

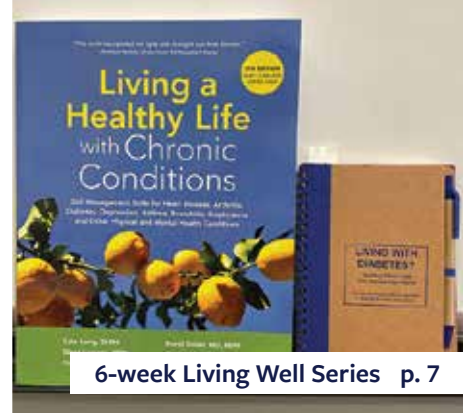


**CfPA Vaccine Uptake Initiative p. 16**

## IN THIS ISSUE

At the Center	2-3
Resources & Support	4-5
Featured April Events	6-8
Regular Weekly Event Listings	9, 12-13
April Calendar	10-11
Volunteering at Every Age	14
Volunteer Appreciation	15
Our Impact	15
Community Health	16
Staff Directory	17
Giving to CfPA	18-19

**CfPA Volunteer Program p. 14**



**6-week Living Well Series p. 7**



**Community Recreation Trip to Portland's Saturday Market p. 15**



**Free AC/Heaters p. 16**



**Barry Gordy & the Rise of Motown p. 6**



## The Community for Positive Aging

1820 NE 40TH AVE., PORTLAND, OREGON 97212-5308

Hours: Mon–Fri 8:30 am–4:30 pm (If door is locked, ring doorbell)

Phone: 503-288-8303 | Fax: 503-288-8305

Gift Shop: 503-288-8303, ext. 110

Website: [communityfpa.org](http://communityfpa.org) | Facebook: @PDXSeniorCenter

**ABOUT US:** Founded as the Hollywood Senior Center in 1973, the Community for Positive Aging (CfPA) is a 501(c)(3) nonprofit, age-positive hub that offers a multitude of no-cost donation-based services, a devoted team enhanced by peer-run programs, and resources that empower you to learn, connect, and grow as you age. We believe that younger and older generations alike share attitudes and experiences that reflect positive aging, and we've created a place where everyone, regardless of who they are, feels part of this community.

**MISSION:** To foster a healthier, more inclusive and connected Portland for adults 55+ through educational and recreational programming, support services, and care. We are dedicated to creating safe, accessible spaces and opportunities for older community members to thrive. We are committed to raising public awareness, transcending the stigmas associated with aging, and moving toward a more intergenerational future together.

**VISION:** Our vision is a fully intergenerational, age-positive, age-inclusive future in which older adults are seen and celebrated, invited, included, and connected in community.

**VALUES:** ~ Respect ~ Excellence ~ Diversity, Equity, Inclusion ~ Teamwork ~ Innovation ~ Community

### Land Acknowledgement

WE ACKNOWLEDGE the land on which we sit and which we occupy at the Community for Positive Aging rests on traditional village sites of “the Multnomah, Wasco, Cowlitz, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya, Molalla, and many other tribes who made their homes along the Columbia River, creating communities and summer encampments to harvest and use the plentiful natural resources of the area” (Portland Indian Leaders Roundtable, 2018). We take this opportunity to thank the original caretakers of this land.

TO LEARN MORE about Portland’s diverse and vibrant Native community, please read *Leading with Tradition*, a document created by the Portland Indian Leaders Roundtable.

### CfPA Mask Policy



Protecting the health and safety of our most vulnerable members has been the Community for Positive Aging’s guiding principle in determining our mask policy at the Center.

CfPA ended the mask requirement for Center participants when the Oregon Health Authority lifted their mask mandate. The Center masking requirement for staff and volunteers was lifted on September 1, 2023. We continue to support those participants, staff and volunteers who choose to wear a mask by making surgical and KN-95 masks available at the front desk, as well as at the back entrance (right by the door).

### Service Animals



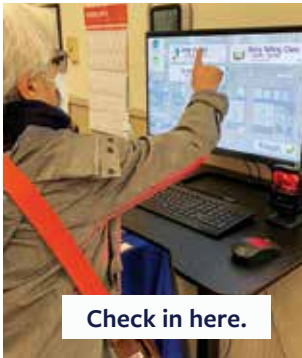
Service Animals are Welcome at the Center and other CfPA work sites. Please seek permission from the service animal’s controller for permission to interact with a service animal, to limit its service interruptions while it is providing necessary services to its owner.

### COMMUNITY FOR POSITIVE AGING Equity Statement

At the Community for Positive Aging, we believe that all people have the right to age well and flourish in their communities. We are committed to addressing and removing structural and systemic barriers (especially those influenced by racism and sexism) both within our organization and in our wider community, and are urgently working to ensure that a diversity of perspectives and life experiences are reflected in our programs, services, advocacy, and workplace. In order to foster change both within ourselves and in our communities, CfPA prioritizes: a culture of care and learning; intergenerational relationships; and partnerships that foster racial justice, equitable access to resources, and strengths-based community approaches. Here, the experiences and contributions of older adults are not only valued—they are cherished.



**Kaylyn Peterson**  
Center Manager | she/her  
kaylyn.peterson@communityfpa.org  
503-288-8303, ext. 104



### Sign in when you arrive

Any time you come to the Community for Positive Aging, check in at the kiosk next to the reception desk. If it's your first time visiting, we will have you fill out a form in exchange for a keycard you can attach to your key ring. From then on, whenever you come into the Center—whether for activities or just to hang out—you'll use your keycard to sign in.

### EVERY OTHER MONTH

## New Participant & Volunteer Orientation

Thursday, April 4 • 10–11 am (in person)

*Drop in welcome!*

Are you new to Portland? Or new to Hollywood Senior Center? Join us for this informal monthly session to learn what the center offers and how you can get involved. Meet staff members and volunteers who can answer questions and help you navigate one of Portland's best resources for older adults.

## What do CfPA Advisors do?

THE CfPA ADVISORY COUNCIL is a dedicated group of active volunteers who meet with CfPA staff to give voice to the needs and views of the community at large.

Our viewpoints and feedback help CfPA staff and Board of Directors make better decisions, plan events, and roll out new initiatives.

Currently, we are exploring ways to connect with diverse community groups to help assess CfPA's progress in reaching diversity, equity and inclusion goals. We are also developing a network of volunteers to distribute the monthly CfPA newsletter to a wider community.

We welcome new members! If you or someone you know is interested in joining the Advisory Council, please contact chair Tim Hahn at [timhahn12@gmail.com](mailto:timhahn12@gmail.com) or 503-319-7414.

CfPA Advisory Council meetings are always open to guests, so feel free to come and check us out! (meeting information at right).

## Community for Positive Aging 2024 Board of Directors

- Linda Anderson, President
- Lois Martin, Secretary
- Mary Casey, Treasurer
- Turella Woods
- Arlene Halvorson
- Chester Hill
- Lawrence Jacobson
- Mary Lous Soscia
- Christine Mason
- Kim McCulloch
- Neal Naigus
- Whitney Yazzolino
- Lori Frank

- BOARD EMERITUS
- Paul Clark
  - Harvey Garnett



## 2024 Advisory Council

- Tim Hahn (chair)
- Carol Trekas (vice chair)
- Dr. Mark Loveless (secretary)
- Michael Guy
- Mr. Eric Lin
- Sherri Osburn
- Maxine Slifer
- Peter Sysyn
- Georjean Wilkerson

**NOTE:** We are grateful to outgoing advisor **Harris Goodman** for his service and role on the Advisory Council.

### CfPA Advisory Council Meetings

**1st Wednesday, April 3 • 1–3 pm**

Attend in person or by phone at 1-253-215-8782 or virtually on Zoom (Mtg ID 988 4094 5614)

The CfPA Advisory Council is looking for new members. Interested? Contact Tim Hahn at [timhahn12@gmail.com](mailto:timhahn12@gmail.com).

*The Community for Positive Aging is  
an Inclusive Safe Place for ALL People*





# Resources & Supports

The Community for Positive Aging is here to provide you with resources, tools, and support to navigate the aging process and live your best life.



**Katie Mesirow** (She/Her)  
Information & Assistance Specialist

katie.mesirow@communityfpa.org  
503-288-8303, ext. 122

## Welcome, Katie!

HELLO! My name is Katie Mesirow and I was born and raised in NE Portland. I am a graduate of Portland State University. My career has been in working with the aging and younger disabled population, so I feel well prepared for my new position at CfPA. When not working, I am often found gardening (or puttering) in my yard. I look forward to speaking and working with you!

**KATIE'S HOURS:** Monday & Tuesday, 8:00 am–3:00 pm  
Wednesday, 11:00 am–5:00 pm  
Thursday, 8:00 am–1:00 pm

## INFORMATION & ASSISTANCE

Our Information and Assistance Specialist is available to understand and assess the needs of folks who come to her in person or over the phone. She helps people to better evaluate their service options. She also provides information on resources for housing, transportation, caregiver needs, and more. Her goal is to smooth the way for people to make informed decisions.

## SENIOR LAW PROJECT

Free, 30-minute appointments with an attorney are available on Fridays between 9am and 12 noon at the Center (or on the phone). This service is for Multnomah County residents aged 60 and older. It is provided by Legal Aid Services of Oregon and affiliated volunteer attorneys. Contact Katie Mesirow (see above) to schedule an appointment.

## OPTIONS COUNSELING

We provide individualized, person-centered support for seniors and their families who need assistance in making decisions. This service can be provided in the home, at the Center, or over the phone. Action plans that address short- and long-term concerns are developed that align with the preferences, strengths, values, and needs of the senior. Follow-up and support are provided for up to three months. Again, contact Katie Mesirow to schedule an appointment.

## DURABLE MEDICAL EQUIPMENT

Do you need some physical support items? We've got walkers, wheelchairs, canes, crutches, shower chairs, toilet risers, and more. We also have a large assortment of incontinence products. This is free of charge! Drop by or call to see what we have available. Contact our front desk at 503-288-8303.

## MEDICARE COUNSELING

Call 503-988-3646, ext. 3, for information on scheduling virtual or phone appointments with a certified SHIBA counselor. SHIBA stands for Statewide Health Insurance Benefits Assistance. Appointments are free and led by volunteers who are trained to help you sign up for Medicare, make changes, or compare plans based on your needs.



## CASE MANAGEMENT SERVICES

### Older Americans Act (OAA) Case Management

People aged 60 years and older who do not qualify for Medicare or Medicaid can still avail themselves of services provided under the OAA. Counseling is provided to help individuals understand just what assistance they're eligible for.

### Family Caregiver Support Program (FCSP)

Helps caregivers support their loved ones and themselves—for example, by connecting them with services such as respite care and transportation.

### Oregon Project Independence (OPI)

OPI provides support for people who would otherwise be forced to move out of their homes due to lack of assistance. Eligible older adults must be 60 years or older, and individuals of any age with Alzheimer's disease or a related disorder, who do not receive Medicaid (financial or medical help) except for Food Stamps or assistance with Medicare premiums. New clients must call ADRC for a referral to be added to our waitlist and complete an initial assessment: 1-855-673-2372.



**Get connected to local information & services for seniors and people with disabilities.**

1-855-673-2372 [adrcforegon.org](http://adrcforegon.org)

# Food Pantries

Visit the Oregon Food Bank website at <https://foodfinder.oregonfoodbank.org> or <https://www.foodpantries.org/ci/or-portland> for a complete list of local food pantries. Below are just a few:

## Northeast Emergency Food Pantry

Luther Memorial Lutheran Church  
4800 NE 72nd Ave., Portland, OR 97218  
(503) 284-5470

Bring something that has your name listed on it, and the same for everyone in your household. This can be an ID, copy of ID, Social Security card, insurance card, piece of mail, etc. Open Tuesday 4–6:30pm and Thursday & Saturday 9:30–12pm. No geographic boundaries. All are welcome. (Accessible by Trimet bus lines 71 and 72.)

## Sharon Community Services

5209 NE 22nd Avenue, Portland, OR 97211  
(503) 287-7649

Serves North and NE Portland. Hours: Last Saturday of the month, 2–4 pm. For more information, please call.

## St. Andrew Catholic Church

Martha H Terrell Community Service Center  
806 NE Alberta St., Portland, OR 97211  
(971) 244-0339

Serves zip code 97211. Hours: Wednesday, Thursday & Friday, 9 am–1 pm. For more information, please call.

## Allen Temple Food Pantry

4214 NE 8th Ave., Portland, OR 97211  
(503) 284-1010

Food assistance for residents in need. Food Center Hours: 3rd, 4th and 5th Tuesdays, 5–7 pm; 2nd, 3rd and 4th Wednesdays, 11 am–2 pm; Saturday, 11 am–2 pm

## Trinity Lutheran Church

5520 NE Killingsworth, Portland, OR 97218  
(503) 288-1055

Hours: Wednesday, Thursday & Friday, 4–5 pm

## C3 Food Pantry

6120 NE 57th Ave., Portland, OR 97218  
(971) 770-2720

Food Pantry Hours: Tuesdays, 12–1 pm

C3 provides weekly public food box distribution. Drive through or walk up to pick up a pre-packed food box containing food for approximately 3–4 days per household. Follows the Portland Public School schedule in case of inclement weather. For more information, please call.



## Thank you, CASH Oregon!

WE ARE SO GRATEFUL to all the wonderful CASH Oregon team members who came to the Center this season to answer people's tax-related questions and assist with their 2023 filings. If you were unable to get a tax-assistance appointment and have questions about services, reach out to CASH Oregon. Their office is open Monday through Friday, 9 am–5 pm:



1010 SE Stark Street, Portland 97214  
503-243-7765 • [cashoregon.org](http://cashoregon.org)

For information about becoming an IRS-certified CASH Oregon volunteer, call 503-461-7388 or email [volunteer@cashoregon.org](mailto:volunteer@cashoregon.org).



You can help older adults and people with disabilities get where they need to go.

Visit [rideconnection.org/get-involved](http://rideconnection.org/get-involved)  
or call 503-226-0700 (TTY: 711)

# April Events

SPECIAL / FEATURED  
AND REGULAR  
MONTHLY EVENTS

**All events are in person at the Center unless otherwise noted.** Access the Events Calendar at [Communityfpa.org](http://Communityfpa.org) by clicking on What's Happening @ The Center and then on Events. For more info. or to RSVP for events that require advance registration, please email [Kaylyn.Peterson@Communityfpa.org](mailto:Kaylyn.Peterson@Communityfpa.org) or call 503-288-8303. While not all events require participants to register prior to the event date, registering can help individuals receive notification when events are cancelled or rescheduled for any reason.

## Joy of Movement

Facilitator: Susan Shafer

**Thursday, April 4**

**11:30 am–12:30 pm**

*Registration requested.*

Everyone moves and everyone has rhythm. Explore movement at your comfort level as we individually, and as a group, create our dance. Maximize physical potential, feel energized, and connect with others while enjoying self-expression. Movement facilitator is mindful of everyone's capabilities. After warm-up (in chairs or standing), we move and dance to various types of music, then cool down with a wrap-up movement that reflects our dance group.



## GORDON NEAL HERMAN PRESENTS

### Barry Gordy and the Rise of Motown

(Hybrid)

**Monday, April 8**

**12:30–1:30 pm**

*Registration Required for virtual attendance.*

*Registration requested for in-person attendance.*

Join Gordon Neal Herman for his monthly Music History Spotlights! Join from home via zoom or come to the center and this virtual event will be on a big screen with communication capabilities for you to enjoy.

Registration Link: [tinyurl.com/GordonNealHerman24](https://tinyurl.com/GordonNealHerman24)



## MOVIE AT THE HOLLYWOOD THEATRE

***Aliens*** (1986) — off site, in person

**Thursday, April 4 • 12:30–3:30 pm**

*Drop-in welcome, sign in at movie theater.*

Come enjoy a movie at the Hollywood Theatre. Each guest gets a complimentary concession item prior to the film starting. Assisted listening headphones are available for this screening.

Film Description: "The crew of a commercial spacecraft encounters a deadly lifeform after investigating a mysterious transmission of unknown origin."

Runtime: 1 hour 57 minutes

## Peer Caregiver Support Group

Facilitator: Sara Robb

**Monday, April 8 • 12:30–1:30 pm**

*Registration requested.*

Join a monthly peer support group for caregivers. Meet with other individuals serving as caregivers in our community. Share helpful resources and practices that help in your own life as a caregiver.

## NEW! 2ND & 4TH WEDNESDAYS

### Comedy Improv Workshop

Facilitator: Jeanne

**Wednesdays, April 10 & 24 • 1:00–2:30 pm**

*Drop in welcome, registration requested.*

Join our twice-monthly improv class, where you'll discover the joy of creating something from nothing and rediscover the thrill of having carefree fun! Unleash your creativity in this supportive environment and learn basic improv skills. Jeanne is a dedicated volunteer with a background in Theatresports training, San Diego improv troupes, and co-founder of Funhouse Lounge.



## NEW TIME ON 2ND FRIDAY Memory Care Café

Facilitator: Jennifer Foreman  
**Friday, April 12 • 10–11:30 am**  
*Registration requested.*

A free social event for those with dementia, Alzheimer’s or memory loss, and their families, featuring music, food, and friends. No caregivers will be provided. Guests must bring family or other caregiver support. RSVP requested (to plan for refreshments), but drop-ins welcome. To RSVP, call 503-988-8210 or email Jennifer.m.Foreman@multco.us

## PORTLAND YOUTH BUILDERS

### Technology Workshop: Free Book & Entertainment Apps Friday, April 12 • 11 am–12 pm

*Registration requested.*

The students from Portland Youth Builders will host a workshop focusing on learning about free resources to enjoy books and other entertainment through the library. These resources can be accessed through any device with internet access.



## NE Village PDX Meeting

**Monday, April 15 • 11:00 am–12:00 pm**  
*Drop in welcome, registration requested.*

Learn about activities and services offered by Northeast Village PDX that support seniors opting to remain in their own homes and stay involved in their community. The member-led organization serves residents in Northeast neighborhoods as they engage with and help one another. Information: 503-895-2750.

## Talent Show & Storytelling Showcase

**Thursday, April 18 • 11:00 am–1:00 pm**  
*Registration required for performers.*

Sign up to perform by calling 503-288-8303 or email Kaylyn.Peterson@communityfpa.org.

Everyone is welcome to come enjoy the talent and stories of others. Individuals can share their talents or a story by signing up for a 10-minute performance slot. Drop ins are welcome for spectators! Popcorn provided for event.



## Mindful Collage Class

Facilitator: dee bustos  
**Thursday, April 18 • 11:30 am–1:00 pm**

*Registration required, maximum of 10 participants.*

This fun, relaxing, and contemplative class will provide an opportunity to express yourself through collage. With a focus on the process rather than the product, come ready to be curious and creative! dee bustos is a queer, indigenous, multimedia artist with a deep love for sound, movement, and collage. They love to create spaces that encourage ease, comfort and curiosity.

## 6-WEEK SERIES

### Living Well with Chronic Conditions

Intro Session: **Friday, April 19 • 9:00–10:00 am**  
Then: **6 Fridays, April 26–May 31 • 9:00–11:30 am**  
*Registration required.*

Explore the unique challenges of living with one or more chronic conditions. Learn about tools YOU can use to make life healthier and more satisfying. Includes a reference book titled “Living a Healthy Life with Chronic Conditions.” No cost to participate, plus earn a \$25 gift card by attending at least 5 of the 6 sessions. Caregivers are welcome. Snacks provided. For more info. or to register, call 833-673-9355 or register online at <https://www.compasshp.org/in/workshops/show/16247>

## BINGO with DEVOTED HealthPlans

Facilitator: Elise Hammer  
**Tuesday, April 23 • 2:30-3:30 pm**  
*Registration requested.*



Enjoy a fun game with prizes while socializing with other participants. Sponsored by Devoted HealthPlans.

## Financial Beginnings: Spending 1

**Wednesday, April 24 • 12–1:30 pm**  
*Registration required.*



This monthly workshop facilitated by a representative from Financial Beginnings Oregon will offer invaluable insights into financial services, banking choices, and effective cash management strategies.

## VIEWS CONVERSATION ON AGING

### Living Solo as a Senior

Wednesday, April 24 • 12:30–1:30 pm

Registration required – 3 participants minimum required; limited to 8 participants.

Each Conversations on Aging “Let’s Talk” is an informal, interactive discussion with peers, facilitated by Conversations on Aging volunteers. As we age, some of us have family or friends who will provide care or support for us if needed, and some of us do not. Even if we have children, they may not be available or able to provide support. Join us for this discussion on facing aging as a solo senior.

## BIPOC Small Business Market at the Center

Saturday, April 27 • 11:00 am–4:00 pm

Drop in welcome!

Come enjoy a shopping experience that supports small, local businesses owned and operated individuals who identify as black, indigenous, or a person of color (BIPOC). Vendors will sell food, lotions, stickers, journals, clothing, artisanal hot chocolate, handmade purses and bags, and more.

## DOCUMENTARY & DISCUSSION

### Fast-Forward (2021)

Facilitator: Kaylyn Peterson

Monday, April 29 • 11:30 am–1:30 pm

Registration requested.

Join us for the month Documentary and Discussion, where we’ll watch films that inspire conversation with other community members. Topics are often related to widely recognized heritage months and subjects that greatly impact older adults.



Film Description: “Follow four millennials and their parents as they travel through time wearing an MIT-produced “aging empathy suit” and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.”



## Meals on Wheels Hot Meals

EVERY TUESDAY AT THE CENTER  
12:00–1:00 PM

- Menu available at the Center
- Register on-site on Tuesdays
- Musical entertainment featured 1st and 4th weeks

Suggested donation: \$9.05  
(no one turned away for lack of funds)

## April Birthdays Celebration

In Person | Drop in



Sponsored by

MorningStar Senior Living–Laurelhurst

4th Tuesday, April 23 • 12–1 pm

Let the front desk know if you have a birthday this month. Dessert courtesy of MorningStar.

24-hour emergency assistance  
MULTNOMAH COUNTY HELPLINE  
503-988-3646





# Regular Weekly Events

**MORE WEEKLY  
EVENTS ON  
PAGES 12–13**

Events are in person at the Center unless otherwise noted. Registration is required for most classes. Find the links on the Events Calendar. Please call 503-288-8303 or email [kaylyn.peterson@Communityfpa.org](mailto:kaylyn.peterson@Communityfpa.org) if you have questions.

## FOOD & NUTRITION

### Meals on Wheels Hot Meals

**Tuesdays • 12 noon–1 pm**

Every Tuesday, CfPA turns into a dining center for hot meals from Meals on Wheels. Individuals must register for this program, if new to CfPA. Meals cost \$9.05; diners over the age of 60 are asked to contribute what they can afford. Vegetarian meals available upon request.

### Asian-Specific Food Pantry

**2nd Thursday of each month  
12 noon–2:30 pm**

*Registration required.*

CfPA's Asian-specific Food Pantry, held at the Center, provides healthy, culture-specific ingredients, prepared foods, and pantry staples to low-income Asian elders.

We're proud to serve members of Portland's Chinese, Korean, Vietnamese, Japanese, and Laotian communities, among others. The Asian Food Pantry takes place at the Center. While offerings may vary from month-to-month, participants can always expect hearty staples and fresh produce.

**PLEASE NOTE: Our Asian-Specific Food Pantry is a closed pantry program and registration is required. Currently there is a waitlist to join.**

### CfPA Food Pantry

**Tuesdays • 1:30 pm**

Come by the Center on Tuesday afternoons and collect some gleaned items from New Seasons and Oregon Food Bank. To participate, visit the front desk upon arrival to receive a colored ticket with a number on it. CfPA splits up pantry participants into groups with ticket colors, and then rotates groups so it's not the same ticket color starting each week. When group turns are announced, participants line up in numerical order based on the number written on the backside of their ticket. Pantry rules limit the number of items allowed per participant to ensure everyone gets something from the pantry.

### Stonesoup PDX Lunch

**Fridays • 12 pm–1 pm**

*Restricted to participants 60 years old or older. Registration required upon arrival.*

Come enjoy a weekly meal provided by StoneSoup PDX & Multnomah County Aging Disability & Veteran Services. A non-profit food service training enterprise based in Portland, Stone Soup PDX provides workforce development and hands-on culinary expertise training to people at risk of houselessness. Donations welcome, but not expected. All new diners will

## WALKING GROUPS



### **Looking for a group walking experience outdoors at a local park?**

Join CfPA volunteers and members for weekly walks at two local parks.

### Grant Park Walking Group

**Tuesdays & Saturdays  
10:30–11:45 am**

Meet at NE 36th Ave. and NE Brazee.

### Laurelhurst Park Walking Groups

**Thursdays • 10:30–11:45 am**

On Thursdays, choose between a slow-paced and a moderate-paced group—whichever pace feels right for you. Meet near bathrooms at SE Ankeny and SE Laurelhurst Pl.



be asked to complete a short registration

form. At this time you can show up without a reservation, but this may change in the future depending on attendance size.



MON	TUES	WED	THURS	FRI	SAT/SUN
<p><b>1</b> 9-10am Chair Yoga (H) 9-11am Drop-in Technology Assistance with Sue (IP) 10am-12pm Open Artists Table (IP) 10am-12pm Unwind &amp; Knit/Crochet (IP) 12:30-4pm Tax Assistance (APPT) 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>2</b> 9am-4pm Tax Assistance (APPT) 9:15-10am Tech Assistance (APPT) 10-11:30am Hollywood Ukulele Group (IP) 10:30am Grant Park Walking Group (OFF-SITE) 11:30am-12:15pm Technology Assistance (APPT) 12-1pm Meals on Wheels Lunch (IP) 1:30-2:30pm New Seasons Gleaning Pantry (IP) 2-4pm Writers Unite (IP)</p>	<p><b>3</b> 9am-2:30pm Footcare Clinic (APPT) 9:30-10:15am Dance Jams (IP) 11am-12pm Arthritis Exercise (H) <b>1-3pm CfPA Advisory Council Meeting (H)</b> 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>4</b> 9am-4pm Tax Assistance (APPT) 10-11am New Participant Orientation (IP) 10:30am Laurelhurst Park Walking Groups (OFF-SITE) <b>11:30am-12:30pm Joy of Movement (IP)</b> <b>12:30-3:30pm Movie at the Hollywood Theatre: Aliens (1986) (OFF-SITE)</b> 1-3pm Storytelling Group (IP) 1-3pm Technology Assistance Appointments (APPT) 3:45-4:30pm Chess Club (IP)</p>	<p><b>5</b> 9am-4pm Senior Law Program (APPT) 9am-4:15pm Footcare Clinic (APPT) <b>12-1pm Stonesoup Kitchen Lunch for Ages 60+ (IP)</b> 12:30-2:30pm Bridge Group (IP) 2-4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 3:45-4:30pm Game Time Social (IP)</p>	<p><b>6</b> 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. &amp; NE Brazee St.</p>
<p><b>8</b> 9-10am Chair Yoga (H) 9-11am Drop-in Technology Assistance with Sue (IP) 10am-12pm Open Artists Table (IP) 10am-12pm Unwind &amp; Knit/Crochet (IP) 12:30-4pm Tax Assistance (APPT) <b>12:30-2pm Gordon Neal Herman Presents: Barry Gordy and the Rise of Motown (HYBRID)</b> <b>1-2pm Peer Caregiver Support Group (IP)</b> 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H) 3-4:30pm Film Discussion Grp (V)</p>	<p><b>9</b> 9am-4pm Tax Assistance (APPT) 9:15-10am Tech Assistance (APPT) 10-11:30am Hollywood Ukulele Group (IP) 10:30am Grant Park Walking Group (OFF-SITE) 11:30am-12:15pm Technology Assistance (APPT) 12-1pm Meals on Wheels Lunch (IP) 1:30-2:30pm New Seasons Gleaning Pantry (IP) 2-4pm Writers Unite (IP)</p>	<p><b>10</b> 9am-2:30pm Footcare Clinic (APPT) 9:30-10:15am Dance Jams (IP) 11am-12pm Arthritis Exercise (H) <b>1-2:30pm Comedy Improv Workshop (IP)</b> 2-3pm Beginning Tai Chi (H)  No Advanced Tai Chi</p>	<p><b>11</b> 9am-4pm Tax Assistance (APPT) 10:30am Laurelhurst Park Walking Groups (OFF-SITE) <b>12-3pm Asian Food Pantry (IP)</b> 1-3pm Technology Assistance Appointments (APPT) 3:45-4:30pm Chess Club (IP)  No Storytelling</p>	<p><b>12</b> 9am-4pm Senior Law Program (APPT) 9am-4:15pm Footcare Clinic (APPT) 10-11:30am Memory Care Café (IP) <b>11am-12pm Portland Youth Builders: Free Book &amp; Entertainment Apps (IP)</b> <b>12-1pm Stonesoup Kitchen Lunch for Ages 60+ (IP)</b> 12:30-2:30pm Bridge Group (IP) 2-4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 3:45-4:30pm Game Time Social (IP)</p>	<p><b>13</b> 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. &amp; NE Brazee St.</p>
<p><b>15</b> 9-10am Chair Yoga (H) 9-11am Drop-in Technology Assistance with Sue (IP) 10am-12pm Open Artists Table (IP) 10am-12pm Unwind &amp; Knit/Crochet (IP) <b>11am-12pm NE Village PDX Meeting (IP)</b> 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>16</b> 9:15-10am Tech Assistance (APPT) 10-11:30am Hollywood Ukulele Group (IP) 10:30am Grant Park Walking Group (OFF-SITE) 11:30am-12:15pm Technology Assistance (APPT) 12-1pm Meals on Wheels Lunch (IP) 1:30-2:30pm New Seasons Gleaning Pantry (IP) 2-4pm Writers Unite (IP)</p>	<p><b>17</b> 9am-2:30pm Footcare Clinic (APPT) 9:30-10:15am Dance Jams (IP) 11am-12pm Arthritis Exercise (H) 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>18</b> 10:30am Laurelhurst Park Walking Groups (OFF-SITE) <b>11am-1pm CfPA Talent Show (IP)</b> <b>11:30am-1pm Collage Art Class (IP)</b> 1-3pm Storytelling Group (IP) 1-3pm Technology Assistance Appointments (APPT) 3:45-4:30pm Chess Club (IP)</p>	<p><b>19</b> 9am-4pm Senior Law Program (APPT) 9am-4:15pm Footcare Clinic (APPT) <b>9-10am Living Well with Chronic Conditions Class (IP)</b> <b>12-1pm Stonesoup Kitchen Lunch for Ages 60+ (IP)</b> 12:30-2:30pm Bridge Group (IP) 2pm Friday Afternoon Chat (V) 2-4pm Ping Pong Mixer (IP) 3:45-4:30pm Game Time Social (IP)</p>	<p><b>20</b> 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. &amp; NE Brazee St.</p>
<p><b>22</b> 9-10am Chair Yoga (H) 9-11am Drop-in Technology Assistance with Sue (IP) 10am-12pm Open Artists Table (IP) 10am-12pm Unwind &amp; Knit/Crochet (IP) 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H) 3-4:30pm Film Discussion Group (V)</p>	<p><b>23</b> 9:15-10am Tech Assistance (APPT) 10-11:30am Hollywood Ukulele Group (IP) 10:30am Grant Park Walking Group (OFF-SITE) 11:30am-12:15pm Technology Assistance (APPT) 12-1pm Meals on Wheels Lunch (IP) <b>12-1pm CfPA April Birthdays Celebration (IP)</b> 1:30-2:30pm New Seasons Gleaning Pantry (IP) 2-4pm Writers Unite (IP) <b>2:30-3:30pm BINGO with DEVOTED HealthPlans (IP)</b></p>	<p><b>24</b> 9am-2:30pm Footcare Clinic (APPT) 9:30-10:15am Dance Jams (IP) 11am-12pm Arthritis Exercise (H) <b>12-1:30pm Financial Beginnings Workshop: Spending (IP)</b> <b>12:30-1:30pm VIEWS Conversation on Aging: Living Solo as a Senior (IP)</b> <b>1-2:30pm Comedy Improv Workshop (IP)</b> 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>25</b>  CENTER CLOSED FOR VOLUNTEER EVENT  10:30am Laurelhurst Park Walking Groups (OFF-SITE) <b>11am-2pm Volunteer Appreciation Event (INVITATION ONLY)</b>  No Chess Club</p>	<p><b>26</b> 9am-4pm Senior Law Program (APPT) 9am-4:15pm Footcare Clinic (APPT) <b>9-11:30am Living Well with Chronic Conditions Class (IP)</b> <b>12-1pm Stonesoup Kitchen Lunch for Ages 60+ (IP)</b> 12:30-2:30pm Bridge Group (IP) 2-4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 3:45-4:30pm Game Time Social (IP)</p>	<p><b>21</b></p>
<p><b>29</b> 9-10am Chair Yoga (H) 9-11am Drop-in Technology Assistance with Sue (IP) 10am-12pm Open Artists Table (IP) 10am-12pm Unwind &amp; Knit/Crochet (IP) <b>11:30am-1:30pm Documentary &amp; Discussion: Fast-Forward (IP)</b> 2-3pm Beginning Tai Chi (H) 3-3:30pm Advanced Tai Chi (H)</p>	<p><b>30</b> 9:15-10am Tech Assistance (APPT) 10-11:30am Hollywood Ukulele Group (IP) 10:30am Grant Park Walking Group (OFF-SITE) 11:30am-12:15pm Technology Assistance (APPT) 12-1pm Meals on Wheels Lunch (IP) 1:30-2:30pm New Seasons Gleaning Pantry (IP) 2-4pm Writers Unite (IP)</p>	<p><b>Tech Ambassador Schedule</b> JOHN LUCAS — Tuesdays by appt: 9:15-10:00 am or 11:30 am-12:15 pm RUDD CANADAY — Thursdays by appt: 1:00-2:00 pm or 2:00-3:00 pm SUE ROSEMARIN — Mondays drop in: 9:00-11:00 am</p>		<p>Hot Meals Tuesdays • 12-1 pm</p> <ul style="list-style-type: none"> <li>• Menu available at the Center</li> <li>• Register on-site</li> <li>• Musical entertainment featured weeks 1 &amp; 4</li> </ul> <p>Suggested donation: \$9.05 (no one turned away)</p>	

(V) = Virtual event (APPT) = In-person by appointment only (OFF-SITE) = In-person events at a location other than CfPA Center  
(IP) = In-person event (H) = In-person with option to Zoom in from home **BOLD** type denotes one-time, new, and/or featured events.

**PLEASE NOTE:** If an activity on this calendar is not listed in the main newsletter, it either means registration is closed or the class is full. To add your name to a wait list, to register, or for more information on any events, contact Center Manager Kaylyn Peterson by email at kaylyn.peterson@communityfpa.org or by phone at 503-288-8303. To register online at [communityfpa.org](http://communityfpa.org), select "Events Calendar" from top menu, find event under the date listed, then click registration link.

# Regular Weekly Events

CONTINUED  
FROM PAGE 9

Events are in person at the Center unless otherwise noted. Registration is required for most classes. Find the links on the Events Calendar. Please call 503-288-8303 or email [kaylyn.peterson@Communityfpa.org](mailto:kaylyn.peterson@Communityfpa.org) if you have questions.

## HEALTH & FITNESS

### Chair Yoga *(hybrid)*

**Mondays • 9–10 am**

Instructor: Martine Sacks

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated while doing yoga means that even frail seniors or those who aren't flexible can safely do the exercises. The benefits of chair yoga for older adults includes loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. Join in person or via Zoom from home.

### Tai Chi—Beginners *(hybrid)*

**Mons. & Weds. • 2–2:45 pm**

Instructor: Paul Reinhertz

Tai Chi for beginners is a highly-effective, health-promoting, fall-reducing, evidence-based program. Join an instructor-led class in person or via Zoom.

### Tai Chi—Advanced *(hybrid)*

**Mons. & Weds. • 3–3:30 pm**

Instructor: Paul Reinhertz

Want an additional 30 minutes of Tai Chi? Most Mondays and Wednesdays, an extended session is offered to those trying to expand their Tai Chi knowledge and practice. Join an instructor-led class in person or via Zoom.



### Ping Pong Mixer

**Fridays • 2–4 pm**

Come enjoy the game of ping pong on Fridays from 2:00 to 4:00pm. Friday's time for ping pong will have three tables set up with tables labeled for experience level (Beginner, Advanced and Mixed level). Each table will have a time limit of 15 minutes to ensure everyone can enjoy at least one match. This is an open game time and individuals should self regulate game play with other participants.

### Arthritis Exercise *(hybrid)*

**Wednesdays • 11 am–12 pm**

Instructor: Sandy Morales

Offered in person at the Center as well as online via Zoom, the Arthritis Exercise class focuses on balance, range-of-motion, and strength building. The exercises are chair-based and the instructor can offer alternative movements for those with varying needs. Students are invited to a weekly class meeting to catch up and check in with each other. For more information or to be added to the list, please email Sandy at [smorales@email.com](mailto:smorales@email.com).

### Dance Jams

**Wednesdays • 9:30–10:30 am**

Instructor: Sophia Markantonatos  
Dance your way to fitness on Wednesdays from 9:30 to 10:15 am! Have fun with an easy cardio exercise led by Sophia.

## ART & SOCIAL ACTIVITIES

### Open Artists Table

**Mondays • 10 am–12 pm**

Are you an artist or crafter that has free time on Mondays from 10:00am-12:00pm Join other artists in the community for this dedicated time to work on any current projects in the company of others. Limited supplies available, please bring your own supplies. Please no loose glitter.

### Relax & Knit or Crochet

**Mondays • 10 am–12 pm**

All yarn lovers unite! If you knit or crochet, come work on your current project in a community setting.



## Film Discussion Group

(virtual)

**2nd & 4th Mondays**

**3–4:30 pm**

Facilitator: Lois Martin

*Registration not required.*

*Zoom Mtg ID 810 6564 3153*

Drop-in discussion group to share your thoughts about movies and tv series—those you enjoyed as well as those you stopped watching early.

## Hollywood Ukulele Group

**Tuesdays • 10–11:30 am**

Facilitator: Karen Sinizer

HUG, meets every Tuesday: 10-11:30am. "Generally there are a few seats available for drop-ins. We have loaner song books for visitors, and permanent members can gain access to the HUG Songbook online via DropBox. We also can provide loaner ukuleles for the day, given enough advance notice. We invite you to come on down and join us for a little ukulele mischief!"

## Writers Unite

**Tuesdays • 2–4 pm**

Working on some writing of your own, poetry, non-fiction or other works of creative writing? Come join this community space of writers where you can work and share on Tuesdays from 2:00-4:00pm.

## Storytelling

**Thursdays • 1–3 pm**

Facilitator: Tim Hahn

Storytelling is a stimulating way to share life experiences with others in a supportive and nurturing group. This class will help you retrieve, shape and enhance meaningful moments in your past within the framework of a 5- to 10-minute story.



## Chess Club

**Thursdays • 3:45–4:30 pm**

Join others in the community for the strategic game of chess.

## Friday Afternoon Chat

(virtual)

**Fridays • 2–3 pm**

Facilitator: Lois Martin

*Zoom Meeting ID 883 9277 3471*

*Registration not required.*

Reduce social isolation by joining this weekly chat group that meets virtually on Zoom. Meet with other community members and discuss whatever is on your mind—movies, music, the weather, sporting events—or just check in.

## Game Time Social

**Fridays • 3:30–4:30 pm**

Come play games and socialize with others. The Center has a variety of games folks are welcome to play during this time: Yahtzee, Uno, Scattergories, Boggle, checkers, chess, Chinese checkers, Scrabble, Upwords, and more. Gather a group for your own round of any game in the open time, or join our volunteer at 3:40 for a game of her choosing.

## Bridge

**Fridays • 12:30–2:30 pm**

Hosted every Friday afternoon, join others for a game of bridge:



a trick-taking card game using a 52-card deck.

In its basic format, Bridge is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

## How to access virtual programs via Zoom

**MOST EVENTS REQUIRE ADVANCE REGISTRATION.** Find registration links in the CfPA weekly e-newsletter (linked on our home page) or in the listings on our online events calendar at [communityfpa.org/events-calendar/](https://communityfpa.org/events-calendar/). After registering, you will receive a confirmation email with the meeting link. Expect a short wait before you are admitted to the meeting.

**JOINING MEETINGS BY TELEPHONE** You can use any of the four U.S. toll-free phone numbers below to access our Zoom classes by phone (no registration is required):

888-475-4499		833-548-0276
833-548-0282		877-853-5257

To access, simply dial one of the numbers, and when prompted, enter the meeting ID number and then push the pound key (#). If asked for a participant number, push # again. That's it—you're in! Please note that you may be placed on hold until the meeting starts.

**GETTING HELP** If you need a virtual meeting ID number or assistance accessing our virtual programming, or for information about any CfPA events, contact Center Manager Kaylyn Peterson at 503-288-8303 or [kaylyn.peterson@communityfpa.org](mailto:kaylyn.peterson@communityfpa.org).



# Volunteering at Every Age



*Dev Burgoyne (They/Them)*  
**Volunteer Program Manager**  
dev.burgoyne@communityfpa.org  
503-288-8303, ext. 109



*Join us in welcoming our new volunteers to CfPA! We are so excited to collaborate with them in this work.*

**Above, from left to right: Dev Burgoyne, Volunteer Program Manager (they/them); Yoko Tanishima (she/her); Kelsey Askew (she/her); Izzy Armenta (he/him); Amanda Larson (she/her); dee bustos (they/them)**

## A Warm Welcome to Our Volunteer Community!

OUR VOLUNTEER PROGRAM at the Community for Positive Aging is in a time of change and transition. Our goal is to elevate our program through developing resources for our community of committed volunteers to feel informed, connected, and well resourced. We want to invest in their development, contribute to their community, and provide an official welcome to support the causes they care about.

Our first New Volunteer Orientation occurred at the end of February. This orientation serves as a formal introduction to the organization, including our mission, vision, values, and the core programs that are central

to meeting the needs of our community. Each of our contributions are crucial in the facilitation of our services and overall success. We highlight opportunities for volunteer engagement and our commitment to involving volunteers in positions that are mission-driven.

## April is Global Volunteer Month

*National Volunteer Week is celebrated April 21–27*

AS WE EMBRACE the entire month of April as Global Volunteer Month, we acknowledge the profound impact that even the smallest acts of kindness can have. It is a time to celebrate the power of volunteer service and its ability to drive positive change in our world. Throughout our history, our volunteers have been instrumental in achieving our shared goals and are a cornerstone to our community, and for that, we are endlessly grateful.

Volunteering is not just about giving your time and effort; it's about engaging in a collaborative act of co-creation, being a beacon of hope and compassion, and inspiring others to join in the movement. The stories of our volunteers serve as powerful reminders of the transformative power of service, showing us all that we have the ability to make a difference.



In conjunction with National Volunteer Week, Global Volunteer Month celebrates the resilience and dedication of individuals who tackle society's greatest challenges, building stronger and more vibrant communities through their everyday actions. Each act of service contributes to a more connected world, and for that, we honor and celebrate you—the heartbeat of our communities.

Throughout this month, we invite everyone to join us in recognizing the contributions of volunteers everywhere and to consider how they too can become involved in their community, sharing their gifts and talents to create a better world for all.



## Celebrating 50 Years of Craft & Community

Join Us April 27 for a Recreational Trip to Portland Saturday Market!

**Saturday, April 27 • Meet at the Center at 10 am**

WITH GREAT EXCITEMENT, we extend this invitation to join us for a group excursion downtown, traveling via public transit to our destination. Our journey will lead us to the iconic Portland Saturday Market, where we will immerse ourselves in its vibrant atmosphere.

For five decades, the Portland Saturday Market has been a beacon of creativity and community spirit, bringing together artisans, food vendors, musicians, and visitors from all walks of life. As the market approaches its 50th anniversary, we invite you to join us in celebrating this remarkable milestone. Their celebration will be yearlong, with the biggest event planned for the end of June.

Amidst the festivities, we will also have the pleasure of witnessing and relishing the breathtaking beauty of the cherry blossoms that adorn downtown Portland's waterfront. This presents us



with a delightful opportunity to appreciate the delicate hues and fragrant blooms as we stroll along the riverbank, enriching our experience with an extra layer of joy.

## 2024 Volunteer Appreciation Celebration

On Thursday, April 25, the Center will be closed to dedicate time to thoroughly acknowledge and appreciate the individuals who have played a pivotal role in shaping our organization throughout its history. We extend our heartfelt gratitude to all the members of the Community for Positive Aging who support us in offering educational and recreational programming, support services, and care. We eagerly anticipate this opportunity to gather and express our appreciation while continuing to build community.

**Dear CfPA Volunteers: THANK YOU for being a part of our community and for your unwavering dedication to making a difference. With gratitude, Community for Positive Aging**

## Our Impact: February 2024

CfPA fosters a healthier, more inclusive and connected Portland for adults 55+ through educational and recreational programming, support services, and care. Here is our snapshot from January 2024.

- 1065.72 volunteer service hours
- Value of in-kind donations: \$29,241.25
- 92 community members supported with preventative screening, counseling, and referral
- 205 hours of case management support
- 224 individuals supported through Asian Food Pantry
- 123 classes and events
- 316 program hours
- 1,047 individual program participants throughout month
- 4,228 lbs. of food delivered (est. 6,342 meals provided)
- 620 community members supported through CfPA's monthly Food Pantries
- 68 COVID, RSV and flu shots distributed at 3 CfPA-hosted vaccine clinics



# Community Health

COMMUNITY PARTNERS, HEALTH & WELLNESS



## CfPA's Vaccine Uptake Initiative

### Overview

CfPA WAS ONE of 221 organizations across the country that were awarded a grant from the National Council on Aging (NCOA) to participate in their Vaccine Uptake Initiative. The Initiative began April 1, 2023 and concluded March 31, 2024.

### Goals

THE PRIMARY goals of the Vaccine Uptake Initiative are:

1. To implement a nationwide campaign to ensure older adults and people with disabilities get the latest COVID and flu vaccines.
2. Conduct tailored outreach, host vaccine clinics, and offer services many older adults need to get vaccinated, such as transportation and assistance in scheduling appointments.

### Outcomes

CfPA COMPLETED 21 community vaccine clinics; 7 at the Center and 14 at locations across Clackamas, Washington, and Multnomah Counties. Over 550 vaccines were administered; about 70 to uninsured or underinsured community members, and about 200 supportive services were provided (transportation scheduling and appointment assistance). Our

outreach included communication in Spanish, Vietnamese and Chinese.

### Volunteers and Partners

THIS WORK could not have succeeded without the talented volunteers and partners that supported the vaccine clinics.

One volunteer, Kimberly, commented:

*"I love to volunteer at the vaccine clinics. Why? I get to meet a variety of folks and assist them with resources, food and information about what other services the Center offers. I get to meet and chat with other volunteers and Center staff. It's always a great experience."*

CfPA PARTNERED with 4 vaccinators on the clinics; Lecare Pharmacy, Hi-School Pharmacy, and the immunization teams at Clackamas County and Multnomah County. We are so grateful to them for their ongoing work to make vaccines accessible to all.

A HEARTFELT THANK YOU to other partners who collaborated on the clinics; Concourse Catering, Care Oregon, and many local CBOs all made an impact on CfPA's ability to complete the objectives of the NCOA Vaccine Uptake Initiative.



**Kimberly (left) and Jean (right) joined CfPA's Rylie Thaler to help out at a recent vaccine clinic.**



## Apply now for a free AC/Heater!

THE AFRICAN AMERICAN ALLIANCE FOR HOMEOWNERSHIP is partnering with the Portland Clean Energy Fund to provide multifunctional AC/Heater units to eligible Portlanders. This multifunctional unit can: warm, dehumidify, cool, and be used as a fan. Apply at: [AAAH.org](http://AAAH.org) or call 503-595-3517 for more information.



# CfPA Staff Directory

PHONE: 503-288-8303 | FAX: 503-288-8305

Phone Ext.	Name & Title <i>(alphabetical by first name)</i>	Email
102	Amber Kern-Johnson <i>(She/Her)</i> , Executive Director	amber.kern-johnson@communityfpa.org
103	Angela Frome <i>(She/Her)</i> , Options Counselor/Case Manager	angela.frome@communityfpa.org
121	Anna Xu <i>(She/Her)</i> , Asian Programs Coordinator	anna.xu@communityfpa.org
116	Christine Blackwelder <i>(She/Her)</i> , Permanent Supportive Housing Case Manager at Alder House	christine.blackwelder@communityfpa.org
120	Daniel Valdes <i>(He/Him, They/Them)</i> , Community Health Connector	daniel.valdes@communityfpa.org
124	Dee Kuns <i>(She/Her)</i> , Finance Manager	dee.kuns@communityfpa.org
109	Dev Burgoyne <i>(They/Them)</i> , Volunteer Program Manager	dev.burgoyne@communityfpa.org
117	Julia Rogel <i>(She/Her)</i> , Permanent Supportive Housing Case Manager at Alder House	julia.rogel@communityfpa.org
115	Kai Horton <i>(They/Him)</i> , Interim Director of People & Culture	kai.horton@communityfpa.org
113	Kaleen Deatherage <i>(She/Her)</i> , Interim Deputy Director	kaleen.deatherage@communityfpa.org
106	Kathleen Sillonis <i>(She/Her)</i> , Facilities & Administrative Associate / Transportation Assistance	kathleen.sillonis@communityfpa.org
122	Katie Mesirow <i>(She/Her)</i> , Information & Assistance Specialist	katie.mesirow@communityfpa.org
104	Kaylyn Peterson <i>(She/Her)</i> , Center Manager	kaylyn.peterson@communityfpa.org
105	Ken Davis <i>(He/Him)</i> , Older Adults Community Services Director	ken.davis@communityfpa.org
118	Leyla Adams <i>(She/Her)</i> , Lead Food Pantry Coordinator	leyla.adams@communityfpa.org
107	Lisa Nims <i>(She/Her)</i> , Welcome Desk Associate	lisa.nims@communityfpa.org
119	Mina Vecherkina <i>(She/Her)</i> , Enhanced Resident Services Coordinator	mina.vecherkina@communityfpa.org
128	Ndya Malone <i>(She/Her)</i> , Permanent Supportive Housing Supervisor	ndya.malone@communityfpa.org
114	Rachel Major <i>(She/Her, They/Them)</i> , Lead Case Manager	rachel.major@communityfpa.org
123	Rylie Thayer <i>(She/Her, They/Them)</i> , Community Health Connector / LIFT Fare Assistance Coordinator	rylie.thayer@communityfpa.org
101	Tatsiana Taran <i>(She/Her)</i> , Case Manager	tatsiana.taran@communityfpa.org





# Giving to CfPA

THE COMMUNITY FOR POSITIVE AGING THANKS YOU!

Many thanks to all those who made contributions from February 14 through March 12, 2024. Any contributions received after this date will be reported in the next newsletter. We make every effort to ensure accuracy in recognizing supporters; please notify us if you discover any errors. Gifts can now be made to both Hollywood Senior Center and Community for Positive Aging.

## CENTER DONATIONS

Anonymous  
Adele Richards  
Anne Trudeau  
Carol Loo  
Diane Miller  
Diane Terry  
Dottie Heard  
Gloria Canson  
Hollywood Lions Club  
Janet Orjala  
John Lucas  
Joseph Martineau  
Joy Ruplinger  
Justine Vivian Crane  
Karen Schneider  
Kathleen Gillen  
Lily Roselyn  
Margaret Simon  
Marilyn Hutson  
Mary Casey  
Mary Lou Soscia  
Minna Duskow  
Robert Alegrete  
Rose Anderson  
Roseanne Clark  
Teresa Frakes  
Tom Carroll

Trish Diana  
Ute Munger  
Walter Ratzlaf

## REGISTRATION DONATIONS

Ann Myers  
Anne Hendrickson  
Carol McMenamin  
Ellen Faris  
Jean Lyon  
Joan Richards  
Kait Skyler  
Kathy Mallen  
Laura Miller  
Linda Osborne  
Lynn Songer  
Marilyn Butterfield  
Marilyn Hutson  
Mary McLean  
Monica Monroe  
Nancy Dahl  
Robin Healy  
Ronald Miller  
Ross Guldenbrein  
Sophia Kremidas  
Terri Adams  
Wally Holt

## GRANTS/ FOUNDATIONS

Loren Ernest Parks  
Fund of Donors Trust

## IN HONOR OF AMBER KERN-JOHNSON

Janet Hively

## IN HONOR OF RON THURSTON

Molly Thurston

## IN HONOR OF ANNE DOUGLAS

Kait Skyler

## IN MEMORY OF JIM WILKERSON

Georjean Wilkerson

## IN GRATITUDE FOR CENTER PROGRAMS

Jeanne Vernon

## SPECIAL THANKS

99 Ranch  
Helen Bernhard Bakery  
Blanchet House  
Doe Donuts  
Fleur de Lis Bakery  
Ryan Cheng, FreshEdge Sharpening  
Grant High School Royal Blues  
Grant High School Dance Team  
Hollywood Boosters  
Hollywood Theatre  
Home Instead Be a Santa to a Senior  
Housecall Providers  
Paul Iarrobino  
Lecare Pharmacy  
MetroEast  
MorningStar Senior Living – Laurelhurst  
Multnomah County Aging, Disability and Veterans Services  
New Seasons Market – Grant Park  
Oregon Food Bank  
Oregon Health Authority  
Petite Provence  
Portland Bureau of Emergency Management  
Portland Nursery  
Providore Fine Foods  
Trader Joe's  
TriMet

## Exercise your right to vote!

THE COMMUNITY FOR POSITIVE AGING would like to remind you of your right and responsibility to express your opinion by voting. Choosing to exercise your vote can have long-lasting impacts on all aspects of your life and the lives of your loved ones. The effect of your vote can make a difference for generations to come.

Without regard to political persuasion, religion, race, gender, sexual orientation, education, social standing, or economic condition, you have a responsibility—the responsibility to become informed on the candidates, measures, and issues for each election, then choose wisely. Your vote helps decide who is going to govern and lead the community, what is taxed and how taxes are collected, how tax monies are allocated, and when and if new laws are enacted. Exercise your power!

### We invite everyone to take these steps:

- FIRST, register to vote.
- SECOND, familiarize yourself about the issues and candidates.
- THIRD, vote.

**Primary elections in Oregon will be held on May 21, 2024.** The deadline to register for the May elections is April 30. In Oregon, you may register to vote if:

- you are an Oregon resident;
- you are a U.S. Citizen or will become one before Election Day (see below);
- you are at least 16 years of age.

**For more information:** <https://www.multco.us/elections/elections-frequently-asked-questions>



# Your Support Is Essential!

MANY PEOPLE who support us say it is deeply satisfying, and they would like to do more. Here are some ways to support us.

## Ten Great Ways to Support CfPA

- 1. Become an annual donor and make a gift of cash.** It is the most common gift and the one you probably think of first. Checks can be given in person or sent through the mail. Or donate securely online at [communityfpa.org](http://communityfpa.org).
- 2. Begin or renew your annual \$20 Registration Fee as a Center participant.** Consider an additional, larger donation towards the Center or endowment fund, or to cover the registration fee for those unable to pay.
- 3. Join the Community Circle.** Set up a recurring gift that is automatically charged to your credit card or debited from your checking or savings account on a monthly, quarterly, or yearly basis on a date of your choice. This is a great way to sustain our work and increase the impact of your support.
- 4. Make a major gift of \$1,000 or more and join our Circle of Champions,** a group of dedicated donors who support the work of the Community for Positive Aging.
- 5. Donate Securities.** Stocks and publicly traded securities are easy to give and offer great tax advantages. You can transfer the stock to us electronically through your broker.
- 6. Leave a legacy** by making a bequest to the Hollywood Senior Center dba the Community for Positive Aging. Help ensure the needs of older adults and low-income neighbors are met for years to come by joining our 50 at 50 Bequest Campaign and becoming a new member of our Legacy Circle.



- 7. Donate real estate,** which allows you to make a significant gift with a tax-friendly outcome.
- 8. Gift us your IRA or 401(k),** both of which may be subjected to the highest income tax when paid to your loved ones.
- 9. Donate life insurance policies** that are no longer needed. You can donate the policy to us or simply name us as beneficiary.
- 10. Make a Qualified Charitable Distribution (QCD)** from your IRA to satisfy all or part of your required minimum distribution (RMD) for the year if you are 72 or older. Since this gift does not count as income, it may reduce your annual income level and tax burden.

## *Help us inspire Positive Aging—both now and in the future.*

Your tax-deductible contributions help us deliver vital programs and services and make it possible for us to respond quickly to the evolving needs of older adults in our community. If you have questions or would like to discuss different ways you can support CfPA, please contact Executive Director Amber Kern-Johnson at 503-288-8303, ext 102, or by email at [amber.kern-johnson@communityfpa.org](mailto:amber.kern-johnson@communityfpa.org).

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## YES, I WANT TO MAKE A DIFFERENCE! Here is my contribution to the Community for Positive Aging

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

My contribution is for the:  Greatest need  Endowment Fund  Building fund  \$20 Annual Registration

Please charge my credit card. Card type:  Visa  Mastercard

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Please contact me with information on setting up a monthly, recurring donation to CfPA.

Please contact me with information on including CfPA in my will or estate plan.

Please designate my contribution  "In memory of"  "In honor of" (check one): \_\_\_\_\_

and send an acknowledgement letter to: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail this form, with check payable to: CfPA—Hollywood Senior Center, 1820 NE 40th Ave, Portland, OR, 97212



## Community for Positive Aging

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