

Senior Moments

August 2015

Birthdays

Phyllis Bolman 23
Roger Bolman 12
Brice Caldwell 25
KC Chovanec 19
Dorothy Conley 14
Sharon Gentry 30
Kathleen Helbling 19
Sherry Hinkle 10
Millee Johnson 05
Alice McKendrick 16
Ken Moles 15
Richard Ramirez 25
Jerry Shinkle 29
Sandy Sparks 14
Jean Steeper 31
Priscilla Tabler 30
Sue Teal 17
Charlotte Thomas 11
Ruth Williams 30
Royal Johnson 22
Mary Neely 18
Dorothy Diaz 17
Nancy McCollum 04
Alison Murray 06
Susan Ruston 07
Summer Duvall 08
Susan Gartland 15
Karon Gilmore 22
Hazel Bishop 05
Gerry Blankenheim 31
Dennis Glandon 27
Eugenia Gorchels 17
Sharon Larson 11
Gunda Vesque 02
Carmen Phillips 04
Donald Wisniewski 07
Robert Merlet 10
Thank you to Brookdale for our cake. All are welcome to August 28th (1:00) party.



Monmouth Senior Community Center
180 S. Warren St. Monmouth, OR 97361
(503) 838-5678
Monday-Friday 9a.m.-4p.m.

Potluck

Featured speakers for August 14 potluck will be several international students from Monmouth English Language and Culture Institute. They will have a display about their culture and some of them may bring cuisine from their country to share.

Bring a main dish, salad or dessert for the 12:00 lunch. Salads are always good this time of year with all the fresh fruit and vegetables.

A special thank you to Friends of Monmouth Senior Center for providing the extra food.

National Diabetes Prevention

A new program this year through the National Diabetes Association will be held at Monmouth Senior Center beginning September 10. Class will be held every Thursday at 4:00.

The **class fee is only \$20** for a year's commitment due to a grant that is available right now. Regular cost is normally \$469.

The class will meet an hour a week for 16-weeks and commitment once a month after that.

If you have been told by your physician you are pre-

diabetic this program is for you. Diabetes can be prevented by taking steps of weight loss, nutrition and physical activities. All of these will be covered during this program.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. It will help you learn how to change your lifestyle to prevent type 2 with a trained Lifestyle Coach.

Contact the office for an eligibility form. Start signing up now.

Monmouth Mealsite Program Changes Services

The Mealsite that is held at Monmouth Senior Center is need of participants to come and eat. Meals will only be served **Tuesdays and Thursdays at 11:30** beginning August 4.

Meals are by donation only. Suggested donation is \$3.00 but please remember this is a donation and it is what you can give. This means it could be \$3.00, \$1.00, 25 cents...what you

can give. This program gives a good nutritional meal. It may not be home cooked but it is nutritional. Please contact Nancy at the mealsite at 503-838-2084 for more information.

Phone Numbers You May Have Trouble Locating

Utility Assistance (LIEAP): 503-588-9016

Community Action: 503-623-8429

Polk Co. Housing: 503-623-8337

Northwest Senior & Disability Services (Dallas):
503-831-0581

Legal Aid: 503-581-5265

211 Help Line: Give numbers for services

H2O (Help & Hope to Others): 503-831-4736

Ella Curran Food Bank: 503-838-1276

Marion/Polk Food Share: 503-581-3855

Food Stamp Program (SNAP): Register at Northwest Senior and Disability Services in Dallas.

Local Gleaners: 503-838-6462

National Medicare Helpline: 24 hours, 7 Days a week, English and Spanish 1-800-633-4227

Statewide Abuse Reporting: 855-503-7233

Free Health Clinic

at Trinity

Lutheran. For
more information
call 503-990-8772
or 503-831-0551.

Medical Equipment

Free lift chair available. Contact Sue.

Thanks to many, many families who donate equipment the Center has items to loan out. Items include walkers, wheelchairs, raised toilet seats, bath and shower chairs and a variety of other equipment. We just received 8 boxes of depends. The Center has many sizes-never been opened. There is no charge. Check with the Center to see if we have what you need.

Craft Class w/ Craft Warehouse:

Beverly will be back Wednesday, August 19 at 1:00 for a fun class making pinwheels. Cost will include a packet with all parts to complete 10 pinwheels and all paper. Beverly will bring along some festive paper for fall. These are a fun easy way to decorate, make for parties, have fun with your grandchildren. The things you can do are limitless. Cost will be \$10. There will be lots of samples. Please pay when you sign up and be committed to attending.

iPad:

Mondays at 10:00 am regular class, 1:00 pm beginner class. Lynn Thompson instructs this fun class that teaches you all the ways around your iPad. She has changed the class in that all classes are considered advanced. There will no longer be a beginner class. No charge.

Card Making with Liz

The second Monday of each month (Aug. 10) at 10:00 am Liz Honse teaches a card making class. Cost is \$4 for two cards that you will complete in class. Please bring scissors, ruler, and glue with you.

Card Making with Denise

Denise Wallace meets the third Monday of each month (Aug. 17) at 4:30 pm and teach how to make special cards that will be perfect for giving. Cost is \$4 for the two completed cards. Fun way to spend the early evening and some great fellowship. Please bring scissors, ruler and glue with you. Sign up ahead of time.

Teachers Needed For Classes

The Center is looking for individuals who could teach classes on different subjects. Right now we are hoping to find teachers for Painting, and American Sign Language. Contact Sue at 503-838-5678 if you or someone you know may be interested. Please keep in mind this doesn't need to be a volunteer. They could get paid for their class with 10% going back to the City for classroom rental if they are charging.

AARP Defensive Driving Class

Next class is scheduled for Saturday, August 15, 9:00 am-4:00 pm. Pre-registration is required. Call the Center at 503-838-5678 to register.

Regular Classes

Regular Activities

Wii Bowling: Tuesdays and Thursdays at 9:00am. There is a team that competes each month with Dallas Retirement Village and shares a trophy donated by Independence Health and Rehab who sponsors the team. Let us know if you would like to start playing and we will add another time for beginners.

Pinochle: Tuesdays and Thursdays at 12:00 p.m. Newcomers are always welcome. Just stop by and join the group.

Bridge: Tuesdays at 12:30. To make sure there are enough players each week, contact the office and we will refer you to the right person to get on that list.

Ponytail Cards: This card game is played on

Tuesdays at 1:00.

Cribbage: Mondays at 10:00am. Newcomers are encouraged to join.

Music Jam: Second Wednesday (June 10) of every month at 6:30pm. Musicians bring their instruments and make beautiful music together while others come to listen and sing, stomp their feet, or even dance. All are welcome.

Health & Fitness Classes

Walk with Ease:

The Center is looking for a volunteer who would be trained and teach this class. No fees for the training or books required. Check with Sue for more information.

Yoga:

Hatha Yoga Exercises using a tape by Jon-Kabat-Zinn, Ph.D. The gentle, full body, meditative exercises are for strengthening, stretching, and relaxation. An exercise mat is required for the floor exercises and a chair may be used to help get up and down. The group meets every weekday at 7:30am at the Center. Class is free and open to all.

Stretch Exercise:

Sandy Diehm and Jackie McCormick instruct this Monday, Wednesday, Friday class at 9:00am. Class is free and participants sit on chairs.

Tennis

Gerry Blankenheim will meet with others on Mondays.

Pickleball

June 15-Sept 25

Free lessons Mondays from 10-12

Open Play on Wed. and Fri. 10-12

Aquatic Center tennis courts in Dallas

For more info 503-803-8065.

Hiking:

Mary Jane Faulkner heads this group that meets Thursdays at 9:30 am to carpool to places.. Each week is a new destination. Call Mary Jane at 503-838-3540 for info.

Balance Class:

This low intensity class improves balance, stability, and core strength. This a body weight based class focused on maintaining effort and heart rate using strength based functional movement. Your trainer will ensure you get a safe and effective workout.

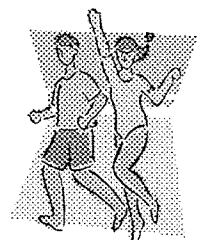
Silver Sneakers and Silver Fit participants may be eligible to receive the class free. Class fee otherwise is \$18 for a 6-week session.

Bounty Market

Don't forget to stop by the Bounty Market in Main Street Park every Tuesday and buy local fruits and vegetables. Great barbeque too!

Calling Tree

Did you know that Monmouth Senior Center has a Calling Tree? If you live alone and would like to be checked on each morning, contact the office and we'll put you on the list. We just ask that you fill out a paper giving us instructions on what to do if you do not answer.



Mealsite at Center

NorthWest Senior and Disability Services provides meals to seniors 60 and older every Tuesday and Thursday.

A menu is provided at the Center and you must contact Nancy at 503-838-2084 to order your meals. Meals need to be ordered two days in advance by noon to reserve your meal.

Meals can be home delivered. You are encouraged to eat at the senior center and spend time socializing with others. Meals always taste better when you eat with someone else. By donation only.



We're on the Web!

Monmouth City Web Page

www.ci.monmouth.or.us

Breakfast

The monthly Community Breakfast Fundraiser is sponsored by Independence Health and Rehab facility located across from Central High School. They have graciously supplied most of the food items which helps to make more money for our Building Fund.

This month our breakfast is on Saturday, Aug. 1 from 8:30-10:30am. Cost is still only \$6 for adults and \$3 for those under 12.

Still the same tasty breakfast all you can eat!

Advisory Board Report from Pat

The Board met on June 23. There will be a flyer showing the Center's activities for the Western Days Booth and that we will have a float in the parade this year. The Promotional Committee has been hard at work to get things ready for Western Days.

There is a covered bridge trip on August 20, a mystery trip on August 30, and a Beach Getaway in Bandon on October 5-7. You may sign-up for these and other trips at the Senior Center.

To date we have received \$25,000 from the Collins Foundation for our building. We received a call August 20 that Meyer Memorial Trust is giving \$40,000 towards the project. The \$30,000 from Oregon Community Fund is still contingent on receiving the remainder of the grant money from foundations. There is \$35,000 outstanding and we are still waiting to hear from Ford Family Foundation.

The pool table has been given to a homeless Vet-

eran's organization in Salem and are making good use of it. They were very appreciative.

Mary Jane Faulkner has resigned from the Advisory Board. She has served many years as a member of the board and as an officer. Her dedicated service and ideas will be missed. With this in mind we have an opening on the Board for a member. You may pick up an application from Phyllis Bolman from City Hall. We need your ideas.

Women's Breakfast

Women meet at the Senior Center and leave at 8:55 for breakfast at the Valsetz Room at WOU.

The group meets the first Wednesday of each month—next one is scheduled August 5.

Coin Club

Polk County Coin Club meets the 3rd Tuesday of each month at the Center. The doors open at 6:15pm, meeting starting at 7:00pm. For further information about joining the club contact John at 503-362-9123

Birthday Party—August 28

Brookdale Monmouth has been very gracious to supply our Birthday Cake each month for many years. Don't forget the Birthday Party on Friday, August 28, 1:00 pm. All are invited to help celebrate.

Dementia Support Group With Margaret Cleveland

Do you have a partner or spouse with memory loss? Or are you dealing with a parent who is going through dementia or Alzheimer's? Do you need someone to talk to? You are not alone. Margaret Cleveland meets on Thursday mornings at 9:30am to share ideas and help others who need to take a break from stress of caring for others. For the summer we are asking that you please call and talk with Margaret Cleveland who facilitates the group at 503-910-7796. If you decide to join, the class has a small fee of a \$25 punch card good for 5 sessions. Scholarships are available to help with this cost.

Walk With Ease

The Center is looking for a volunteer to train as an instructor. Right now all training is free and books are available at no charge until September. The volunteer would need to commit to two 1 1/2 hour sessions per week. We have individuals who are wanting this program and in need of walking. Program includes covering the book, stretching and walking. Special speakers can be arranged by the individual. Contact Sue Teal by calling 503-838-5678 for more information.

Toenail Clipping

Kathleen Hebling continues to cut toenails for \$20 the fourth Thursday of each month. Call to make an appointment. Please bring your clean towel.

Crafter's Cottage

Ice Cream Social/ White Elephant Bingo

Kay Annis, Regence, provides ice cream with all the toppings for our Ice Cream Social held August 21 at 1:00. Bring a wrapped gift for a Bingo prize-something you have to give away.

Crafter's Cottage is located in the West Wing and all items are handmade. If you are interested in selling contact the office. Friends of the Center keep 25%.

Just a reminder to check out the lovely items made in the Crafter's Cottage. They make lovely gifts that you don't see every day. A special thank you to Jean Steeper for her hard work in keeping this store organized and seeing everyone gets paid.

The store sold over \$700 last year and for a small store most people don't know about that is pretty good. Please take time to check it out, especially if you need a baby item.

From The Desk of Jack — Friends Board

Well, here I am again. I spent almost a month with the Red Cross in Houston, Texas and came home to a bout of pneumonia. I am about 90% now. I missed writing my column the last two months and I apologize. I am sure Sue has been keeping everyone informed of the good news about the grants. I look forward to Saturday morning breakfast which I missed twice and thanks to everyone who helped in the kitchen while I was gone. Heads up — I will be back pestering you again.

The senior center is still the best! Toodles for now — Jack.

Attention Veteran's

AMVET's Post #1776 is sponsoring a free Hot Dog Feed at Roth's Parking lot on August 15 from 10:00 am-3:00 pm. Stop by and have a free lunch and bring your family. For further information contact Kelly Cape at 503-838-4019 or Ruth Williams at 503-837-0630.

Scam Alerts – Be Aware

Scam Alert #1

I was traveling through Eastern Washington the week of July 6th and stopped at a Rest Area to water and walk my dog. A man noticed my dog and made a comment about her. I responded positively. After I was finished watering and walking my dog, his traveling companion offered

to watch my dog for me while I went to the bathroom, a friendly gesture. Red Flags went up. I locked the dog in the car, rolled the windows up and went to the restroom even though it was very hot out.

There is a scam going around that preys on unsuspecting pet owners where your pet is taken

and either held for ransom, or your address is taken from the pet's ID chip or tag (they can look it up, all they need is the number) and they will know you are gone and show up at your house. This scam can happen anywhere. One does not have to be traveling for it to happen.

Promotional Committee

A special thank you to the new Promotional Committee who planned, decorated and took part in the July 4 parade.

They had fun and are looking for more ways to let the community know we are here for them. Ideas? See Marilyn or Sue.

More Scam Alerts

Scam Alert #2
The next has been happening in Portland and may/may not happen here. Television Services sometimes hire 3rd parties to provide services for their customers. There have been some

unscrupulous servicemen who have been providing services and demanding payment on-the-spot instead of the charge for the services being added to the customer's bill. While it is highly unlikely that it can happen to you,

just be aware. Anytime a person who has been sent to repair/adjust your TV service and requires immediate payment instead of it being added to your bill, call the company. It is a scam.

Fall News

The Center has a movie license and we'll start showing movies free.

Medicare Help

Donna Green continues to help seniors with Medicare questions the 2nd and 4th Wednesday of each month at 1:00.

Kay Annis, Regence, will start helping with Medicare in September on the 3rd Wednesday at 1:00.

If you have any Medicare or insurance questions plan to stop by.

Cribbage

Cribbage is played on Mondays at 10:00. This is continuing to grow and those who love to play are encouraged to join in. Please bring your board so we have enough for everyone to play. We are averaging 4-5 people right now. Great social time and keeps your brain active.

New ERN Workers

Diana who has been working at the Center has moved on to a permanent position at Moothart's Market in Independence. We are very happy for her and they love her, and she loves them.

She will be volunteering in the afternoons on Tuesdays so we won't lose her totally.

ERN has supplied us with a new worker. Her name is Avenel Fontanilla but we are calling her "Nellie". Stop by and say hi and introduce yourself. She will be with us until late January. She is a great worker and we are fortunate to have her at our Center.

...on the road again

Overnights through Oregon West Excursions

Brochures are in the Lobby

All costs are per person

Christmas Cheer in Branson. – November 30-December 5, 2015

\$2,198 per person, double \$2,498

This trip is a fabulous holiday experience of lights, music and entertainment!

Boise Basque Festival – July 29-August 2

Cost: \$1,298 per person-double, \$1,598 single

Experience a Celebration of Tradition...Basque Style

South Dakota! September 3-8

Cost: \$2,078 per person, double \$2,478 single

The eerie landscapes of the Badlands, Sky-Piercing Granite Peaks & America's most famous mountain.

The Heart of Texas – San Antonio, Austin, & the Hill Country

October 21-26

Cost: \$1,938 per person, double \$2,338 single

The Cascade Loop Scenic Byway – September 19-23

Cost: \$1,124 per person, double \$1,454 single

A thrilling ride through the Heart of Washington State!

Theater & Wine – Ahh...Ashland – September 12-14

Cost: \$751 per person, double, \$924 single

Great Theatre, Great Food, Great Fun

Mackinac Island & The Great State of Michigan – August 23-29

Cost: \$2,350 per person, double, \$2,763 single

Come explore the World's longest freshwater coastline!

Victorian Country Christmas – December 2-4, 2015

\$628 per person, double \$768 single occupancy

Step back in time with a Victorian Christmas!

New Orleans & Biloxi – December 7th-12th, 2015

Cost: Double \$2,238, Single \$2,632

Have Yourself A Mary Little Mardimas In the Bayou

Mexico's Copper Canyon – February 9th-18th, 2016

Cost: Double \$2,368 per person double, \$2,748 single

. . . on the road again

Free Trip goes to Elden McKinney for the month of August. Congratulations Elden. He will have his choice of a day trip, including lunch up to \$25. Just a reminder for past winners - If you don't see a trip you would like to go on that month, you can use it for another month.

Crater Lake – September 14-16

3 days/2 nights Cost: \$186 for double room, \$252 single

New trip information!! With the long list of those waiting to go, we have exhausted the list and still looking for two to go, either a couple or two singles. We will wait for a couple weeks to see if anyone comes forward. If no one does we will refigure the cost and see how much it would be with 8 instead of 10. We are dealing with time as we need to make train reservations quickly so if you would like to go please call right away and pay. We cannot make train reservations until everyone has paid. All reservations are made except the train and we will need your information from those traveling to make arrangements. Cost includes two nights stay at Diamond Lake, Train, Trolley around the Lake, Transportation, Entrance Fee to Park and driver's expenses. All meals will be on your own. Lunch the first day will be at Steamboat Inn along the Umpqua River. We will let you know what information we will need for the train ride when you pay. Just a note that when we pay for the Entrance Fee to Crater Lake we pay by the vehicle not by the people so your senior pass will not work. The area will be beautiful that time of year and beautiful evenings along the lake. If you are on the list you must pay by the 10th of July or we will move on to the next name so put it on your calendar.

Guide Dog Graduation – Saturday, September 12

Cost: \$14.00

We will be starting with lunch at Tollhouse Inn near Boring. Several ladies went last month to the graduation and lunch spot and said it was outstanding. The tour following the graduation is very inspirational. This is a rewarding trip and interesting to see what it entails to train these dogs and how those receiving them need to be trained. It is quite the process. Sign up now as we are continuing to see the sign ups and you don't want to miss out.

Reminder – Unless you are told otherwise, payment for trips must be paid for when you sign up.

Fall Getaway at the Beach – October 5-7 – Cost: TBA

We had a lot of disappointed people when we had to cancel our spring getaway so we put some thought to it, found a new place to check out and we'll be staying in Florence this time. In Bandon they have a museum called "Washed Ashore" where they make art using all the plastic found on the Oregon Beach. You will be amazed what they make. You can start signing up now. Babs tells me she is still willing to have us for dessert one day after lunch.

Covered Bridges/Lunch at Covered Bridge Café in Stayton – August 20

Still working on cost but sign up for the trip where we'll see lots of beautiful scenery and a stop for lunch at Covered Bridge Café in Stayton where they have a covered bridge just a couple blocks away. It will be a pleasant time of year to be out enjoying the beauty of our state. If the weather gets in the high 90's we will cancel the trip until the following month.

Mystery Trip – Monday, August 30 Cost: \$9.00

We offered a mystery trip last year and it went over pretty well so we are offering another one this year. We are asking you to bring a picnic lunch and we'll start the day at 9:00 am.