



Gresham Senior Center

CELEBRATING 56 YEARS *ENRICHING LIVES OF PEOPLE 50 & BEYOND*

**YOU ARE WELCOME AT
GSC BOARD MEETINGS**

**Wednesday, July 10
Wednesday, August 14
6pm - 7pm
In the Trillium Room**

**July-August 2024 Edition
Gresham Senior Center**

600 NE 8th, Room 130
Gresham, OR 97030

**Our center is closed
until September.**

**We are answering
the phones Monday
through Friday. We
still offer travel
opportunities plus
some classes and
dances.**

**See the information
in this newsletter or
call for more info!**

Office: 503-988-4860

**Travel Desk:
503-988-9897**

Save the date!

**Sunday,
August 25th
for our annual
Car Show**

**Follow us on
facebook**



FROM THE PRESIDENT JULY-AUGUST 2024

We will hold our 6th annual Classic Car Show on Sunday, August 25 in the East parking lot. We'll have food, entertainment, games, trophies, a silent auction and a quilt raffle. So bring your friends and family and join us for a day of fun. The show runs from 10:00AM–2:00PM, rain or shine.

The reconstruction of the GSC spaces and other rooms that were damaged during the January flood has finally begun. The installation of the sheet rock should soon be completed --- to be followed by the taping, mudding, sanding and the painting. Once all of that is done new carpet will be installed. We anticipate opening in September!

We still continue with Tai-Chi, Chair Yoga and Line Dancing classes as well as the Tuesday Night Dance and Foot Care (by appointment). Our Bunco group meets the third Friday of every month at 1:30 in the Meals on Wheels dining room and all are welcome. Other classes are in the planning stages, however we are currently limited in the number of rooms available to us. Of course Meals On Wheels is still serving lunches on Tuesdays and Thursdays. Even though our office and other facilities are closed, we are answering your calls as quickly as possible. If you do call, please leave a detailed message and your call will be returned.

Lastly, we will be participating in the annual Festival of the Arts in downtown Gresham on July 20. There will be food, entertainment, give aways and some fun things for children. So come on down for a lot of fun.

Please keep in mind that while we have been closed for 5 months --- and probably for a couple more, the income to support our programs has been cut drastically. So any donations that you make would be greatly appreciated.

Paul Nasiatka --- 571-641-9617 --- trainbuf@starpower.net

WELCOME TO OUR NEWSLETTER



Our Mission:

Gresham Senior Center increases senior citizens' ability to remain involved and active in the community. We offer education, recreation, health, and social programs to serve seniors and their families in East Multnomah County.



GSC BOARD OF DIRECTORS

Paul Nasiatka:	President
Mizeta Moon	Vice President
Sandra Sherman	Treasurer
Nancy Quarles	Secretary

Members At-Large

Jessica Andrus, Bradley Barker, Ben Chumov, Jenny Coulter, Robert Grane, Karen Highfield, Ryan Johnson, Brett Lange, Amber Millmore, Dave Stephenson, Bernie Walter

Lezlie Crosswhite, Program Director



Dec 1-3, 2024 3 Days / 2 Nights

\$725.00 per person double occ. \$975.00 Single occ.

What's included:

Deluxe Motorcoach
Lodging @ Bavarian Lodge
2 breakfasts
Holiday Lights Viewing
Reindeer Farm
Aplets & Cotlets Candy Factory



Please make your reservations early so we know you are interested and we can hold your spot for this trip.

You have asked for Leavenworth for some time. I was able to design a trip just for the Gresham Senior Center and their friends and family.

**Call Terry at
503-998-5780**



GENERAL INFORMATION:

\$100 deposit is required to hold your reservation. Your deposit is fully refundable up to 10/02/2024. Final payment is due on 10/02/2024. Checks made payable to Majestic Adventures.

THE TUESDAY NIGHT DANCE

Live Music Every Tuesday 5:30—7:30pm!

Featuring the music of *The Devil Dogs*

Admission \$6 per person

Potluck—bring a dish to share or bring a meal for yourself

In the Meals on Wheels Dining Room.

600 NE 8th St., Gresham

Enter at the Meals on Wheels doors



collette

celebrating 100 years of travel together

YOU ARE INVITED TO A **FREE**
TRAVEL PRESENTATION

Wednesday, August 7, 2pm-4pm

Door Prizes & Refreshments!

Gresham Senior Center

600 NE 8th St. Trillium Room

GRESHAM OR 97030

RSVP to Terry A Pullen 503-998-5780

gsctravel@greshamseniorcenter.org



503-206-8930

13031 SE Foster Rd

Portland, OR 97236

Call Debbie for info

Boutique Assisted Living • Month to Month contracts

24-hour On-Site Staff • Person Centered Care • Enhanced Services Wing

Chef Inspired Meals • Resident Planned Activities • Privately Owned & Operated

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicomunities.com

Scan to contact us!

NW

Medicare Advisors
A Non-Government Agency

MAKING MEDICARE EASY

19300 Molalla Ave #841
Oregon City, OR 97045

503-957-9583

503-303-7519



Jenny Coulter
Partner & Broker



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Gresham Senior Center, Gresham, OR

A 4C 05-1112

SUPPORTING OUR SENIORS



Please support the Gresham Senior Center by picking up a **Bottle Drop Blue Bag** with the GSC fundraiser label attached.

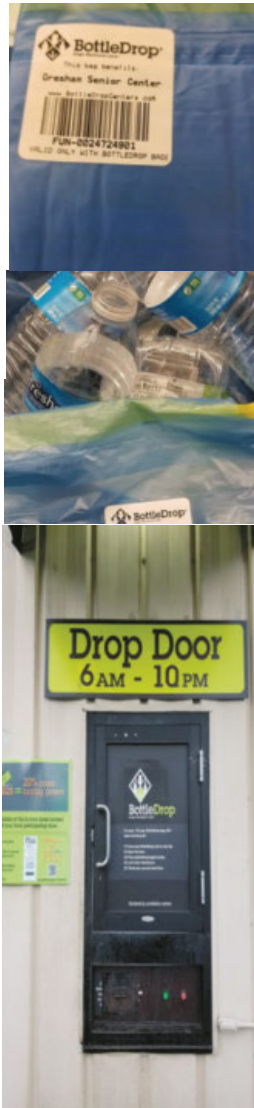
Pick up blue bags at 2255 NW Miller Ave. You can drop off the filled bags there until the GSC opens again.

Return the filled bags to any **Bottle Drop** location. **There is a special door outside their building. You simply scan the unique fundraiser label (QR code), open the door, deposit the blue bag, then close the door!**

No standing in lines, no having to drop cans and bottles one by one to retrieve a receipt.

Or you can bring the filled blue bags back to 2255 NW Miller Ave.

You can also donate online by going to: bottledropcenters.com (then click on For Individuals), next go to the donate site and look for Gresham Senior Center and donate funds or transfer funds from your Bottle Drop account to the Gresham Senior Center.



YOU CAN HELP THE GRESHAM SENIOR CENTER EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- ◆ Sign up for the Community rewards program by linking your Fred Meyer Rewards Card to **GRESHAM SENIOR CENTER** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number, FW263.
- ◆ Every time you use your Rewards Card, you're helping us earn a donation!
- ◆ You still earn your Rewards Points, Fuel Points & Rebates, just as you do today.
- ◆ Get your Rewards Card at the Customer Service desk of any Fred Meyer store.
- ◆ For more information, please visit www.fredmeyer.com/communityrewards

NEED A FOOT CARE APPOINTMENT?

Each Thursday our specially trained RNs offer foot care in the Trillium Room at the Gresham Senior Center. Cost is \$55.00 paid by cash or check.

Please bring 2 towels, one small & one big



**FOR APPOINTMENTS
CALL 503-988-4860**

Thank you for your donations received in May & June.

We deeply appreciate your ongoing support!

Thomas Arbuckle
Clarence & Joann Chong
Joan Cornish
Christine M. Freeman
Frank Green
R.M. Grevstad
Gerald Jarboe
Jean Jensen
Ruby & John Lyons
John Malowney
Brigitte Pack

**You too can donate to GSC by sending a check to:
Gresham Senior Center, 600 NE 8th St. #130,
Gresham OR 97030**

WHAT'S UP WITH THE QUILTING & SEWING ROOM



Here is the Quilts of Valor raffle quilt, on display at Unitus Community Credit Union, at 950 NW Eastman Parkway in Gresham. The drawing takes place at Unitus on July 9th, so be sure to purchase your raffle tickets soon. All proceeds support Quilts of Valor, a group of dedicated quilters who have been quilting and presenting handmade quilts to veterans nationwide since 2003. Our deepest thanks to Unitus for their ongoing support of the GSC and QOV!

The sewing room ladies and I have finished the car-themed quilt we'll be raffling off at our 6th Annual Car Show on August 25. Here's a sneak peak of the quilt front. →→→



We have held a number of workshops at the Annex, creating all sorts of interesting things, such as rope bowls and Dresden Plate blocks. We should have a fun and eclectic assortment of goods for sale during our Grand Re-opening celebration — which we hope will be happening soon!

If you have any questions, please contact me at 571-344-0150.

Midge Nasiatka, Quilting and Sewing Room Manager

CHERRY PARK PLAZA
Independent, Assisted and Memory Care Communities

Move in by January 1, 2024 and get 1 month free!

Contact Jacey Morris
503-491-1661

1323 SW Cherry Park Road | Troutdale, OR 97060

SERVING OUR CUSTOMERS AND OUR COMMUNITY

1999 E Powell Blvd, Gresham, OR 97080

Quick Lane **Gresham Ford**
TIRE & AUTO CENTER *The Dealer with A Heart!*

503.665.0101

WE SERVICE ALL MAKES AND MODELS

WARREN ALLEN
WarrenAllen LLP
ATTORNEYS AT LAW

Full Service Law Firm

Personal Injury
& Accidents

Wills ♦ Trusts ♦ Estates
Business ♦ Real Estate
Landlords' Rights

(503) 255-8795
contact@warrenallen.com

John J. O'Hara - Retired

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

THRIVE
LOCALLY

Mt. Hood Hospice
Because every day is a gift.

503.668.5545 | NON-PROFIT
5-STAR | mthoodhospice.org

Affordable Senior Living
The Heights at Columbia Knoll

8320 NE Sandy Blvd Portland, OR 97220

***Beautiful Apartments Available Now!**
ONE MONTH FREE!

***FOR A LIMITED TIME**
***Income guidelines apply**

(503) 203-1094

Join us for family fun!



**100+ vintage cars to see! Games!
Yummy food! Raffles & auctions!**

**6th Annual Car Show at the
Gresham Senior Center**

Sunday, August 25

Free admission! 10am-2pm

Gresham Senior Center Parking Lot
600 NE 8th St., Gresham

Pre-register your car by Aug. 16 for \$15

For more info, contact 503-988-4860 or

director@greshamseniorcenter.org

Benefitting the Gresham Senior Center &

Montavilla Quilts of Valor

Sponsored by **HUMANA**

Director's Notes



I hope you're planning to attend our 6th Annual Car show on August 25! We're looking forward to seeing you — it's been way too long. In our last newsletter, we told you we'd be opening in July but we had no sooner gone to print than the County and construction company changed our opening date to September. (I hope we don't have a repeat of that with this newsletter!) We are looking so forward to once again offering all of our usual activities—plus some new ones! We have now added Bunco to our activities! Join us in the Meals on Wheels dining room on the 3rd Friday of every month at 1:30pm for this fun game — all are welcome.

Our Ceramic Painting class is meeting offsite near Powell and 182nd St. in Gresham on Wednesdays and/or Fridays, from 10am to 1pm. The cost is \$2 per class and covers all ceramic glazes and firing in the kiln. There is an additional charge for the ceramic pieces you choose to paint, which you can buy from us or at Valley View Ceramics. We have ceramics for all budgets. To register for these classes or to request additional information, please call or text Nancy at 503-766-8540.

If you have any comments about our newsletter and ideas of what you'd like to see included in the newsletter, please don't hesitate to get in touch. You can email me at Director@greshamseniorcenter.com or leave a message at 503-988-4860. Thank you so much — hope to see you at the Car Show!

Lezlie Crosswhite, Program Director

  <small>YO020_WCM_78121E_C Internal Approved 06252021</small>	<h3>Medicare Advantage Plans</h3> <p>Harmony Clayton Regional Agency Manager</p> <p>1-971-727-6229</p> 	<p>SUPPORT OUR ADVERTISERS!</p>	
<h2>LET'S GROW YOUR BUSINESS</h2> <p>Advertise in our Newsletter!</p> <p>CONTACT ME Bill Clough</p> <p>wclough@lpicommunities.com</p> <p>(800) 950-9952 x2635</p>		 <p>John Gerbish www.greshamfuneral.com 503-618-8176 257 SE Roberts Ave. • Gresham jcg-gfc@frontier.com</p>	 <p>THRIVE LOCALLY</p>
<h3>ADT-Monitored Home Security</h3> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none">• Burglary• Fire Safety• Flood Detection• Carbon Monoxide <p>ADT Authorized Provider SafeStreets</p> <p>833-287-3502</p> 			



Have you heard about the Village Movement for seniors? It's a non-profit that helps bring needed services to seniors. Read below for more information!

Village Movement Coming to Gresham!



The Village Movement is coming to Gresham! The nationwide Village Movement is 25 years old. The first Village – Beacon Hill Village – started in Boston in 1999. UpRiver Village (www.uprivervillage.org) will support positive aging at home by providing socialization and extensive volunteer services to seniors in Gresham, Troutdale, Fairview and Wood Village.

UpRiver Village isn't a real estate development or a retirement community. Instead, members live in their own homes. They can be homeowners, renters, in shared housing, or living with relatives. The Village Movement embraces the strategy of bringing services to people rather than moving people to services. UpRiver Village will serve seniors within the city limits of Gresham, Troutdale, Fairview and Wood Village.

UpRiver Village will join Villages NW, a 501(c)3 not-for-profit organization with 13 existing and developing Villages in NW Oregon and SW Washington. UpRiver Village will also be a member of the national Village to Village network that includes over 500 existing and developing villages nationwide.

A core group of interested seniors is meeting monthly to work on organizational development. When that phase is complete, UpRiver Village will open for membership and start scheduling services.

UpRiver Village is building the foundation to provide practical services to members as well as opportunities for socializing. Volunteers will provide services such as transportation to appointments and shopping, occasional assistance with housekeeping and yard work, and help with technology. Social and recreational activities will include opportunities to meet like-minded seniors for coffees, book groups, potlucks, group walks, and more. Please see information on upcoming events at www.uprivervillage.org. Most events are open to the public at this time.

Please let us know if you're interested in volunteer opportunities to serve seniors or if you're interested in becoming a member and receiving services in the future.

UpRiver Village currently needs volunteers to help with organizational development, communication and outreach. Please contact us at www.uprivervillage.org or 503 489 8813 if you can contribute to our current marketing efforts. We'd love to have you join us!



Notes from the Travel Desk



Wow! All the trips except for the ones below are filled. I wish I could offer more seats on each trip, but only fourteen people can go on each. Below are the only ones left with space that have a larger capacity, so don't wait — call now if you want to go on one of them!

Wednesday, Oct. 9, 2024	Portland to Astoria River Cruise (<i>Waitlist only</i>)
Sunday, Dec. 1 – Tues., Dec. 3, 2024	Leavenworth, WA.
Monday, April 21 - Wed., April 30, 2025	Railroad through Copper Canyon
Sunday, May 15 - Fri., May 27, 2025	The Azores

Have you always wanted to do a Panama Canal cruise? Here is your chance to sail on the Norwegian *Encore* for 15 days from Los Angeles to Miami, January 16, 2026. You can make a deposit to hold your space and final payment is not due until 9/18/2025. We will be celebrating birthdays of all ages.

Would you like to do an Alaskan Cruise in 2025? Stay tuned, our dates will be announced in the next newsletter! Call me and I can add your names to the list of interested people and you will be the first to get the information. Please contact me, Terry A Pullen, for details and reservations. If you have a trip you'd like to do that isn't offered, let me know. I will be happy to assist with making it happen. Call my cell phone 503.998.5780 or email me at gsctravel@greshamseniorcenter.org. Thank you.

Major Changes Coming to Medicare in 2025

You may have heard of some major changes Medicare is making regarding coverage of your Prescription Drug Plans that will go into effect in January of 2025.

Although this legislation was hailed as a move to lower the cost of prescription drugs for Medicare recipients, for many it may actually do just the opposite. The federal government is shifting the financial burden from Medicare onto the health plan companies that sell Medicare prescription drug plans and the pharmaceutical companies that manufacture our drugs. This transfer of cost will likely raise the costs of drugs on all Medicare Part D drug plans going forward.

We believe we can expect higher premiums (particularly with standalone drug plans), fewer plan choices, more restrictive formularies (what drugs will be covered), more drug utilization management (how much may be prescribed), and a reduction of some benefits in Medicare Advantage plans.

As soon as the Gresham Senior Center reopens this fall, we will again be holding educational classes where we will address your questions and assist you in going forward. Until the re-opening date is officially set, we would be happy to keep you updated as more information becomes available from the health plans as they navigate through these weighty changes.

If you would like to participate in our informational updates, please phone us at (503) 765-5834 or email me at Deedra@cedarspringsadvisors.com. If you already have a Medicare Agent you work with, you may want to reach out to them for assistance in walking through these changes.

Hoping you all have a great summer!

Arnie Poutala & Deedra Thompson, of Cedar Springs Advisors

Join the Gresham Senior Center, October 9, 2024, on the



Portland to Astoria River Cruise

We're excited to announce that the highly anticipated all-day cruise to Astoria is back! The broad waters of the Columbia River will carry you through the forest covered coastal range to the vibrant harbor of Astoria, Oregon's oldest city. Join us for an adventure-filled day retracing the route of Lewis & Clark. [We will leave the Gresham Senior Center at 7:30 a.m. and return after the cruise. Unless you choose to drive yourself.](#)



What's Included

All-day cruise to Astoria
Live historical narration by acclaimed [Dr. Stephen Dow Beckman](#)
Continental breakfast
Plated lunch
Dessert
Coffee, hot tea & fountain sodas
Soup & hearty evening snack.
Motorcoach transportation back to Portland
Complimentary parking at our Caruthers Landing Dock
Service gratuity, taxes and fees.

Price Person \$225.00 (non-refundable)

Cruise Route Schedule

8:30 am — Board at [Caruthers Landing](#)
9:00 am — Cruise departs Portland
6:00 pm — Arrive in Astoria and board motorcoaches
8:00 pm — Return to Caruthers Landing (approximate)

PLEASE NOTE: We cannot accommodate passengers in wheelchairs on this cruise. Disembarking is from the top deck; passengers must be able to do stairs.

Contact Terry A Pullen for reservations:

503-998-5780 or gsctravel@greshamseniorcenter.org

Line Dancing Classes

Mondays 10:00am - noon

Fridays 11:00 am - 1:00 pm

All are welcome at any dance! \$2 donation requested

In the Trillium Room at the GSC



Enter through the

Meals on Wheels delivery doors at the side of the building at

600 NE 8th St., Gresham



Chair Yoga

Mondays 9:00am-9:55 am

Our new format includes standing weight-bearing exercises for 20 minutes & 30 minutes chair-assisted yoga. Please bring light weights, elastic band, and water.

Everyone is welcome! \$2 donation requested

Trillium Room at the GSC. Enter through the Meals on Wheels delivery doors at the side of the building at 600 NE 8th St., Gresham

TAI CHI

Monday 12-1pm Intermediate

Tuesday 8am-9 am Beginner

9am-10am Beginner

10am-11am Intermediate

Wednesday 12pm-1pm Intermediate

Friday 8am-9am Beginner

9am-10am Beginner

10am-11am Advanced



In the Trillium Room at the GSC. Enter through the Meals on Wheels delivery doors at the side of the building at 600 NE 8th St., Gresham. \$2 donation requested.

The Last Word

Lezlie Crosswhite

Don't forget the Quilts of Valor quilt raffle at Unitus—Tickets are \$5 each or \$20 for 5 tickets.

Remember to look for the GSC booth at the Gresham Arts Festival on July 20th! There are 125 vendors, live music — and our smiling faces!

If you've been missing your ceramics and want to join the offsite class on Wednesdays an/or Fridays from 10am—1pm, please be sure to call or text Nancy at 503-766-8540. There is limited space so you must register to attend. Cost is still \$2 per class and covers all ceramic glazes and firing in the kiln. The offsite location for classes is located at Powell and 182nd in Gresham.

AARP Driver Safety classes are being held monthly at Holiday Gresham Manor. For more information and to sign up, please call them at 503 667-9330.

Would you like to hang out with nice people and cool cars? We're looking for volunteers for our Car Show! You choose what you want to do and how long you want to help. Please call Lezlie at 503-988-4860 with any questions you have. Thank you so much!

Your Gresham Senior Center runs on volunteer power — and donations!

Our donations & income have dropped considerably since we had to close for repairs in February. If you are in a position to make a donation of any amount, we would be most grateful. You can make your check out to the Gresham Senior Center and send it to:

Gresham Senior Center, 600 NE 8th St. Room 130, Gresham OR 97030



CELEBRATING 56 YEARS *ENRICHING LIVES OF PEOPLE 50 & BEYOND*

Gresham Senior Center
600 NE 8th St
Room 130
Gresham OR 97030

NON PROFIT
U.S. POSTAGE
PAID
GRESHAM, OR
PERMIT NO. **90**

Place Label Here