



Gresham Senior Center

CELEBRATING 57 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

ALL GSC MEMBERS ARE WELCOME AT GSC BOARD MEETINGS

Wednesday, March 12
Wednesday, April 9
6 - 7pm
In the Blue Lake Room

March & April 2025
Gresham Senior Center
600 NE 8th St., Room 130
Gresham, OR 97030

GSC Office: 503-988-4860
Mon.- Fri. 8:30am - 3:00pm

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

Quilting & Sewing Center
Tues. & Thurs.: 9am - 2pm
& by appointment

Travel Desk: 503-988-9897
Please call for appointment

Save the Date!

- Mar. 19 **BOOK SALE!**
- May 3 **MOTHER'S DAY FESTIVITIES & SPRING BAZAAR**
- June 11-12 **FABRIC XTRAVAGANZA**
- Sept. 14 **7th ANNUAL CAR SHOW**

Follow us on **facebook**

& visit our website at

www.GreshamSeniorCenter.org

An Invitation

from the Mad Hatter & the Gresham Senior Center to come to

Alice's Garden of Wonders

Saturday, May 3rd

Doors open for the Mother's Day festivities at 12pm

Lunch will be served 12:30pm

Shop 9 am to 3 pm

at the

Mother's Day Bazaar

Fancy hats will be for sale!

The Mad Hatter wants to see your favorite hat upon your head while you march in the Hat Parade-- you may win a prize! We'll have raffles & more...



Purchase tickets at the Gresham Senior Center by May 1st

Tickets are \$20 per person.

Table of six people \$100 (save \$20)

Cash or checks only.

Call 503-988-4860

for more information



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

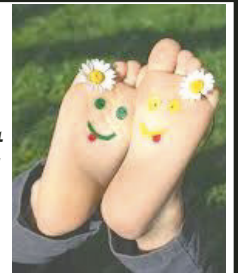
Members at Large

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

LOOKING FOR FOOTCARE?

Every Thursday AND one Tuesday per month, specially trained RNs offer footcare here at the GSC. Cost is \$55.00 **payable by cash or check only.** *We do not accept credit cards. Bring a large & a small towel.*



FOR APPOINTMENTS CALL 503-988-4860

FROM THE GSC BOARD PRESIDENT

We survived our token winter snowstorm without too much of a disruption. It provided a well-deserved 5-day weekend to give all our volunteers a chance to rejuvenate themselves. With spring approaching, the crocuses, primroses and other early flowers will be poking out of the ground before you know it. Our next major event is our Mother's Day Festivities to be held on Saturday, May 3. The theme this year will be "Alice's Garden of Wonders." This annual event is to honor all mothers on their special day. In addition to lunch being provided, we'll have entertainment, a bazaar, a hat parade and raffles. Tickets are available at the GSC and due to their popularity, they sell out quickly.



We would like to thank the Oregon Community Foundation for their generous grant to support our general operations. We'd also like to thank Amazon for their donation of Winter Warming Kits for our volunteers and members. Any and all donations -- especially from businesses -- are greatly appreciated.

Our Board of Directors meets the second Wednesday of each month; everyone is invited to attend. At our June meeting, we will be electing new Board members. If you are interested in serving on the Board and being a part of the GSC please contact me by March 31 so I can provide you with information regarding Board member responsibilities. This will provide us with sufficient time to prepare and distribute the ballots to all of our members and compile the results.

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

The Gresham Senior Center is deeply grateful for your donations received in January and February 2025

We truly could not do it without you!

Anonymous Donors, Mary Ann Anderson in Memory of Milford Anderson, Rolando Arauso, Judith Barnett, Rosalie Becker, Don & Pre Bee in Memory of Helen Leichner, Joann & Butch Chong, Rosario Flores, Christine Freeman, Thomas Fox in Memory of Lady Jane Fox, Bob & Adare Grane, Laura Laakso in Memory of Joan Craven, Anna Farwell Leischner in memory of Terrence Oregon Farwell, Lynda Lutz, Mary Owings in honor of Ruth Little, Sharon Petri, Faith Rosa, Marilyn Rashedi, Charlotte Rogers, and Bernie Walter.

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

GSC Boutique News

Kim Smathers, Boutique Manager

Welcome Spring! Our Boutique is stocking our shelves with spring-related treasures. From St. Patrick's Day "pots of gold" to Easter cupcake baskets to aprons, cards, and jewelry for mom. Come meet our friendly volunteers and purchase gifts for your someone special!

Submitted by Kathy Sommersel



503-206-8930

13031 SE Foster Rd

Portland, OR 97236

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

NW

Medicare Advisors
A Non-Government Agency

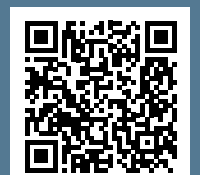
MAKING MEDICARE EASY

Serving Multnomah and
Clackamas Counties



Jenny Coulter
Broker

503-912-8818



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



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

Visit lpicommunities.com



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

Gresham Senior Center, Gresham, OR

A 4C 05-1112

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.

CPR Training



The last Tuesday of every month
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**

Edward Jones

1584 NE 8th Street #104
Gresham, OR 97030

503-912-7114

Ben Chumov



Financial Advisor

Member SIPC

MKT-5894 P-A, A.E.C.S.P.A.D.

Join us for our free seminars
*4 Tips to help make the most
of your TAX REFUND*

March 18 & April 22 1:00 - 2:00pm

At the Gresham Senior Center

Call **503-912-7114** to save your seat!

alzheimer's association

Caregiver Support Group

**Wednesdays 1pm – 2:30pm
at the Gresham Senior Center**

Open to all Caregivers for those with Alzheimer's
or dementia. Do you have questions?

Call Breanna at **503-750-9545**

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 (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. 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

WHAT'S UP WITH THE QUILTING & SEWING CENTER

Midge Nasiatka, Quilting Center Manager

"JACK," the name we gave our Long Arm Computerized Quilting Machine, is running quite well. It's named after Jack Day who donated it to the GSC several years ago. A huge "THANK YOU" goes to Tomme & Craig Fent who have provided amazing technical assistance in keeping the tablet & machine operational. Their efforts saved the GSC over \$850 in repair costs. In addition, Tomme is the instructor for our volunteers wishing to become proficient in operating "JACK".

Our "Wednesday Workshops" are off to a great start. A new project will be taught the 2nd & 4th Wednesday of each month from 9:00AM-1:00PM. These are 1-day classes. Flyers are available at the Front Desk. All materials are provided but you need to register in advance at the GSC Front Desk. Class size is limited to 5 students but other classes can be scheduled from our waiting list. Suggestions on future class offerings are encouraged.

And lastly a big "THANK YOU" to all of our volunteers in the Quilting & Sewing Center who make it a success.

March 26 - Slip-on Oven Mitts



April 9 - Dresden Plate Blocks



Upcoming Projects

April 23 -

Patriotic Star Blocks

May 14 & 28 -

Coiled Rope Bowls

FAIRLAWN
OF OLYMPUS RETIREMENT LIVING

1280 NE Kane Drive

Call For A Tour! (503) 491-2131

Nick Parisi

Ask About Our Winter Specials

SERVING OUR CUSTOMERS AND OUR COMMUNITY

1999 E Powell Blvd, Gresham, OR 97080



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!

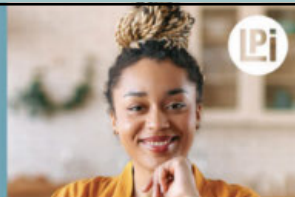
AD SALES EXECUTIVES

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

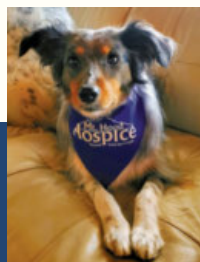
THRIVE
LOCALLY

Mt. Hood Hospice

**THE BEST CHOICE WHEN IT
COMES TO HOSPICE!**

WE ARE A NOT-FOR-PROFIT HOSPICE THAT PROVIDES
QUALITY CARE FOR TERMINALLY ILL PATIENTS AND THEIR
LOVED ONES, REGARDLESS OF THEIR ABILITY TO PAY.

NON-PROFIT • 5-STAR | 503.668.5545 • 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



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

Gresham Senior Center, Gresham, OR

B 4C 05-1112

Director's Notes

Lezlie Crosswhite



I hope you were able to attend our Wellness Resource Fair! We welcomed 25 vendors & approximately 150 attendees. I am so very grateful to those of you who donated to our 2024 Annual Appeal -- GSC received **\$4342!** **Thank you!** As you know, the GSC runs on volunteer power -- and donations!

FREE Monday Matinees!

3/3/2025	SOME LIKE IT HOT
3/17/2025	WAKING NED DEVINE
4/7/2025	GREASE
4/21/2025	SINGING IN THE RAIN
5/5/2025	THE PRINCESS BRIDE
5/19/2025	SOUND OF MUSIC
5/26/2025	No Film Today
6/2/2025	TRUE GRIT (The Original)
6/16/2025	SOUTH PACIFIC
7/7/2025	THE THIN MAN
7/21/2025	BAREFOOT IN THE PARK
8/4/2025	BREAKFAST AT TIFFANY'S
8/18/2025	CALENDAR GIRLS
9/1/2025	No Film Today
9/15/2025	WEST SIDE STORY
10/6/2025	ADAM'S RIB

Movies start at 1pm every other Monday in the Blue Lake Room.

The movie is free!

Popcorn & sodas are \$1 each.

Movies are subject to change without notice, so call the front desk to check on your favorites!

503-988-4860



Peace Ripples Meditation

A gentle meditation class for seniors; you can learn simple techniques to find inner calm. Together, we'll create a peaceful space that benefits both our own wellbeing and our community.

No experience needed.

Jan. 24th &

Feb. 28th

12noon-1pm



\$3 per person

Space Limited

Reserve Today

Join us in spreading tranquility from our hearts to our neighborhood and beyond.

Call 503-988-4860 or come by the Front Desk to reserve your spot!

Good Time Singers

Do you like to sing & have fun? **No Auditions!** Bring your friends and make new ones!

Wednesdays 10 - 1130am

Sign up at the front desk or call **503-988-4860**

Hooks & Needles

Newbie or pro, bring your yarn, hooks & needles-- Let creativity flow!



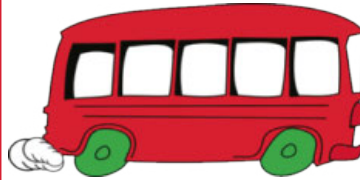
2nd & 4th Wednesdays, 1 - 2pm in the Primrose Room

Are you curious about
Essential Oils & how they
can help you?

*Join Wellness Advocate
Maria from doTERRA!*

**Wednesdays in March
10:00-11:30am**

**RSVP at 503-988-4860
for your preferred date.**



VOLUNTEER BUS DRIVERS NEEDED FOR GSC DAY TRIPS!

You must have a good driver's record, be in good health and be able to pass a background check. You will need to take some on-line classes and pass the driving test. No CDL license is required!

As a thank you for driving, you will get free admission to that event and a free meal.

**To get started, contact Terry A. Pullen
at 503-998-5780 or
gsctravel@greshamseniorcenter.org**

IT'S BUNCO TIME AGAIN!

The 3rd Friday of every month

1:00 - 3:00 pm

\$5 per person for prizes

Call 503-988-4860 to reserve your spot

Line Dancing - new class!

Mondays/Fridays 10:00am-noon Beginners & up

NEW! Thursdays 2:00pm-4:00pm **Intermediate only**

\$2 donation requested. In the Trillium Room at the GSC.



**Medicare
Advantage Plans**

Harmony Clayton
Regional Agency Manager

1-971-727-6229



YO020_WCM_78121E_C Internal Approved 06252021

**SUPPORT OUR
ADVERTISERS!**

**Seamstress &
Alterations Specialist**



Call Amber for a quote/appointment
503-453.3810

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

**CONTACT ME
Bill Clough**

wclough@lpicommunities.com
(800) 950-9952 x2635



John Gerbish
www.greshamfuneral.com
503-618-8176
257 SE Roberts Ave. • Gresham
jcg-gfc@frontier.com

**SUPPORT
OUR
PARISH**



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized Provider | SafeStreets | **833-287-3502**

MARCH/APRIL CLASSES & ACTIVITIES 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
Alzheimer Support Group	Every Wednesday	1:00pm - 2:30pm	Call Breanna at 503-750-9545	Blue Lake
Bunco	3rd Friday of every month	1:00 - 3:00 pm	\$5 per person to play	Trillium
Calligraphy /Painting	Thursdays	9:30am-2:30pm	Call 503-674-6713 for more info.	Ceramics
Ceramics Class	Mondays & Fridays	9:00am-2:00pm	\$3 per person per class	Ceramics
	Wednesday (Advanced only)	12:00-4:00pm	No beginners--Independent Lab	
Chair Yoga	Mondays	9:00am-10:00am	Bring light weights & water	Trillium
CPR training	Last Tues. of every month	10:00am-1:00pm	\$40/person RSVP 503-988-4860	Primrose
NEW ! Essential Oils	Every Wednesday in March	10:00-11:30am	RSVP 503-988-4860	Primrose
Financial seminars	March 18 & April 22	1:00-2:00pm	These seminars are free	Blue Lake
Footcare	Every Thurs.+ 1 Tues./month	By appointment	\$55 Call 503-988-4860 to schedule	Primrose
Game Gang	Every Tuesday	1:30pm-3:30pm	Drop-in board & card games	Puzzle Room
Good Time Singers	Every Wednesday	10:00am - 11:30 am	Call 503-504-2807 for more info.	Trillium
Hooks & Needles	2nd & 4th Wednesdays	1:00-2:00 pm	Drop-in group	Primrose
Line Dancing	Mondays & Fridays	10:00am - 12:00pm	Beginners and up	Trillium
	NEW ! Thursdays	2:00pm - 4:00pm	Intermediate only	Trillium
Meditation		12:00pm-1:00pm	\$3 per person RSVP 503-988-4860	Primrose
Medicare Resource Desk	3rd Friday of every month	10am - 1pm FREE	RSVP appointment: 503-912-8818	Primrose
Monday Movie Madness	1st & 3rd Mondays	1:00 pm FREE	Call 503-988-4860 for information	Blue Lake
Nutrition Classes	March 25 and April 29	1:00 pm - 2:00pm	RSVP 503-988-4860	Blue Lake
Quilting Class	Tuesdays	9:00am-11:30am	Beginners through Advanced	Ceramics
Tai Chi Classes	Mondays & Wednesdays	12:00 pm- 1:00pm	Intermediate Class	Trillium
	Tuesdays & Thursdays	8:00am - 9:00am &	Beginner Class	Trillium
	Tuesdays & Thursdays	9:00am -10:00am	Beginner Class	Trillium
	Tuesdays	10:00am - 11:00am	Intermediate Class	Trillium
	Thursdays	10:00am -11:00am	Advanced Class	Trillium
Tuesday Night Dance	Every Tuesday	5:30 pm - 7:30 pm	\$6 per person	MOW Dining Rm

Monthly Medicare Resource Desk



Upcoming Dates

Friday, 1/17/25 10:00 am - 1:00 pm

Friday, 2/21/25 10:00 am - 1:00 pm

Friday, 3/21/25 10:00 am - 1:00 pm

Do you...

- have questions about a medical bill you received?
- need help finding a medical provider that accepts your health plan?
- want a trusted resource to help you learn what your medical plan is and how it works?

If you answered "yes" to any of these questions or you have other health plan-related questions, the Gresham Senior Center will be hosting a monthly time for you to chat, free of charge, with a local Medicare specialist. Call, text, email, or scan the code below to schedule your 30-min time slot.



Jenny Coulter
503-912-8818

Jenny@NWMedicareAdvisors.com
www.NWMedicareAdvisors.com



NW Medicare Advisors
A Non-Government Agency

Currently, we represent all organizations which offer all Medicare Advantage and prescription drug products in your area. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with plan choices. We are not government employees and are not affiliated with, nor do we represent, Medicare or the Centers for Medicare and Medicaid Services.

Tuesday Game Gang

Every Tuesday 1:30 - 3:30pm

In the Puzzle Room

Join the Game Gang & Game-master Doug Richardson from *The Spiel Foundation*. He'll show us new games and ways to have fun around a game table. No need to RSVP! Just show up and bring your friends!

Chair Yoga with Tara

Every Monday in the Trillium Room

9:00am-9:55 am

Please bring light weights & water.

Everyone is welcome!



"Kicking the Bucket"

We all do it but rarely discuss it.

How can we help our friends & family to figure out how to think about this?

Join Barbara Solomon, retired RN and Certified End of Life Doula to:

- ~ gain insights,
- ~ hear what others think,
- ~ share your thoughts and questions.

March 19 ~ 1 PM at the Gresham Senior Center. Please RSVP at 503-988-4860. No charge!

Participants can enter to win a gift valued at \$50.

Brought to you by Final Chapter Chats
www.finalchapterchats.com finalchapterchats@gmail.com

TAI CHI with Butch

Monday 12pm-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



NOTES FROM THE TRAVEL DESK

Upcoming Day Trips: The musical *"Grease"* Saturday, April 19, 2025

"Battle of the Bandstands Dick Clark vs Lawrence Welk" Thurs. May 8, 2025

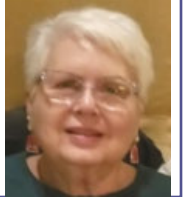
Willamette Jet Boat including lunch, Tuesday, July 15, 2025

Musical *"Anything Goes"* Saturday, August 9, 2025.

We are still in the planning stages for more exciting day trips, so make sure to stop by the GSC to check out our brochure rack -- or take a peek online at www.greshamseniorcenter.com/upcoming-trips/

We're offering several longer group trips, including a Mayflower Cruises & Tours to the Galapagos Islands, Sept. 8, 2026. This Dec. 6 -22, 2025, join me on a Collette adventure, Spain to Morocco, and celebrate my birthday Dec 20. Celebrate Mother's Day with our group May 2 - 9, 2026 on Norwegian's *American Pride* sailing the Hawaiian Islands. Other trips departures and destinations available upon request. Check out our **Chinook Winds** ad on the next page. We always have fun on our round trip to Chinook Winds playing Bingo (only \$1 a card & all money goes back to players). Our deluxe motorcoach with a bathroom is operated by Blue Star Bus Co.

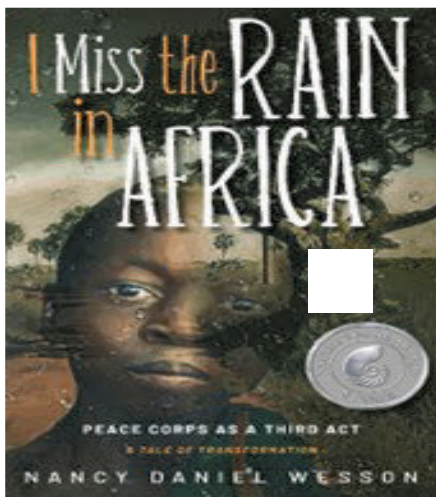
Terry Ann Pullen, GSC Travel Consultant 503-988-5780



THE PEACE CORP AT 64!

Join Nautilus Award-winning author Nancy Wesson as she discusses her third act as a Peace Corps Volunteer. She'll share amazing tales about living in Uganda in a radically different culture -- and returning to a life that no longer fit! Nancy has recently relocated to Sandy to be nearer family.

Her books will be available for sale at this event.



APRIL 1

1 -2 PM

FREE!

GRESHAM SENIOR CENTER'S ANNUAL BOOK & PUZZLE SALE

**Wednesday, March 19
10am - 3pm**

Puzzles & Hardback books \$1.00

All Paperbacks 10 cents each





Keep up with your healthy resolutions!

Tuesday, March 25: **Maintain Muscle Mass**

Tuesday, April 29: **Brain Health, Memory & Aging**

1:00 - 2:00pm Blue Lake Room

RSVP 503-988-4860

Taught by Cindy Kneale, MS, Natural Grocers

NANCY'S CLOSET - CLOTHING RESALE

Make an appointment to shop at GSC's off-site clothing closet! **All items \$1 - \$5**

We accept donations of clean, good condition, usable clothing & shoes of all sizes.

BY APPOINTMENT ONLY!

Call Nancy at 503-766-8540

SPRING GARDEN Planting

24 MARCH 2:15-4:15 PM (SEEDS)

21 APRIL 2:15-4:15 PM (HERBS)

Kathleen Barry
Growing Gardens
RSVP kathy@growing-gardens
971-517-4112

Gresham Senior Center 600 NE 8th ST
Ceramics Room



**Must book by
March 19!**

RESERVE NOW FOR

WED. APRIL 9, 2025

\$50.00 per person nonrefundable

The price is based on 40 passengers

Picture I.D. Required Must be 21 years old

Receive \$10 in free slots with Winner Circle Card and \$3 off coupon for lunch at any of the five restaurants at Chinook Winds.

Board at GSC at 8:45am & at the Village Retirement Center at 9am. Arrive at casino 11am. Leave casino at 4pm. Arrive GSC & the Village at approx. 6:45pm.

**Call 503-998-5780 or email
gsctravel@greshamseniorcenter.org
to reserve your spot**

WELCOME HOME VIETNAM VETERANS DAY

RECOGNITION PINNING CEREMONY

THURSDAY | MARCH 27, 2025

2:00PM @ MEALS ON WHEELS
DINING ROOM GRESHAM SENIOR CENTER

*Veterans that served from
Nov. 1, 1955 - May 15, 1975
regardless of location are
invited to participate*

Kindly RSVP by 3.24.25

All are welcome!

503.988.4860

This event is hosted
in collaboration with



Medicare General Enrollment AND Medicare Advantage Open Enrollment: When, What, Why, and How?

When? Both Medicare General Enrollment (GEP) and Medicare Advantage Open (OEP) enrollment are from January 1st – March 31st each year.

What is Medicare General Enrollment and how is it different from Medicare Advantage Open Enrollment? To enroll in Original Medicare Part A & B, you need to not only qualify based on age or disability, but you must also have a qualifying enrollment period such as retiring and losing your employer's health insurance. The Medicare GEP is the window for anyone who is 65 + who missed either their initial enrollment period at age 65, stopped paying their Medicare Part B premium, or didn't enroll when they retired and lost their employer group coverage. This opportunity allows enrollment in Medicare Advantage Prescription Drug Plans. You may also enroll in a Medicare supplement plan but may have to pass medical underwriting.

The Medicare Advantage OEP is for anyone who already has Medicare Part A & B and are already enrolled in a Medicare Advantage plan. This enrollment period is like a mulligan in golf, it is your 1-time "do-over" for the year. This timeframe allows those with Medicare Advantage plans to change to another Medicare Advantage plan or return to Original Medicare.

Why? If you are eligible and not already enrolled, enrolling during the Medicare General Enrollment is integral in ensuring you have health coverage and minimize lifetime penalties that can occur if you are not enrolled in Medicare Part B (medical coverage) and Part D (prescription drug coverage). These penalties start accruing if you are not enrolled at age 65 or don't have insurance through your job that is considered "creditable," meaning it is as good or better than Medicare.

Medicare Advantage OEP is available for those that do not feel their current plan is covering their needs. These situations can include changes in how their medications are covered, their doctor may no longer accept their plan, or they made a change during the annual enrollment period (Oct 15-Dec 7) and find their doctor isn't in-network.

How? Medicare GEP is completed by calling Social Security at 800-772-1213 or going to your local Social Security office. Once you have received confirmation of your enrollment, you can then choose the additional coverage of a Medicare Advantage plan, prescription drug plan, and/or supplement. Medicare Advantage plans can be enrolled in by calling Medicare directly, enrolling through the Medicare.gov website, or working with a licensed agent/broker. Working with a local broker will help ensure your plan meets your needs. **Jenny Coulter, Broker, NW Medicare Advisors, 503-912-8818**



CELEBRATING 57 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