Elm Court Neighborly News

September 2012
1032 SW Main Street
A Publication of Neighborhood House Downtown District Center
503-295-0044; www.nhpdx.org; email: aging@nhweb.org

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LOAVES & FISHES CENTERS
The Meals-On-Wheels People

September 26th at 1:00
Elm Court Library
*__Robert Wright__ reads his lastest novella out loud

The Bathroom Sink Caper
Come listen to a fictional Portland inspired story - Can you really get away with stealing a bathroom sink? (Robert lives, writes and enjoys coffee in the Loaves and Fishes Neighborhood)

OBAMACARE: Good News For Seniors

Although seniors in America, 65 and older already have guaranteed access to Medicare and Medicaid, the recent court ruling positively affects two areas of medical concern…drug prices and preventative health services. The only potential downside is the individual mandate ruling for seniors under 65.

One of the largest benefits of healthcare reform is reducing the amount of money that drug plans under Medicare can charge, when individual coverage lapses. This "doughnut hole" causes great concern for seniors, especially if they are taking a regiment of highly expensive drugs on an ongoing basis. It is already estimated that since the program has come into effect, Medicare consumers have saved billions of dollars.

Secondly, it is estimated that more than l4 million Medicare uses have accessed at least one preventative health service in the first five months of 2012. There is a substantial menu of preventive health services available to seniors who will now be able to continue to take advantage of. Catching medical issues early on cannot only be cost effective but less emotional and physically taxing.

Additionally, Obamacare has significantly reduced the cost of many medical products and procedures for this already financially strapped senior population. With the current recession, and the drop in housing prices across the nation, seniors are nervous about making ends meet, and making hard choices, some between eating properly or obtaining the medical care they may need.

For seniors under 65, who do not qualify for Medicare/Medicaid will be mandated to obtain individual insurance or be taxed in 2014. The good news is that insurance companies must sell policies to anyone who applies, and individuals cannot be turned down for pre-existing conditions.
—-Senirocaregiving.com

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.

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.

Elm Court Center

Join the Elm Court Neighborly News mailing list by calling 503-295-0044

Monday–Friday 8:30-3:30 p.m.
Saturday & Sunday 10:00-2:00 p.m.
Please drop into Elm Court throughout the day to read the newspaper, participate in activities, socialize with friends or enjoy a hearty lunch

Lunch Service 11:30-1:00 p.m.
Served daily to those 60 years old and older. If you are not yet 60 years old, the meal is $6.80 and the suggested donation of our guests per meal is $3.

Information & Assistance Hours
Monday-Friday 9:00-1:00 p.m.
Neighborhood House Aging Services, located within Elm Court provides resources and different services to the older adults of downtown Portland. For more information please call 503-295-0044.

Blurbs

ATTENTION ESL STUDENTS:
The Teacher, Barbara, will be out
2 Mondays, 9/10 and 9/17

ANY MAHJONG
PLAYERS OUT THERE?
OR WANT TO LEARN?
CONTACT SUSAN OR
ERIN TO LET THEM
KNOW ! 503-295-0044

September Birthday Party !

Thursday, Sept 20th
11:30

ELM COURT'S
'PATRON OF THE MONTH'
Rennie Louie

Contribution to Elm Court:
Rennie is known for helping out after lunch at the center, clearing dishes and cleaning up. He attends exercise classes regularly and folks appreciate his good mood. Thanks, Rennie for blessing up with your positive attitude and well-being!

Dream for the Future of the world:
"To see everyone be given the opportunity for freedom, like we have in this country."
***You too could be nominated or can nominate someone else. Let us know!**

Movie Thursdays 1:30
John Thorpe Room
Give us your Movie suggestion, and we'll order it from Netflix!
Popcorn & Hot Coco Served!

Classes & Activities

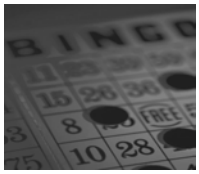
CHAIR/STANDING YOGA STRETCH
Tuesdays and Thursdays 10:30 -11:30 a.m.,
Saturdays 11:00 a.m.-12:00 p.m.
CHAIR AEROBICS
Wednesdays 12:00-1:00 p.m.
Call Brook Claridge to sign up 503-224-3230

COMPUTER LAB
Daily 8:30am—3:30pm
Five computers available to guests daily for personal use during business hours

SENIOR LAW PROJECT
2nd & 4th Thursdays, Sept. 13th and 27th
Appointments begin at 1:00 p.m.
This service is available to seniors or their spouses if you or your spouse is 60+ years of age, and are residents of Multnomah County. 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.
To make appointments call 503-295-0044

ESL (ENGLISH SECOND LANGUAGE)
Mondays at 12:30
Meets at the John Thorpe Conference Table

WII—Electronic Bowling, Tennis and More!
Friday 1:30-3:30
Play with the Electronic Wii
Great exercise and fun!



BINGO
Every Friday 1:30-3:00 pm
We have a box full of prizes. Must be at least 5 players. Bring your friends!

Please contact NH Staff at 503.295.0044 if you have any ideas for activities or classes

Senior Parks & Recreation Classes at Elm Court

To sign up for the
following classes call
Senior Recreation
503-823-4328
SCHOLARSHIPS AVAILABLE

LOW IMPACT CARDIO CIRCUIT
Mondays, Wednesdays, Fridays 10:30-11:30
Comprehensive Class using chair and standing exercise designed to improve physical and mental health. Resistance workout using hand weights and dynabands to improve coordination, cardiovascular, strength, flexibility & balance.
Instructor: Brooke Claridge, ongoing

QIGONG: Balance & Breathing
Tuesday and/or Thursday 12:15-1:15 p.m.
Qi means breath in Chinese & gong means applied to a discipline. Easy Movements enhance energy, flexibility, improve balance, reduce stress and generate a sense of peace.
Instructor: Terry Louie, ongoing

ART: DRAWING
Mondays 10:00-12:00
Discover your hidden talents using charcoal, pencils &pastels in a relaxed atmosphere
Instructor: Terry Street

ART: WATERCOLOR
Mondays 1:00-3:00
Express your creativity exploring painting basics, sketching, mixing colors and laying washes, using light and shadow, composition and texture in this pleasurable and rewarding class
Instructor: Terry Street

SeptemberTrips

NEIGHBORHOOD HOUSE TRIPS

Drop by or call 503-295-0044 to sign up.
If there is a cost, sign up must be in person. Please pay when you sign up!

September 10th (Monday) 10:00am-1:00pm Winco and Dollar Tree Cedar Hills Enjoy the bus trip out to Beaverton Winco and Dollar Tree for shopping for great prices! ***FREE transportation *Bus picks up at 10:00 at Elm court, 10:15 at Park Towers**

September 12th (Wednesday) Portland Nursery Senior Day 12:30-4:00pm — RIDER'S CLUB TRIP Join other Portland seniors for day of hands-on activities and demonstrations geared especially for the elder gardeners, including horticultural therapy stations, refreshments and live music! ***FREE transportation. Bring a snack and $ to purchase garden items *Meet at Elm Court at 12:15 to depart on public transportation at 12:30 pm**

September 19th (Wednesday) Swan Island Dahlias 10:00am-2:00pm Stroll through over 40 acres of beautiful dahlias at a farm in Canby, or if you are not up for the long stroll, view every variety in the Show Garden at the beginning of the path to the main fields. Lots of picnic tables for those who wish to enjoy an afternoon among the blooms.***$5 for transportation to be paid when you sign up. FREE Admission. Bring a sack lunch! *Meet at Elm Court at 9:30am, bus to depart at 10:00am**

September 24th (Monday) Matinee at Living Room Theaters 10:30am-2:00pm Specific movie and time to be determined depending on what's playing ***$5 to pay at admission and $ for lunch *Meet at Elm Court at 10:30 to walk to theater on SW 10th and Washington in a group**

September 27th (Thursday) Laurelhurst Park Picnic 10:30am-2:00pm — RIDER'S CLUB TRIP Enjoy a relaxing picnic lunch (bring your own), wander around through trees, by a pond and enjoy the whimsical nature of one of Portland's oldest and most beautiful public parks! ***FREE transportation. Bring a sack lunch or picnic items to share! *Meet at Elm Court at 10:15 to depart on public transportation at**

FRIENDLY HOUSE TRIPS

Pick up /Drop off at: 1737 NW 26th Ave.
To sign up, call Alberta or Carol at Friendly House at 503-224-2640

Thursday, September 6, 2012 Jackson Bottoms Wetlands 11:00 am to 2:30 pm
Jackson Bottom Wetlands provides interpretive education on wetlands and wildlife, panaroamic views, nature trails, bird watching and more. Bring a sack lunch. The Interpretive Center has a suggested admission donation of $2. Suggested transportation donation is $3.

Thursday, September 13, 2012 Mt Angel Oktoberfest 10:45 am to 3:00 pm
Enjoy a fun filled day at Oregon's oldest and best-loved Oktoberfest. With continuous live music including an old-world Glockenspiel, over 50 Alpine food chalets, and a large arts and craft show, the Oktoberfest has something for everyone. Transportation donation-$5

Thursday, September 20, 2012 Thrift Stores and Sweet Tomatoes– 10:30 am-2:30 pm
It's a fun-filled day for bargain hunters. Explore two or three of Beaverton's best thrift stores. Between stores, there will be a lunch stop at Sweet Tomatoes which now offers a senior lunch discount. Suggested transportation donation-$3

Thursday, September 27 2012 Cheese Factory and Cape Meares 10:45 am to 2:45 pm Take a tour of the Tillamook Cheese Factory, bird watch and enjoy the beautiful Cape Meares State Scenic Area or just enjoy a relaxing day and picnic at the beach. Bring water and a bag lunch. Suggested transportation donation of $10.

****Unless otherwise noted, suggested transportation donation for trips is $3.00*****

September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
LEGEND Unmarked = Elm Court Activity + = Parks and Rec. *Note: Senior Rec., Senior Law & all trips require registration.*				**1**(Saturday) 11:00 Yoga+
3 10:30 Low Impact Cardio + 12:30 ESL Class **NH OFFICE CLOSED**	**4** 10:30 Yoga+ 12:15 Qigong+	**5** 10:30 Low Impact Cardio + 12:00-1:00 Chair Aerobics w/ Brooke	**6** 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie **FH Trip**	**7** 10:30 Low Impact Cardio + 1:30 Bingo **8** (Saturday) 11:00 Yoga+
10 10:30 Low Impact Cardio + **Winco Trip**	**11** 10:30 Yoga+ 12:15 Qigong+	**12** 10:30 Low Impact Cardio + 12:00-1:00 Chair Aerobics w/ Brooke 1:30 Foot Care Clinic **Nursery Trip**	**13** 10:30 Yoga+ 12:15 Qigong+ 1-4 Senior Law 1:30 Movie **FH Trip**	**14** 10:30 Low Impact Cardio + 1:30 Bingo **15** (Saturday) 11:00 Yoga+
17 10:30 Low Impact Cardio +	**18** 10:30 Yoga+ 12:15 Qigong+	**19** 10:30 Low Impact Cardio + 12:00-1:00 Chair Aerobics w/ Brooke **Dahlias Trip**	**20** 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie **FH Trip**	**21** 10:30 Low Impact Cardio + 1:30 Bingo **22** (Saturday) 11:00 Yoga+
24 10:30 Low Impact Cardio + 12:30 ESL Class **Matinee Trip**	**25** 10:30 Yoga+ 12:15 Qigong+	**26** 10:30 Low Impact Cardio + 12:00-1:00 Chair Aerobics w/ Brooke	**27** 10:30 Yoga+ 12:15 Qigong+ 1-4 Senior Law 1:30 Movie **FH Trip** **Laurelhurst Trip**	**28** 10:30 Low Impact Cardio + 1:30 Bingo **29** (Saturday) 11:00 Yoga+