or behavioral changes, this workshop is a must! *Please call the Alzheimer's Association to register: 1-800-272-3900.*

Just in time for the holidays – HARVEST BAZAAR OCTOBER 25 AND 26

Mark your calendar for this great event on Thursday, October 25 (9am to 6pm) and Friday, October 26 (9am to 5pm). Get your holiday shopping done early *and* help Neighborhood House Senior Center/Aging Services raise much needed funding. Come shop with us!

- **Handcrafted Gifts:** hand crocheted, knitted & sewn items made by our own Crafters
- **Holiday Decorations**
- **Costume Jewelry**
- **Children's Books and Toys**
- **Bake Sale & Raffle**



HARVEST BAZAAR DONATIONS WELCOME*

You can help make this event a huge success by donating items for the bazaar:

- **Lightly used gift items and decorative items**
- **Costume Jewelry**
- **Holiday decorations**
- **Handmade items**
- **Children's Books, Toys, Puzzles**

**Please save your clothing, kitchen, electronic and general "rummage" donations for the March Rummage Sale — Thank you!*

Stop by the Senior Center office between 9am and 3:30pm or call us at (503) 244-5204 for more info.

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 West and North Portland.

Programs and Services

BUDDHIST MEDITATION *

Mondays, 9:00—10:15 AM
Led by Carole Melkonian, RN, L.Ac.

QIGONG CLASSES *

Mondays, 10:15—11:00 AM
Led by Carole Melkonian, RN, L.A.c. Qigong (pronounced “chi gong”) exercises are gentle, flowing movements which are both relaxing and energizing. Improves circulation, balance, and creates an enhanced sense of well being.

STABILITY BALL & YOGA *

Tuesday, 9:10 AM—10:10 PM
Thursdays, 9:10 AM—10:10 AM
Led by Peggy Frieze
Exercises designed to improve balance and core body strength.
Fee: \$3.00 per session.

YOGA *

Friday, 10:00 AM—11:30 AM
Led by Peggy Frieze
Fee: \$3.00 per session.



RHYTHMIC EXERCISE *

Tuesday and Thursday, 10:15—11:15 AM
Led by Peggy Frieze
Fee: \$3.00 per session.

TAI CHI—For Pre-Registered Participants

Tuesday and Thursday, 2:00 PM—3:00 PM
Starts June 5 and runs for 48 weeks. Taught by Jim Dalton in Partnership with Oregon Research Institute.

FOOT CLINIC



2nd Wednesday
September 12, 9 AM—3:00 PM — Cost: \$35
Skilled foot care nurses bring their foot care clinic to our Center each month. Appointments are required and fill up quickly. **To schedule a time for foot care please call 503-244-5204.**

BLOOD PRESSURE SCREENING

2nd Tuesday, Sept 11, 10:30—11:30 AM
Free - Provided by Autumn Hills, Marquis

ACUPUNCTURE —Appointments available Mondays. \$50 for first visit; \$40 for subsequent visits.

Performed by Carole Melkonian, RN / Licensed Acupuncturist.

AARP 2-DAY SAFE DRIVING CLASS

Next Class: September 17 and 18, 9:00—12:00
Call (503) 244-5204 to register.

SENIOR LAW PROJECT



2nd Tuesday, September 11
4th Tuesday, September 25

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.
Call 503-244-5204 for an appointment.

HEALTH BENEFITS COUNSELING

(SHIBA) Appointments begin at Noon.
1st Thurs, Sept 6; 3rd Thurs, Sept 20
Call 503-244-5204 for an appointment.

VIEWS—Volunteers Involved for the Emotional Well-being of Seniors.

Support Group, Thursdays 10:30 — 11:30 AM
A program of Cascadia Behavioral Healthcare’s Older Adult Services. **Please call 503-261-6181 to be pre-screened for this group, spaces are reserved.**

*** Senior Center
Membership Required**

Announcements



Call Laura at
503-244-5204 to receive
this newsletter by Email

NHSC BOOK CLUB
The No. 1 Ladies' Detective Agency
Mon., September 24th at 2pm

SW RideAbout Shuttle

To / From Senior Center on
Mondays and Wednesdays
8:30—10:00am Pick Up
12:15—1:15pm Take Home

*Offered in partnership with
Ride Connection*

**Call Laura to
sign up!**



Shopping Schedule

10am — 11:30am

SEPTEMBER

- 9/3 — CLOSED
- 9/5 — Thriftway
- 9/7 — Michaels
- 9/10 — Winco
- 9/12 — **Center Only***

9/14 — Safeway / \$ Tree

9/17 — NO SHUTTLE

9/19 — Center Only*

9/21 — New Seasons

9/24 — Fred Meyer

9/26 — Target

9/28 — NO SHUTTLE

*** 2:30 p.m. take home**



COMMUNITY LISTENING SESSION

Free and Open
to the Public

Friday, September 14
10:00 — 11:30 a.m.

Location: Friendly House
1737 NW 26th Ave
Portland, OR

Please join the staff of
Neighborhood House and
Friendly House to share
your thoughts and ideas
about trips, classes and
other activities at your West
Portland Community Centers.
Enjoy light refreshments.

**To RSVP and request a
ride if needed, please
call Cindy at NHSC
503-244-5204.**

Thank you for the gift of your time and spirit!! VOLUNTEER SUPER STARS



- | | | |
|-------------------|----------------------|-------------------|
| Coleen Ahman | Sergey Arutyunov | Marion Bennett |
| Bev Bixel | Bobbi Brown | Darlene Brunson |
| Bobbie Bryan | Sylvie Carp | Susan Crawford |
| Terry Dalsemer | Crystal Drischel | Judy Erickson |
| Alice Fay | Margrethe Farnstrom | Virgil Flath |
| Jim Flemming | Nancy French | Elaine Friedman |
| Dorothy Gage | Marie Germuska | Thea Galla |
| Marlyce Gholston | Rachel Goodman | Margie Hanley |
| Brandi Hansen | Virginia Hendrickson | Simon Honisett |
| Judy Johnson | Lela Johnson | Rosemary Kenney |
| John Lee | Eddie Lim | Irene Linman |
| Janet Liu | Teresa Mandzj | Betty Mansfield |
| Mae Marquand | Chris McBride | Kay McCauley |
| Eloise McCullen | Melba McFarland | Carole Melkonian |
| Tom Mummey | Billy Murrell | Roger Niedermeyer |
| Pete Peters | Frank Sauer | Gail Taylor |
| Delores Terry | Jackie Thompson | Mary Wawrukiewicz |
| Eugenia Wentworth | Jan Arthur Weston | Jerry Wilkins |
| Maggie Woodward | Irene Zeis | Cat Zimmerman |

We are supported by so many wonderful individuals. Please let me know if I have inadvertently left anyone off the list. If you would like to learn more about volunteer opportunities, give me a call. Thank you!! Cindy Rapp 503-244-5204.

September Trips

REGISTRATION BEGINS September 4th
Senior Center Membership Required for NH Trips.
Fees to be paid in person to register for fee trips.
Call (503) 244-5204 for trip information.

Heirloom Roses & Canby Dahlias

Wednesday, September 12, 10:00-2:30pm
 Cost: \$8 for transportation. \$ for lunch or bring a sack lunch. Join us for a relaxing day at the Heirloom Rose Garden and the Canby Dahlia Farm! Located in St. Paul, Oregon, the Heirloom Rose Garden offers 5 acres of themed rose gardens as well as a gift shop and greenhouse. To end the day we will visit the Canby Dahlia Farm known for their fields and fields of breath taking Dahlias.

Oregon Coast

Yaquina Head Lighthouse

Monday, September 17, 9:00-3:30pm
 Cost: \$15 for transportation. Bring \$ for lunch. Come experience the beautiful scenic drive along the Oregon Coast! Enjoy a close-up view of the seabird nesting area at the Yaquina Head Lighthouse. We will be stopping somewhere for lunch so bring extra money to purchase a meal or a sack lunch if you prefer. There is a possibility of stopping at the Newport Aquarium for those who are interested – Admission is \$16.95 (65+) to \$18.95 (64 and under).



Oregon Zoo

Thursday, September 20, 10:00-2:00pm
 Cost: \$3 for transportation + \$ for admission: \$10.50 for 64 and under; 65 and up free. Bring a sack lunch or \$ for lunch. The Oregon Zoo is hosting a free Senior Safari Day for individuals 65+. Enjoy a ride on the zoo train or visit the three new caracal kittens. There will be musical performances and a senior lunch special available at the picnic shelter and zoo restaurants.



Lunch of the Month @ Antoni's Greek Diner

Tuesday, September 25, 11:00-1:00pm
 Cost: \$2 for transportation + \$ for lunch. Come enjoy delicious, authentic Greek cuisine at Antoni's Restaurant Diner located off of Canyon Road in Beaverton. If Greek food isn't for you, they also have a wide array of other tasty favorites such as hamburgers and spaghetti.

Rider's Club

Join us on our next adventure to:

Tuesday, September 11

TRAM RIDE VIA BUS & STREETCAR / LUNCH AT OLD SPAGHETTI FACTORY

(Tram is FREE from OSHU to Waterfront)

9:15 Meet at Senior Center

1:45 Arrive at Senior Center

Thursday, September 20

ART & CONVERSATION AT PORTLAND ART MUSEUM

(Native American curator speaking on beaded art)

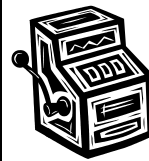
Lunch stop to be announced.

8:30 Meet at Senior Center

1:45 Arrive at Senior Center

TriMet bus tickets are provided and trip is escorted by our trained Ride Ambassador.

Call (503) 244-5204 to sign up.



Spirit Mountain Casino

Tuesday, September 18th

8:45 to 5pm

Call Sept. 4th to register.

FREE SEWING and MINOR JEWELRY REPAIR SERVICE

— Mary W. is here Tuesdays from 12:30 to 2:00 to lend her talent for mending and repairs.

WISH LIST—The NHSC and our wonderful hostess, Darlene, will greatly appreciate receiving the following donations for the kitchen. Thank you!

~ **Black Tea (bags)**

~ **Powdered Coffee Creamer (non-Coffee Mate® brands)**

~ **Instant Hot Chocolate (water-mix)**

September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
LEGEND * SSI # PCC + Parks & Recreation ^ Pre-Registration Required				
3 Labor Day Center Closed	4 9:10 Stability Ball 10:15 Rhythmic Ex 12:30 Mending and Needle Arts 1:00 Woodcarving 2:00 Tai Chi ^	5 10:00 Cribbage 10:00 Golden Age Bingo 12:30 Play Reading *	6 9:10 Stability Ball 10:00 Curr. Events * 10:15 Rhythmic Ex. 10:30 Views 12:00 SHIBA 12:15 Social Bridge 2:00 Tai Chi ^	7 9:00 SSI Mtg-B * 10:00 Yoga 12:15 Dup Bridge
10 9:00 Meditation 9:30 Computer + 10:15 QiGong 11:00 Facebook + 12:15 Bridge 12:15 Bunco	11 9:00 SENIOR LAW 10:30 Blood Pressure 9:10 Stability Ball 10:15 Rhythmic Ex 12:30 Mending and Needle Arts 1:00 Woodcarving 2:00 Tai Chi ^	12 TRIP— Roses and Dahlias 9:00 FOOT CLINIC 10:00 Cribbage 10:00 Opera Preview* 10:00 Golden Age Bingo 12:30 Play Reading *	13 9:10 Stability Ball 10:00 Alzheimer's 10:00 Curr. Events * 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Simon Benson* 2:00 Tai Chi ^	14 9:00 SSI Mtg-C * 10:00 Yoga 12:15 Dup Bridge
17 TRIP— Oregon Coast 9:00 Meditation 9:00 Driver Safety 9:30 Computer + 10:15 QiGong 11:00 Facebook + 11:15 Acupuncture 12:15 Bridge 12:15 Bunco	18 9:00 Driver Safety 9:10 Stability Ball 10:15 Rhythmic Ex 12:30 Needle Arts 1:00 Woodcarving 2:00 Tai Chi ^ 2:30 Mending	19 10:00 To Cuba* 10:00 Cribbage 10:00 Golden Age Bingo 12:30 Play Reading*	20 TRIP— Oregon Zoo 9:10 Stability Ball 10:00 Curr. Events* 10:15 Rhythmic Ex. 10:30 Views 12:00 SHIBA 12:15 Social Bridge 1:00 Philosophy* 2:00 Tai Chi ^	21 10:00 Yoga 12:15 Dup Bridge
24 9:00 Meditation 10:00 Spanish # 10:15 QiGong 11:15 Acupuncture 12:15 Bridge 12:15 Bunco 2:00 Book Club	25 TRIP— Lunch of the Month 9:00 Spanish # 9:00 SENIOR LAW 9:10 Stability Ball 10:15 Rhythmic Ex 12:30 Mending and Needle Arts 1:00 Woodcarving 2:00 Tai Chi ^	26 10:00 Flags * 10:00 Cribbage 10:00 Golden Age Bingo 12:30 Play Reading *	27 9:10 Stability Ball 10:00 Curr. Events * 10:15 Rhythmic Ex. 10:30 Views 12:15 Social Bridge 1:00 Steve Jobs* 2:00 Tai Chi ^	28 Senior Center OPENS AT NOON TODAY 12:15 Dup Bridge

A special thank you to those who made the *Multnomah Days* Senior Center Float a huge success!



Crystal Drischel
Eddie Lim
Dorothy Gage
Judy Erickson
Susan Crawford
Betty Mansfield
Darlene Brunson
Sergey Arutyunov



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

Return Service Requested

