



# Gresham Senior Center

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

**ALL GSC MEMBERS ARE WELCOME AT GSC BOARD MEETINGS**

**Wednesday, Nov. 13**  
**Wednesday, Dec. 11**  
**6pm - 7pm**  
**In the Blue Lake Room**

**November-December 2024**

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

**GSC Office: 503-988-4860**  
*Mon.-Fri. 830am-3:00pm*

**Boutique: 503-988-8388**  
*Mon.-Fri. 10am-2pm*

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

**Quilting Center's new phone number: 503-988-9894**

**GSC will be closed on the following days:**

**Veteran's Day: Nov. 11**

**Thanksgiving: Nov. 28 & 29**

**Christmas Eve: Dec. 24**

**Christmas Day: Dec. 25**

**New Year's Eve: Dec. 31**

**New Year's Day: Jan. 1**

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## *GSC's Ribbon Cutting & Grand Reopening Party*



*"The Gresham Senior Center is the bright light helping our community."*

*Gresham Mayor Stovall*



# 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, John McArdle, Amber Milmore, Dave Stephenson, Bernie Walter*

Lezlie Crosswhite, Program Director

## **FROM THE PRESIDENT --- NOV. - DEC. 2024**

I'm happy to say that the GSC is fully open for business! Our volunteers and teachers are thrilled to be back. The Boutique is open with volunteers and vendors displaying their hand-made items. The Quilting & Sewing Room has been renamed as The Quilting Center and they are accepting customer quilts to finish.



Multnomah County has increased their security measures in the building by stationing a guard just inside the East parking lot area. Security buttons have been installed. We are currently working with the County to get new, more accurate signs installed.

Save the dates for our Holiday Bazaar November 25-27 and our annual "Be a Santa to a Senior" program in December in partnership with Home Instead. Classes and additional information can be found throughout this Newsletter, in the Director's Notes and The Quilting Center News.

Read about our local and long distance trips in the Travel Desk Notes. Lastly, don't forget our Tuesday Night Dance with a live band, a potluck supper and great fun for everyone. As always, we welcome your comments and suggestions on how we can improve upon the services we offer to our Seniors.

*Paul Nasiatka, GSC Board President 571-641-9617*

**The Gresham Senior Center is deeply grateful for  
your donations received in September & October  
*We couldn't do it without you!***

Clarence & Joann Chong, Bernard & Marsha Fisher, Christine M. Freeman, Ruth & Clark Hofmann, Oregon Beverage Recycling Cooperative, Ann Stacey, Ken Westerhausen, Lori Wirth

***You too can donate to GSC by sending a check to:***

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



## THE TUESDAY NIGHT DANCE

Live Music Every Tuesday 5:30—7:30pm!

Featuring the music of *The Desert Dogs*

Admission \$6 per person

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

In the Meals on Wheels Dining Room.

600 NE 8th St., Gresham



## NEED A FOOTCARE APPOINTMENT?

Every Thursday AND one Tuesday per month, specially trained RNs offer foot care at the Gresham Senior Center. Cost is \$55.00 **payable by cash or check only.** *We do not accept credit cards.*

**New appointment times available on Tuesday Nov. 5**

FOR APPOINTMENTS CALL

**503-988-4860**

Be sure to bring  
2 towels with you:  
one small and  
one big!



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## UPCOMING CLASSES & EVENTS

FREE Classes on Grief and End of Life Planning

Nov 13th - 3:30-5pm - Grief and the Holidays

Dec 10th - 2:30-4pm - Seasonal Art Activity

Jan 21st - 2:30-4pm - Hospice Basics

To Register

CALL  
503-988-4860

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

## CPR Training

November 19

10:00am – 1:00pm

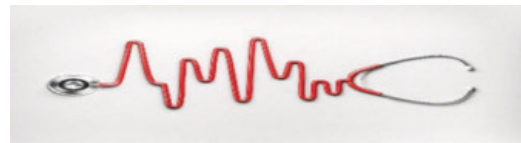


Basic Community level

CPR/First Aid/ AED for Adult, Child, & Infant:  
**\$40/person**

BLS for healthcare w/ AHA Certification, CPR/First Aid/AED for Adult, Child, & Infant: **\$60 /person**

RSVP at the GSC front desk or call **503-988-4860**



*Proceeds from every class goes to Gresham Senior Center*

## HASSLE-FREE WAYS TO SUPPORT OUR SENIORS



An easy way to support GSC is to pick up a **Bottle Drop Blue Bag** from the GSC Front Desk. We'll happily accept your filled bags! You can return your filled bags to our Front Desk or to any Bottle Drop location. Our unique fundraiser label ensures that your bag supports GSC. Questions? Call **503-988-4860**.

To return the filled bags to any **Bottle Drop** location, go to the special door outside their building. Scan the fundraiser label, open the door, deposit your bags and then close the door.

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

You can also donate online by going to: [bottledropcenters.com](http://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 the PNW, 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/community-rewards](http://www.fredmeyer.com/community-rewards). 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/community-rewards](http://www.fredmeyer.com/community-rewards)



## WHAT'S UP WITH THE QUILTING CENTER

We have a new name! We are **The Quilting Center**, since finishing quilts is our primary activity. And yes, we are fully open so bring in your customer quilts on Tuesdays or Thursdays between 9:00am-2:00pm. Our volunteers are anxious to do the quilting for you. We also have quilts for sale displayed in our hallway.



What's new? In January we are going to kick off our "Wednesday Workshops." These will be one-day workshops using pre-cut kits. A list of projects will be posted on The Quilting Center door and also included in a flyer that will be available at our Holiday Bazaar November 25-27, plus samples of a few of the projects. All materials will be provided; the cost for each class will vary based upon the materials required. Sewing machines will be provided if you don't have your own. Just bring yourself and a "can do" attitude. Space is limited so you will need to sign up for each class in advance. Additional information will be included in our GSC January-February Newsletter. **Midge Nasiatka, Quilting Center Manager 503-988-9894**



### JOIN OUR QUILTING CLASS!

If you always wanted to learn how to make a quilt, you are in luck! Join us at the Gresham Senior Center Tuesday mornings 9:00-11:30am. If you have a portable sewing machine, you are welcome to bring it. All levels of quilters are welcome to join! Beginners learn from experts and soon you will be the proud owner of your first quilt! \$2 per class suggested donation. Questions? Call 503-988-4860.

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## Director's Notes



We had such fun at our Grand Reopening Party last month! There were 300+ GSC members and guests in attendance, our Gresham Mayor Stovall, Gresham City Administrator Eric Schmidt, the Gresham Chamber of Commerce, yummy food and a fabulous trio, *Music We Remember*. As is always the case, the mighty GSC Volunteers caused everything to work so smoothly and the made the magic happen. I am deeply grateful. As Mayor Stovall said in his speech before the ribbon cutting ceremony, "The fabric of Gresham and the Senior Center is all the great volunteers. The Gresham Senior Center is the bright light helping our community."

*Lezlie Crosswhite, Program Director*

# BE A SANTA TO A SENIOR

HOME INSTEAD SENIOR CARE®



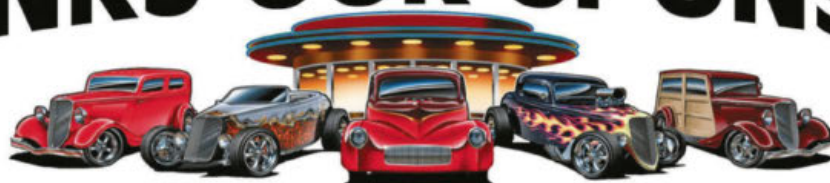
## JOIN THE FUN -

## BE A SANTA TO A SENIOR!

Beginning Tuesday Nov. 12, visit our tree at the **Gresham Senior Center front desk**. Take a **wish list tag** from the tree and buy at least one of the gifts on the wish list tag. Bring the wish list tag and your gifts (unwrapped!) to our front desk between 10am – 3pm Monday - Friday. To give the elves enough time to wrap and deliver the gifts, please drop at our office no later than December 9. **Thank you for your generosity to our Seniors!**

# GRESHAM SENIOR CENTER

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## A Retirement, if you can keep it

237 years ago, on the 17th of September, 1787, American Founding Father Benjamin Franklin was exhausted after a muggy Philadelphia summer spent arguing over the fundamental nature of man and how a country ought to govern itself. Upon his exit from the Constitutional Convention, Franklin was asked "Well, Doctor, what have we got, a republic or a monarchy?" To which Franklin famously replied "A Republic, if you can keep it." At this point in his life, Franklin was 81 years old and knew well that things of great value can be built and then lost if they are not actively kept and defended.

Many of my clients are in a position similar to Benjamin Franklin, having worked hard for a lifetime to build a foundation for future generations to enjoy, but knowing that there are dangers that would seek to steal the fruits of their labor.

Some people are "Land rich, cash poor" meaning that by virtue of the Oregon real estate market, they may own land worth quite a bit of money, but they still live paycheck to paycheck, or harvest to harvest, or job to job. These clients might have some money saved up, but not likely the \$120,000+ a year that long term care can cost per person.

If you find yourself in a similar situation, I have good news: You have a retirement, if you can keep it. With careful planning and help from a team of professionals including a Financial Planner and an Estate Planning Attorney, you can make sure that as much of your legacy is preserved as possible with as little going to the government or to attorney's fees as we can. Don't sell the family property until you've consulted with an Estate Planning attorney to go over all your options.

No man knows the day or the hour that they will pass, or lose competency, or need assistance to get through the day. Don't wait until it's too late and some of your options are taken off the table. Put the work in now so you can enjoy the value and certainty it creates for years to come. I am reminded of another quote from Benjamin Franklin, "Dost thou love life? Then do not squander Time; for that's the Stuff Life is made of." Call an Estate Planning attorney today and protect your Family, Legacy, and Dignity.

**Attorney Nathan Begley, Good Advice Law, 503-492-4229**



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## NOVEMBER/DECEMBER CLASS & ACTIVITIES LIST AT THE GRESHAM SENIOR CENTER

Unless noted, there is a \$2 per class suggested donation. **To be absolutely sure your class is meeting at the stated date, time, & place, please call your teacher directly or contact our Front Desk at 503-988-4860.**

ACTIVITY	DAYS	TIMES	INFORMATION	ROOM NAME
<b>Aggie's Place (Exercise Room)</b>	Monday & Wednesday	8:00am-12:00pm	call 971-803-0389 to schedule Aggie's Place	
<b>Artist Group /Painting</b>	Thursday	9:30am-2:30pm	drop in class	Ceramics Room
<b>Books, Puzzles &amp; Games</b>	Daily	10:00am - 2:00pm	free	Library & Lounge
<b>Bunco</b>	3rd Friday of every month	1:30 - 3:30 pm	\$5 per person to play	Trillium Room
<b>Ceramics Class</b>	Monday & Friday	9:00am-2:00pm	\$3 per person per class	Ceramics Room
	Wednesday (self-paced)	12:00-4:00pm	Independent Ceramics Lab	Ceramics Room
<b>Chair Yoga</b>	Monday	9:00am-10:00am	Bring light weights & water	Trillium Room
<b>CPR classes</b>	November 19	10:00am - 1:00pm	RSVP 503-988-4860 \$40/pp	Primrose Room
<b>Footcare</b>	Every Thursday	by appointment only	call 503-988-4860 to schedule	Primrose Room
<b>Line Dancing</b>	Monday	10:00am - 12:00pm		Trillium Room
	Friday	11:00 am- 1:00pm		
<b>Meals on Wheels</b>	Tues., Wed., Thurs.	noon - 1:00 pm	For 60 and older	MOW dining room
<b>Quilting Class</b>	Tuesday	9:00am-11:30am		Ceramics Room
<b>Tai Chi</b>	Monday	12:00-1pm	Intermediate Class	Trillium Room
	Tuesday	8:00am-9:00am &	Beginner Class	Trillium Room
	Tuesday	9:00am-10:00am	Beginner Class	Trillium Room
	Tuesday	10:00am-11:00am	Intermediate Class	Trillium Room
	Wednesday	12:00pm-1:00pm	Intermediate Class	Trillium Room
	Thursday	8:00am-9:00am &	Beginner Class	Trillium Room
	Thursday	9:00am-10:00am	Beginner Class	Trillium Room
	Thursday	10:00am-11:00am	Advanced Class	Trillium Room
<b>Tuesday Night Dance</b>	Every Tuesday	5:30 pm - 7:30 pm	Live Band The Desert Dogs	MOW Dining Rm.
<b>Writers Interactive Group</b>	Tuesday	12:30 pm-1:30pm	Email mizetasworld@live.com	via Zoom



## Upcoming Elder Law Workshops at the Gresham Senior Center

### 3 Things you Should Know When Caring for Loved Ones

Thursday Nov. 21, 1:00 – 2:00 pm

### Leaving a Legacy

Thursday, Dec. 19, 1:00 – 2:00 pm

**RSVP 503-988-4860**

**NATHAN BEGLEY**

503-492-4229



## 2024 Holiday Peace

### Meditation Class

Do the holidays leave you feeling stressed?

Find serenity this fall to help you navigate the challenges of the season.

Where: Gresham Sr Ctr

When: Tuesday Nov. 19th

2:45 pm - 4 pm

Cost: Free

Contact: 503-988-4860

Experience the effectiveness of:

- ✓ Meditation
- ✓ Hypnosis
- ✓ NLP (Neurolinguistic Programming)

Discover techniques to:

- ✓ Manage holiday stress
- ✓ Navigate family dynamics
- ✓ Find joy amidst challenges

Perfect for seniors seeking peace during busy times.

Space limited. Reserve now!

## Art Classes

**When:** Every THURSDAY

**Where:** Twin Flowers (Ceramics) Room

**When:** 9:30am - 2:30pm

**Cost:** \$2 per class

**Teacher:** Patti Klein

*Everyone is welcome,  
no matter your skill level  
Come and Join the Fun!*

**All Mediums Welcome!!**



## Come Sail with the GRESHAM SENIOR CENTER

Sunday, May 18, to May 25, 2025

### 7-Day Cruise on Norwegian Encore

Alaska: Glacier Bay, Skagway & Juneau from Seattle, WA 5 Ports of Call

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\$1,208.07 Balcony BB \$1,965.48 Mini-Suite

MA \$2,145.86 other categories available. **Rates are per person based on double occupancy.**

Deposit of \$250.00 pp due on booking Final due January 15, 2025. For more information contact:

**Terry A Pullen cell 503-998-5780 or**  
[gsctravel@greshamseniorcenter.org](mailto:gsctravel@greshamseniorcenter.org)



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Make an appointment to shop & donate at GSC's off-site clothing closet! We accept your donations of clean, usable, good condition clothing of any size. **BY APPOINTMENT ONLY -- Call Nancy at 503-766-8540**

## NOTES FROM THE TRAVEL DESK



We had a great day voyage on the *Portland Spirit* from Portland to Astoria. The scenery was beautiful, the food was wonderful - they know how to treat their guests! There were thirty of us on this trip. I hope you can join us next year!

We have 2 upcoming day trips:

**Nov. 16, 2024**, Columbia Gorge Model Railroad Open House, \$25.00 per person.

**Nov. 20, 2024** Play "Home for the Holidays," \$25.00 per person.

Space goes fast on the day trips, but I always take a waitlist, and I will contact you if a cancellation happens. Call me at 503-998-5780 for more information.

Our upcoming tours and cruises include:

Railroading through Mexico's Copper Canyon, **April 21-30, 2025**, a Mayflower tour.

Alaska Cruise on Norwegian Encore, **May 18-25, 2025**, sailing through Glacier Bay, AK.

Machu Picchu & Galapagos Wonders, **Oct. 27 – Nov. 9, 2025**, a Collette tour.

Panama Canal Cruise on Norwegian Encore, **Jan. 16-31, 2026**, from Los Angeles, CA to Miami, FL. 15 days of celebrating everyone's birthdays including mine, come join the fun.

Discover American Heritage, **April 10-17, 2026**, a Collette tour.

Hawaii Island Cruise on the Norwegian Pride of America, **May 2-9, 2026**, the perfect way to see Maui, Kauai, Hilo, Kona and Oahu -- and only unpack once.

If you want to go on one of these trips and the date doesn't work let me know and I can assist you with booking an alternative date for you and your friends.

Check out the brochure rack at the Gresham Senior Center for fliers on these trips.

*Terry Ann Pullen, 503-988-5780, or email: [GSCtravel@greshamseniorcenter.org](mailto:GSCtravel@greshamseniorcenter.org)*



## Medicare Moment: Big Changes for 2025!

Medicare Annual Enrollment is upon us. Oct. 15 - Dec. 7 is your time to get your Medicare plan check up! In this article, we'll discuss how you could be impacted in 2025 by the changes in Medicare as a result of the Inflation Reduction Act. These may have a positive, negative, or no effect on your medication or healthcare costs, but you will want to look into them to see how you personally will be affected.

The biggest changes this year are prescription drug coverage, including eliminating the coverage gap (the "donut hole"), a \$2,000 cap for out-of-pocket costs for all medications, and the Medicare Prescription Payment Program.

**Elimination of the Coverage Gap:** If you use high-cost medications, you're familiar with finding that the cost of your sometimes lifesaving medication costs twice what you paid last month. The confusing calculation that resulted in that coverage gap has been eliminated.

**\$2,000 Cap for Prescription Drugs:** There is a hard cap of \$2,000 on the cost of your prescriptions, calculated by the higher of either your copay or 25% of the retail cost of the medications. Some people may still pay less than \$2,000, but in any case once you have reached the \$2,000 cap, you pay \$0 for all your prescriptions for the rest of the year.

**Medicare Prescription Payment Program (MP3):** The final change is the establishment of a prescription payment program. Because the out-of-pocket costs for you may be lower than in the past, the responsibility for paying these costs has been transferred to the insurance plans. So you may see that your plan has a new or higher deductible for medications than you had last year. The maximum deductible for 2025 will be \$590. This, coupled with some plans having 25-35% coinsurance charges for some brand name and specialty drug tiers, means you may have a high out-of-pocket cost up front.

To alleviate the high price at the pharmacy, you can opt in to the MP3 with your health plan. Rather than paying at the pharmacy counter, you will be billed from your health plan. The cost of your prescriptions will be spread out over the entire year, thus lowering your monthly cost if you have a high deductible and/or expensive medication. This option may not be right for you, and it is always recommended to review this with your trusted Medicare broker or health plan.

**Medicare Advantage Plan Changes:** To accommodate these changes, there may be some changes to your Medicare Advantage plans. You may have received a letter stating your Medicare Advantage plan will no longer be available in your area or that there are less benefits offered than this past year. Each health plan is different, so be sure to review your plan for next year to be aware of the specific changes that will affect you. If you have not already, act NOW to ensure you are prepared for 2025!

**Jenny Coulter, Broker, NW Medicare Advisors** 503-912-8818 [jenny@nwmedicareadvisors.com](mailto:jenny@nwmedicareadvisors.com)

GRESHAM SENIOR CENTER

# HOLIDAY BAZAAR

QUALITY ITEMS HANDMADE  
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600 NE 8TH STREET  
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