

A Publication of Neighborhood House Senior Center & Aging Services District Center  
503-244-5204; www.nhpdx.org; email: aging@nhpdx.org **July 2017**

## Aging Services Staff

**Janice Jones,**  
*Program Manager*

**Mary Muir,**  
*Case Manager*

**Amy Jursnick,**  
*Case Manager*

**Melissa Starr,**  
*Case Manager*

**Dorothy Hasen,**  
*Information & Assistance Specialist*

**Nancy Burke**  
*Senior Center Outreach Coordinator*

**Marie Haviland,**  
*Transportation Coordinator*

**Jeffery Ball,**  
*Driver*



## Staying Healthy in Summer

As the Beatles' song goes, *Here Comes the Sun*. Following a record wet winter and spring, Pacific Northwest residents are looking forward to summer. But older adults, particularly those with chronic medical conditions, are susceptible to heat-related disorders including heat stroke and skin cancer.

Hyperthermia, characterized by fatigue, cramps and/or fainting, is caused by a failure of the body's heat-regulating mechanisms to cope with a hot environment. Heat stroke, the extreme form of hyperthermia, is a medical emergency. Symptoms include a very high fever, rapid pulse, lack of sweating, fainting or coma, and mental status changes.

How to prevent hyperthermia:

- Drink plenty of fluids;
- Don't overdress;
- Go to air-conditioned places such as senior centers on hot days;
- Discuss risk factors with your physician.

The risk of skin cancer, the most common type of cancer, increases with age. However, the following tips can help prevent the main types of skin carcinoma: basal cell, squamous cell and melanoma:

- Check for, and see a health professional for, changes to the skin including a new growth, a sore that won't heal, or a mole that bleeds;
- Limit sun exposure even on cloudy days;
- Use sunscreen with a sun protection number (SPN) of at least 30;
- Wear protective clothing and sunglasses.

And most importantly, enjoy summer!

## Book lovers unite!

### BOOK CLUB

**1 p.m. Monday,  
July 31, 2017**

**This month's book:  
"Betrayal of Trust,"  
by J.A. Jance**

# Programs and Services

## **MEDITATION \***

9 a.m.-10:15 a.m. Mondays  
Led by Carole Melkonian, RN, L.Ac.

## **QI GONG CLASSES \***

10:15 a.m.-11 a.m. Mondays  
QiGong (pronounced “chi gong”) exercises are gentle, flowing movements that are both relaxing and energizing. Free.

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

## **PORTRAIT DRAWING \***

9:30 a.m.-11 a.m. Mondays  
Learn to draw portraits with a grid exercise using pencils. Open to all skill levels. Free.  
Led by Judy Anderson.

## **BOOK CLUB \***

1 p.m. Monday, July 31  
Book Club meets the last Monday of every month if not a legal holiday. Books available to borrow at the Senior Center courtesy of Multnomah County Library Services. Free. This month’s book: “Betrayal of Trust” by J.A. Jance.  
Led by Marlyce Gholston.

## **STABILITY BALL \***

9:15 a.m.-10:15 a.m. Tuesdays and Thursdays  
Led by Peggy Frieze.  
Exercises designed to improve balance and core body strength. Fee: \$3 per session.

## **RHYTHMIC CHAIR EXERCISE \***

10:15 a.m.-11:15 a.m. Tuesdays and Thursdays  
Open to all members.  
Led by Peggy Frieze. Fee: \$3 per session.

## **ADVANCED TAI CHI \***

1 p.m.-2 p.m. Tuesdays and Thursdays  
Led by Catherine Holder (Tuesdays) and Jim Dalton (Thursdays). Fee: \$3 per session.

## **TAI CHI For Better Balance \***

2 p.m.-3 p.m. Tuesdays and Thursdays  
Led by Catherine Holder (Tuesdays) and Jim Dalton (Thursdays). Free. Open for all levels.

## **BUDDHIST STUDY AND MEDITATION \***

2 p.m.-3:30 p.m. Tuesdays  
Led by Ruby Grad.

## **YOGA \***

10 a.m.-11:30 a.m. Fridays  
Led by Peggy Frieze. Fee: \$3 per session.

## **AARP DRIVER SAFETY CLASS**

Next class: **July 10-11, 2017**  
Class cost is \$15 for AARP members and \$20 for nonmembers; payable to the instructor at the first class. Register at 503-244-5204.

## **FOOT CLINIC**

2nd Wednesday clinic  
9 a.m.-3 p.m. July 12  
**Cost: \$35 payable to the nurses**  
Skilled foot-care nurses bring their foot-care clinic to our center each month. Perfect for diabetics. Appointments are required and fill quickly. **To schedule foot care, please call 503-244-5204.**

## **SENIOR LAW PROJECT**

**2nd Tuesday, July 11, 2017**  
**4th Tuesday, July 25, 2017**  
Appointments begin at 9 a.m. This service is available to you if either you or your spouse is 60+ years of age and are residents of Multnomah County. 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.  
**Call 503-244-5204 for an appointment.**

## **SENIOR HEALTH INSURANCE BENEFITS COUNSELING (SHIBA)**

Trained volunteer counselors answer your Medicare and Senior Health Insurance questions. Every Thursday. Free.  
**Call 503-244-5204 for an appointment.**

## **BLOOD PRESSURE SCREENINGS**

10:30 a.m.-11:30 a.m. Thursday, July 20 in the Neighborhood House Senior Center lobby, provided by volunteer nurses. No appointment necessary. Free.

**\* Senior Center membership is required**

## July Shopping

**Schedule: 9:45am-12:15pm**

- 7/4 No shopping trip. Closed for holiday.
- 7/5 Walmart or WinCo
- 7/11 Raleigh Hills Fred Meyer or New Seasons
- 7/12 New Seasons\* or Dollar Tree
- 7/18 Costco or WinCo
- 7/19 Neighborhood House Food Box Program
- 7/25 Beaverton Fred Meyer or Trader Joe's
- 7/26 No shopping trip.

\*Senior discount days

## Rules for using the Ride About Shopping Shuttle service.

- There is a limit of 3 shopping bags per shopper. You must be able to carry the filled shopping bags yourself or with the help of your own assistant.
- If it is not possible to carry your own shopping bags, this service is not right for your needs. If you require additional help to be able to shop, please contact our Transportation Coordinator for possible transportation services or resources that are more appropriate.
- Drivers are not allowed to carry the shopping bags for shoppers. Please do not ask them.

## Senior Center Shuttle

**Monday through Thursday  
to and from the Neighborhood House**

**8:30 a.m.-10 a.m. Pick Up**

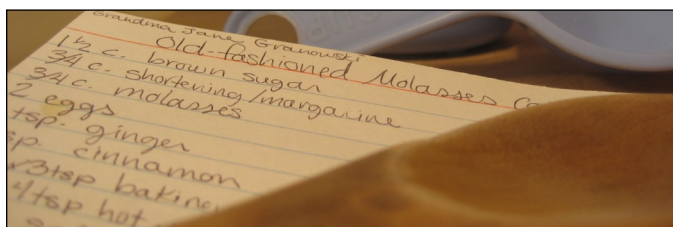
**12:45 p.m.-2:15 p.m. Take Home**

Offered in partnership  
with Ride Connection



## We need your help!

We love our Senior Center members, who come from a wide variety of backgrounds and countries. And we want share your favorite recipe of childhood or that special family dish that brings back a flood of memories for you. We are planning an international cookbook (thanks to your suggestions!) to raise funds for your Senior Center. Please help us by contributing your family recipe. You can add it to the box at the reception desk, or give your recipe to Nancy. You can also email your recipe to [nburke@nhpdx.org](mailto:nburke@nhpdx.org). Please include your name, and if you'd like to include a memory associated with the recipe, we would love to have that as well. Help us make your cookbook a success!



## Rider's Club — Free and open to all!

The Rider's Club is taking a hiatus in July. It is a great opportunity to enjoy what Portland has to offer by using public transportation. Join us in August as we continue to explore free and low-cost events around Portland such as concerts, theater and art exhibits. TriMet bus tickets for all Riders' Club trips are free, and you will be escorted by our Ride Ambassador who is trained to assist you. Check back in August for all the Rider's Club has to offer.

For more information, please contact the Neighborhood House Senior Center at 503-244-5204 or come to the Senior Center reception desk.

# July Trips

**Registration begins  
Monday, July 3, 2017  
at 9:30 a.m.**

*Current Senior Center membership is required for Neighborhood House trips. **Come in person to register for recreational trips.** Please note: A minimum of 5 people need to sign up in order for the trip to take place.*

*Call 503-244-5204 for trip information.*

\*\*\*\*\*

**Tuesday, July 11, 2017  
Chamber Music NW Summer**



**Festival:  
Rebecca Clarke's  
Sonata for the  
Viola and Piano  
Leaves: 10:15 a.m.,  
Returns: 2:30 p.m.  
Suggested Donation:  
\$4.00**

**Admission: FREE  
\$\$-\$\$\$ for lunch at  
Pastini Pastaria**

You're invited to get a behind-the-scenes look at musicians putting the finishing touches on music for upcoming performances, and working together to make the pieces performance-ready! Plus, an informal Q & A finishes the rehearsal.

**July 25, 2017 Tuesday  
L.O.M. Toji's Korean Grill House  
Leaves: 12:45 p.m. Returns: 3:15 p.m.  
Suggested Donation: \$5.00  
\$\$ for lunch  
Toji is a family-style Korean BBQ grill house featuring many types of authentic Korean cuisine. Every table comes with its own stainless steel natural gas roaster equipped with a draft system that pulls smoke down for clean cooking and comfort.**



**July 26, 2015 Wednesday  
Cannon Beach**

**Leaves: 9:00 a.m. Returns: 3:45 p.m.  
Suggested Donation: \$ 15.00**

Bring a sack lunch or purchase lunch on your own.


Here's your chance to visit the beautiful Oregon coast. We'll browse the town, walk the strip and enjoy the sandy beach.

## Did you know...?

The Neighborhood House Senior Center sells stamps for 50 cents each or \$10 for a book of stamps. Ask at the Front Desk.



# July 2017 Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Meditation * 9:30 Drawing * 10:15 Qi Gong * 11:15 Acupuncture 12:15 Bridge * 12:30 Pinochle *		<b>5</b> 9:30 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Pinochle *	<b>6</b> 9:15 Stability Ball * 10:00 Current Events° 10:00 Knitting Group * 10:15 Rhythmic Exer.* 1:00 Tai Chi * 2:00 Beginning Tai Chi*	<b>7</b> 10:00 Yoga * 12:15 Dup Bridge*
<b>10</b> 9:00 AARP Driver Safety Class ^ 9:00 Meditation * 9:30 Drawing * 10:15 Qi Gong * 11:15 Acupuncture 12:15 Bridge * 12:30 Pinochle *	<b>11</b> <b>9:00 Senior Law Project</b> 9:00 AARP Driver Safety Class ^ 9:15 Stability Ball * 10:15 Rhythmic Exer. * 12:30 Mending 1:00 Tai Chi * 2:00 Buddhist Med.* 2:00 Beginning Tai Chi*	<b>12</b> <b>9:00 FOOT CLINIC</b> 9:30 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Pinochle *	<b>13</b> 9:15 Stability Ball * 10:00 Current Events° 10:00 Knitting Group * 10:15 Rhythmic Exer.* 1:00 Tai Chi* 2:00 Beg. Tai Chi *	<b>14</b> 10:00 Yoga * 12:15 Dup Bridge*
<b>17</b> 9:00 Meditation * 9:30 Drawing * 9:30 Spanish # 10:15 Qi Gong * 11:15 Acupuncture 12:15 Bridge * 12:30 Pinochle *	<b>18</b> 9:00 Bridge * 9:15 Stability Ball * 10:15 Rhythmic Exer. * 12:30 Mending 1:00 Tai Chi * 2:00 Buddhist Meditation* 2:00 Beginning Tai Chi*	<b>19</b> 9:30 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Pinochle *	<b>20</b> 9:15 Stability Ball * 10:00 Current Events ° 10:00 Knitting Group * 10:15 Rhythmic Exer.* <b>10:30 Blood Pressure Screening</b> 1:00 Tai Chi * 2:00 Beginning Tai Chi*	<b>21</b> 10:00 Yoga * 12:15 Dup Bridge*
<b>24</b> 9:00 Meditation * 9:30 Drawing * 9:30 Spanish # 10:15 Qi Gong * 11:15 Acupuncture 12:15 Bridge * 12:30 Pinochle *	<b>25</b> <b>9:00 Senior Law Project</b> 9:15 Stability Ball * 10:15 Rhythmic Exer. * 12:30 Mending 1:00 Tai Chi * 2:00 Buddhist Meditation* 2:00 Beginning Tai Chi*	<b>26</b> 9:30 Cribbage * 10:00 Bingo * 12:30 Play Reading ° 1:00 Pinochle *	<b>27</b> 9:15 Stability Ball * 10:00 Current Events ° 10:00 Knitting Group * 10:15 Rhythmic Exer.* 1:00 Tai Chi* 2:00 Beginning Tai Chi*	<b>28</b> 10:00 Yoga * 12:15 Dup Bridge*
<b>31</b> 9:00 Meditation * 9:30 Drawing * 9:30 Spanish # 10:15 Qi Gong * 11:15 Acupuncture 12:15 Bridge * 12:30 Pinochle * 1:00 Book Club *				

° SSI  
 # PCC  
 + Parks & Recreation  
 \* Senior Center Registration Required  
 ^ Pre-Registration Required

# BLOOD PRESSURE SCREENINGS

Free blood pressure screenings by volunteer nurses will be available on the third Thursday of every month in the lobby of the Neighborhood House Senior Center. You don't have to be a Senior Center member to participate. **This month's screening: 10:30 a.m.-11:30 a.m. July 20**



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

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PORTLAND, OREGON  
PERMIT NO. 1811

Return Service Requested



---