



**Neighborhood House**  
Helping Neighbors Help Themselves

# Neighborly News

A Publication of Neighborhood House Senior Center & Aging Services District Center  
503-244-5204; www.nhpd.org; e-mail: aging@nhweb.org February, 2013

## Aging Services Staff

Donna Trilli, *Manager*  
Mary Muir, *Case Manager*  
Dale Jackson, *Case Manager*  
Laura Renner-Satushek,  
*I&A Specialist*  
Jeffrey Ball, *Driver*  
Jill Cullison, *Driver*  
Linda Patriquin, *Case Manager*  
*(Downtown Office)*  
Erin Parrish, *I & A Specialist*  
*(Downtown Office)*

## Happy Chinese New Year!

### Year of the Snake

**1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013**

The Year of the Snake is considered to be a lucky year. Those born in the Year of the Snake are admired for being wise, passionate, and elegant. They are also patient and able to quietly gather strength-then act swiftly at the precise moment.



## Black History Month

Annually during February, the USA celebrates Black History Month. Schools, churches, public and private organizations honor the history and achievements of African-Americans. Every year, the president of the United States issues a specific celebratory theme. In 2010, the theme was the economic empowerment of African-Americans, the achievements of painter Jacob Lawrence and entrepreneur Annie Malone and the history and progressions of the National Urban League.

Dr. Carter G. Woodson is the founder of Black History Month and the nationwide study of African-American history. Although he was born to parents who were formerly slaves, he graduated from high school, enrolled in college and was eventually the second black person in history to earn a Ph. D. from Harvard University.

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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  
**February 13th, 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, February 12, 10:30—11:30 AM  
**Free** - Provided by Autumn Hills, Marquis

**ACUPUNCTURE** — Appointments available Mondays. \$50 for first visit; \$40 subsequent. Performed by Carole Melkonian, RN / Licensed Acupuncturist.

## **AARP 2-DAY SAFE DRIVING CLASS**

Next Class: February 25 and 26, 9:15—12:00  
Call (503) 244-5204 to register.

## **SENIOR LAW PROJECT**

**2nd Tuesday, February 12**  
**4th Tuesday, February 26**



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 244-5204 for an appointment.**

## **HEALTH BENEFITS COUNSELING**

**(SHIBA)** Appointments begin at Noon.  
1st Thurs, February 7 / 3rd Thurs, February 21  
**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.  
**Please call 503-261-6181 to be pre-screened.**

## **FREE SEWING and MINOR JEWELRY REPAIR SERVICE**

— Mary W. is here on Tuesdays from 12:30 to 2:00 lending her time for sewing and repairs. *Thanks MW!*

**\* Senior Center Membership Required.**  
**Limited Scholarships are available.**

# Announcements



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

## NHSC BOOK CLUB\*

*Unaccustomed Earth* by Jhumpa Lahiri  
Monday, February 25th 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!



Membership in NH not required.

### Shopping Schedule

10am — 11:30am

#### February

2/1 — Trader Joes  
2/4 — Winco  
2/6 — Thriftway  
2/8 — Safeway/\$ Tree  
2/11 — Fred Meyer  
2/13 — Albertsons  
2/15-Raleigh Hills New Seasons

2/18 — CLOSED  
2/20 — Safeway/\$ Tree  
2/22 — Trader Joes  
2/25 — Fred Meyer  
2/27 — Target  
2 & 4 Wednesday-Value Village

### Afternoon Shopping

12:30pm — 3:00 pm  
— TBD (2nd & 4th Tues.)  
— Winco



## "ASK DONNA"

### A monthly Q&A by Aging Services Manager Donna Trilli

**Q** I have no way to get out of the house, whether for shopping or just fun. How do I get to the Senior Center for fellowship and a meal?

**A** Laura is our Transportation Coordinator and I & A Specialist. She can help schedule rides for you even if you're not a client of Neighborhood House. You may qualify for a ride if you're disabled and younger than 60. Please call 503-244-5204 and/or stop by to chat with her during the hours of 9:00 am to 3:30 pm Monday thru Friday — we are here to help!

If you need assistance outside of our business hours, please call the Multnomah County Aging & Disability HELPLINE at (503) 988-3683. You may also visit the Aging & Disability Resource Connection (ADRC) website, a user-friendly searchable database:  
<https://adrcforegon.org>

Please submit your questions for this column  
by calling 503-244-5204 or stop by and see us.

### Listening Session: Town Hall Meeting

Oregon State Representative Mitch Greenlick and State Senator Elizabeth Steiner-Hayward will be leading a pre-session Town Hall meeting to discuss potential new bills and address concerns or questions that constituents may have. The meeting will be at **Friendly House, 1737 NW 26th Street at 10:00 AM on Saturday, Feb. 2, 2013.**

# February Trips

**REGISTRATION BEGINS February 1st**  
*Senior Center Membership Required for NH Trips.*  
**Registration is to be made in person & fees paid at  
 time of registration.**  
*Call (503) 244-5204 for trip information.*

## Mission Mill Museum & Lunch

Tuesday, February 5, 9:30-3:30pm.  
 Cost: \$5 for transportation + \$6 admission + lunch \$.  
 Spend the day at the Mission Mill Museum located in  
 Salem, OR! This park-like setting is a fun way to  
 explore the different historical structures, artifacts, and  
 19th century furniture. Lunch location TBD.

## Pacific NW Sportsmen Show/Lunch

Wednesday, February 6, 10:30-3:30pm  
 Cost: \$3 for transportation + \$12 admission + lunch \$.  
 If you enjoy the outdoors, this trip is for you! Join us for  
 the 38th Annual Pacific Northwest Sportsmen's Show  
 held at the Portland Expo Center. There is something  
 for everyone. Some exciting displays include camp  
 cooking demonstrations, a Head & Horns Competition,  
 free seminars, sport fishing boat show, & truck and  
 trailer show! We'll stop at Jubitz Cascade Grill for  
 lunch. Bring extra money!

## Chinese Garden & Breakfast

Monday, February 11, 9:30-3:00pm  
 Cost: \$2 for transportation + \$8.50 (62 & older) \$9.50 (61  
 & younger) for admission +breakfast \$. Celebrate the  
 Chinese New Year at the Lan Su Chinese Garden in  
 downtown Portland. Restaurateur Sunny Hill will  
 "Foods of the New Year" with free samples of traditional  
 Chinese foods. There will also be a free workshop on  
 creating your own tea blend. Breakfast is TBD.

## Painted Violin & Lunch

Tuesday, February 12, 10:00-2:00pm  
 Cost: \$2 for transportation + lunch \$. Admission is  
 FREE. Help support the Portland Youth Philharmonic  
 Association with their first Painted Violin Project &  
 Gala! The exhibit will be held at Gallery 903 in NW  
 Portland. Admission into the gallery is free. Lunch is  
 TBD.

## Amity Fudge & Lunch

Wednesday, February 13, 9:00pm-3:30pm  
 Cost: \$6 for transportation + lunch \$. If you're a fudge  
 enthusiast & you like getting out of Portland, the Amity  
 fudge trip is a must! In Amity, OR the Brigittine Monks  
 are known for their homemade fudge. We will stop for  
 lunch at Blue Goat so remember lunch \$..

## Mt. Angel Wurstfest & Lunch

Friday, February 15, 10:00-3:30pm  
 Cost: \$6 transportation + \$5 admission +spending &

lunch \$. Mt. Angel Chamber of Commerce is pleased to  
 present the 5th Annual Mt. Angel Wurstfest! Enjoy 15  
 varieties of German wurst sausages including  
 bratwurst, currywurst, frickadelwurst. Expect plenty of  
 entertainment including nonstop music & dancing.

## Home & Garden Show & Breakfast

Wednesday, February 20, 9:30-2:30pm  
 Cost: \$2 for transportation + \$10 admission +breakfast  
 \$. Join us for the 66th Annual Portland Home & Garden  
 Show held at the Portland Expo Center. Start your  
 home projects early this year or come for fun. We'll stop  
 at the Original Pancake House for breakfast, so come  
 hungry.

## Paint Pots Ceramics & Lunch

Thursday, February 21, 10:30-3:00pm  
 Cost: FREE transportation + lunch \$ & spending \$. If  
 you enjoy arts and crafts then you'll want to go on this  
 trip! We'll eat lunch first, so come on an empty stomach.  
 From there we'll head to Hillsdale for an afternoon at  
 Paint Pots!

## LOM: Mandarin Cove

Monday, February 25, 11:00-1:30pm  
 Cost: \$2 transportation + lunch \$. Open since 1980,  
 Mandarin Cove is known for their authentic Chinese  
 Cuisine. Most dishes are under \$10 and are made with  
 fresh ingredients each day!

## Leatherman Factory Tour & Lunch

Wednesday, February 27, 9:30-2:30pm  
 Cost: \$2 for transportation + lunch \$.  
 Since 1983, the Leatherman Factory has been  
 constructing fine leather tools. Join us for a behind-the-  
 scenes tour of the factory and how these tools are made!  
 Admission is free. Bring \$ for lunch. Lunch location  
 TBD.

## **RIDER'S CLUB — Free & Open to All!**

TriMet tickets provided, trip escorted by a  
 trained Ride Ambassador.

**Call 503-244-5204 or come in to sign up.**


LUNCH AT OMSI  
 VISIT OREGON RAIL HERITAGE MUSEUM  
**Thursday, January 10th**

10:00 Depart Senior Center / 1:14 Arrive @ Center

PORTLAND ART MUSEUM'S ART AND  
 CONVERSATION. Topic and lunch TBD  
**Thursday, Jan 17th**

8:30 Depart Senior Center / 1:45 Arrive @ Center

# February 2013 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p style="margin: 0;"><b>LEGEND</b></p> <p>° SSI # PCC + Parks &amp; Recreation * Senior Center Membership Req. ^ Pre-Registration Required</p> </div>				1  9:00 Painting # 9:00 SSI Mtg-C ° 10:00 Yoga * 12:15 Dup Bridge *
4 9:00 Spanish # 9:00 Meditation * 9:30 Computer + 10:15 QiGong * 11:00 Internet + 11:15 Acupuncture 12:15 Bridge * 12:15 Bunco *	5 <b>TRIP-Mission Mill</b>  9:10 Stability Ball * 10:15 Rhythmic Ex * 12:30 Mending and Needle Arts 1:00 Woodcarving 2:00 Tai Chi ^	6 <b>TRIP-Pacific Sportsmen Show</b>  9:00 <b>FOOT CLINIC</b> 10:00 Cribbage * 10:00 Bingo * 12:30 Play Reading °	7  9:10 Stability Ball * 10:00 Curr. Events ° 10:15 Rhythmic Ex. * 10:30 Views ^ 12:00 <b>SHIBA</b> 12:15 Social Bridge * 2:00 Tai Chi ^	8  9:00 Painting # 9:00 SSI Mtg-C ° 10:00 Yoga * 12:15 Dup Bridge *
11 <b>TRIP-Chinese Garden</b> 9:00 Spanish # 9:00 Meditation * 9:30 Computer + 10:15 QiGong * 11:00 Internet + 11:15 Acupuncture 12:15 Bridge * 12:15 Bunco *	12 <b>TRIP-Painted Violin</b> 9:00 <b>SENIOR LAW</b> 9:10 Stability Ball * 10:15 Rhythmic Ex * 12:30 Mending and Needle Arts 1:00 Woodcarving * 2:00 Tai Chi ^	13 <b>TRIP-Amity Fudge</b> 10:00 Watercolor + 10:00 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Chinese Brush +	14 Valentine's Day!  9:10 Stability Ball * 10:00 Curr. Events ° 10:15 Rhythmic Ex. * 10:30 Views ^ 12:15 Social Bridge * 2:00 Tai Chi ^	15 <b>TRIP-Mt Angel</b>  9:00 Painting # 10:00 Yoga * 12:15 Dup Bridge *
18 <b>CLOSED</b> 	19 <b>TRIP-Casino</b>  9:10 Stability Ball * 10:15 Rhythmic Ex * 12:30 Mending and Needle Arts 1:00 Woodcarving * 2:00 Tai Chi ^	20 <b>TRIP-Home &amp; Garden Show</b> 10:00 Watercolor + 10:00 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Chinese Brush +	21 <b>TRIP-Paint Pots</b>  9:10 Stability Ball * 10:00 Curr. Events ° 10:15 Rhythmic Ex. * 10:30 Views ^ 12:00 <b>SHIBA</b> 12:15 Social Bridge * 2:00 Tai Chi ^	22  9:00 Painting # 9:00 SSI Mtg-C ° 10:00 Yoga * 12:15 Dup Bridge *
25 <b>LOM:Mandarin Cove</b> 9:00 Spanish # 9:00 Meditation * 9:15 55 Alive 9:30 Computer + 10:15 QiGong * 11:00 Internet + 11:15 Acupuncture 12:15 Bridge * 12:15 Bunco * 2:00 <b>Book Club</b>	26 <b>Trip-Spanky's Consignment Store</b> 9:00 <b>SENIOR LAW</b> 9:10 Stability Ball * 9:15 55 Alive 10:15 Rhythmic Ex * 12:30 Mending and Needle Arts 1:00 Woodcarving * 2:00 Tai Chi ^	27 <b>TRIP-Leatherman Tour</b> 10:00 Watercolor + 10:00 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Chinese Brush +	28  9:10 Stability Ball * 10:00 Curr. Events ° 10:15 Rhythmic Ex. * 10:30 Views ^ 12:15 Social Bridge * 2:00 Tai Chi ^	

## Annual Neighborhood House and Meals on Wheels People Rummage Sale!

March 28—30, 2013

Once again, our biggest fundraiser is right around the corner. Our amazing volunteers are gearing up for a bigger event than ever, thanks in part to Spanky's Consignment Store in Beaverton. Spanky's has been donating men's, women's and children's clothing and accessories to us. Our generous community also donates clean clothing, tools, sporting goods, kitchenware, small appliances, home décor, craft items, etc., for sale. We are currently accepting these items as well as others in our Senior Center during the hours of 9 AM—2 PM Monday through Friday. All items must be clean and in good repair. For furniture items or questions please call 503-244-5204. A fee will be charged for pick-up of your items. Items will be accepted through Friday,



March 22, 2013.

Televisions and computer equipment not accepted.



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

Return Service Requested



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