



Hollywood Ukulele Group celebrates 11 years! p. 16

IN THIS ISSUE

At the Center	2-3
Resources & Support	4-5
Featured May Events	6-8
Recurring Weekly Events	9, 12-13
May Calendar	10-11
Volunteering at Every Age / Looking Forward	14
Advisory Council	15
Our Impact	15
Community Health	16
Staff Directory	17
Giving to CfPA	18-19

Community Partnership with Lan Su Chinese Gardens p. 18



p. 16



May Trip to People's Farmers Market p. 14



Live Music Saturday featuring Second Wind Jazz 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 | 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

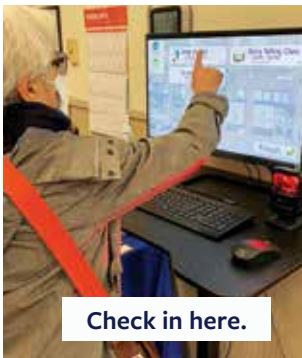


Service Animals are Welcome at the Center and other CfPA work sites. Please seek permission from the service animal’s controller for permission to interact with a service animal, to limit its service interruptions while it is providing necessary services to its owner.

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, June 6 • 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. CfPA Advisory Council meetings are always open to guests, so feel free to come and check us out! (meeting information at right).

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.

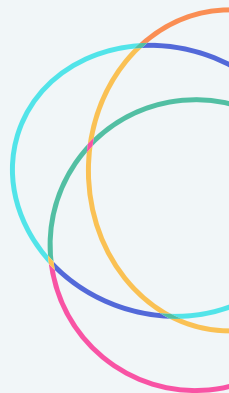
We welcome new members! If you or someone you know is interested in joining the Advisory Council, please contact chair Tim Hahn at timhahn12@gmail.com or 503-319-7414.

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

CfPA Advisory Council Meetings

First Wednesday, May 1 • 1–3 pm

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

LEARN MORE about CfPA's Advisory Council in our article on page 15.

The CfPA Advisory Council is looking for new members. Interested? Contact Tim Hahn at 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

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.

Neighborhood Gleaners Return!



HOLLYWOOD NEIGHBORHOOD GLEANERS—a volunteer-run and -operated program of CfPA that brings fruits and vegetables donated by Hollywood Farmers Market vendors to low-income seniors in the community—is now back from winter break!

If you were on the list to receive deliveries in 2023, you will automatically be registered for 2024. Please contact us only if: (a) you no longer wish to participate, (b) you have a change of address, or (c) you want to register for the first time. To register, email gleaners@hollywoodseniorcenter.org or call 503-288-8303.

The season starts out light, and the gleaners may not get to many people in early months. Deliveries at first will largely be greens. Volunteers will continue to do home deliveries on Saturdays for 2024. Most people can expect a delivery once or twice a month. Neighborhood Gleaners volunteers will make contact by phone, email or text Wednesday or Thursday prior, if you are scheduled to receive a delivery that Saturday. We are grateful for the many wonderful volunteers who contribute to this important program and look forward to a bountiful season!



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

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

May 2024 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 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 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.

2ND & 4TH WEDNESDAYS

Comedy Improv Workshop

Facilitator: Jeanne

Wednesdays, May 8 & 22 • 12 noon–1:30 pm

In Person / Registration Requested / Drop In

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.

Peer Caregiver Support Group

Facilitator: Sara Robb

Monday, May 13 • 1–2 pm

In Person / 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.

GORDON NEAL HERMAN PRESENTS

George M. Cohen and the American Voice on Broadway

Monday, May 13 • 12:30–1:30 pm

Hybrid / Registration Required

Registration Link: tinyurl.com/GordonNealHerman24

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.

Joy of Movement

Facilitator: Susan Shafer

Thursday, May 16

11:30 am–12:30 pm

In Person / Registration Required

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.



LIVE MUSIC SATURDAY

featuring Second Wind Jazz

Saturday, May 11 • 12:30–2:30 pm

In Person / Drop In

Come celebrate this year's theme for Older Americans Month, "Powered by Connections," and enjoy the sounds of the Second Wind Jazz band at the center. Enjoy some light refreshments along with the music.

We will also be collecting non-perishable food for the Hollywood Lions Food Drive.

Peer Social Group with Sherri

Topic: Greeting Cards

Facilitators: Sherri Osburn & Sara Normington

Monday, May 20 • 10:30 am–12 noon

In Person / Registration Required

Are you an individual with a disability looking to build community or meet others with similar experiences? Come and enjoy activities led by self advocates. Those with intellectual or developmental disabilities are welcome.

The activity for this month is card making for birthdays and other celebrations.



Mindful Collage Art Class

Facilitator: Dee Bustos

Thursday, May 23 • 11:30 am–1 pm

In Person / Registration Required – max 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.

MOVIE AT THE HOLLYWOOD THEATRE

A Man for All Seasons (1966)

Thursday, May 23 • 12:30–3 pm

In Person / Drop In / Sign in at movie theatre

Come enjoy a movie at the Hollywood Theatre. Each guest gets a complimentary concession item prior to the film starting at 1:00pm. Assisted listening headphones are available for this screening.

Film Description: “The story of Sir Thomas More, who stood up to King Henry VIII when the King rejected the Roman Catholic Church to obtain a divorce and remarry.”

SHIBA Presentation

Facilitator: Carisa Dickson

Friday, May 24 • 10–11:30 am

In Person / Registration Required

Learn more about SHIBA—Statewide Health Insurance Benefits Assistance: Trained volunteers who can help you sort out Medicare options.



BINGO with DEVOTED Health Plans

Facilitator: Elise Hammer

Tuesday, May 28 • 2:30–3:30 pm

In Person / Registration Requested

Enjoy a fun game with prizes while socializing with other participants.

Sponsored by Devoted Health Plans.



Financial Beginnings: Credit 1

Facilitator: Stan Earnshaw

Wednesday, May 29 • 12 noon–2 pm

In Person / Registration Required



This workshop will delve into the intricate relationship between credit and debt, empowering learners to navigate borrowing costs and comprehend credit reports and scores. Workbook provided.

VIEWES CONVERSATION ON AGING

Downsizing: Supporting Older Adults in Letting Go

Facilitator: VIEWES Volunteer

Wednesday, May 29 • 12:30–1:30 pm

In Person / Registration Required – 3 participants minimum required; limited to 8 participants

Many of us don't think about where and how we will live as we age. Although we may have strong feelings about what we would like, our health or social needs change and then we may need to downsize our belongings to best fit our life. Join us for a facilitated discussion about the things that are most important to us and how to let go of those belongings that no longer fit in our life.

LAST THURSDAY

Layton Center Community Coffee Hour

Facilitator: Layton Center Staff

Thursday, May 30 • 11 am–12 noon

In Person / Registration Requested

The work of a caregiver is tireless and finding resources and support can be hard to find. Come connect with the dedicated team from OHSU's Layton Aging and Alzheimer's Disease Research Center.



Events continued on page 8...

MAY EVENTS ...continued from page 7



DOCUMENTARY & DISCUSSION

Revival (2023)

Facilitator: Kaylyn Peterson

Thursday, May 30 • 11 am–1 pm

In Person / Registration Requested / Drop In

“Four older choreographers, once seminal participants in the modern dance world and Broadway, take on the monumental task of creating dances with a diverse group of New York seniors, most of whom never danced on stage before. Over a few intense months, these choreographers, including the first black artist to have won a Tony award for choreography and a 92-year old dance partner of pioneer Martha Graham, bring to life their ideas and spark delight in the seniors. The film documents this unlikely event and, in the process, reveals the capacity of the older person to experience unrestrained joy and unwavering determination through dance and art.”

May Birthdays Celebration

In Person | Drop in



Sponsored by

MorningStar Senior Living–Laurelhurst

4th Tuesday, May 28 • 12–1 pm

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

2ND THURSDAY OF EACH MONTH

Asian-Specific Food Pantry

May 9 • 12 noon–3 pm

In Person / Registration Required

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

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.



Thank you to Susan Lee for her generosity and covering the cost of eggs last month as part of the Asian Food Pantry.

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

Recurring Weekly Events

WEEKLY
EVENTS
CONT. 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 if you have questions.

FOOD & NUTRITION

Meals on Wheels

Tuesdays • 12 noon–1 pm

In Person / Registration Required

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 \$9.07; diners over the age of 60 are asked to contribute what they can afford. Vegetarian meals available upon request.

Hot Meals

Tuesdays • 12–1 pm

- Menu available at the Center
- Register on-site
- Musical entertainment featured weeks 1 & 4

Suggested donation: \$9.07
(no one turned away)



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

Choose a slow-paced or moderate-paced group—whichever pace feels right for you. Meet near bathrooms at SE Ankeny and SE Laurelhurst Pl.



OREGON
FOOD BANK

CfPA Food Pantry

Tuesdays • 1:30–2:30 pm — *In Person / Drop In*

Come by the Center 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 their ticket. Pantry rules limit the number of items allowed per participant to ensure everyone gets something from the pantry.

Stone Soup Kitchen Lunch

Fridays • 12 noon–1 pm — *In Person / Registration Required*

PLEASE NOTE: *Stone Soup Kitchen lunches are restricted to participants aged 60 years and older. Register upon arrival.*

Come enjoy a weekly meal provided by Stone Soup 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 homelessness.





MON	TUES	WED	THURS	FRI	SAT/SUN
Tech Ambassador Schedule 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 (<i>not available May 6</i>)		1 May Day 9am–2:30pm Footcare Clinic (APPT) 9:30–10:15am Dance Jams (IP) 11am–12pm Arthritis Exercise (H) 1-3pm CfPA Advisory Council Meeting (H) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H)	2 10:30am Laurelhurst Park Walking Groups (OFF-SITE) 1–3pm Storytelling Group (IP) 1–3pm Technology Assistance Appointments (APPT) 1-3pm Chi Pong (IP) — NEW DAY/NEW TIME 3:45–4:30pm Chess Club (IP)	3 9-11:30am Living Well with Chronic Conditions (IP) 9am–4pm Senior Law Program (APPT) 9am–4:15pm Footcare Clinic (APPT) 12–1pm Stone Soup Kitchen Lunch for Ages 60+ (IP) 12:30–2:30pm Bridge Group (IP) 2–4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 2–4:30pm Game Time Social (IP)	4 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. & NE Brazee St. 5
6 9–10am Chair Yoga (H) 10am–12pm Open Artist Table (IP) 10am–12pm Unwind & Knit/Crochet (IP) 1:30–2:30pm Mindfulness Meditation—NEW (H) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H) PLEASE NOTE: No drop-in technology assistance today.	7 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)	8 9am–2:30pm Footcare Clinic (APPT) 9:30–10:15am Dance Jams (IP) 11am–12pm Arthritis Exercise (H) 12-1:30pm Comedy Improv Workshop (IP) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H)	9 10:30am Laurelhurst Park Walking Groups (OFF-SITE) 12-3pm Asian Food Pantry (IP) 1–3pm Storytelling Group (IP) 1–3pm Technology Assistance Appointments (APPT) 1-3pm Chi Pong (IP) — NEW DAY/NEW TIME 3:45–4:30pm Chess Club (IP)	10 9-11:30am Living Well with Chronic Conditions (IP) 9am–4pm Senior Law Program (APPT) 9am–4:15pm Footcare Clinic (APPT) 12–1pm Stone Soup Kitchen Lunch for Ages 60+ (IP) 12:30–2:30pm Bridge Group (IP) 2–4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 2–4:30pm Game Time Social (IP) PLEASE NOTE: No Memory Care Café this month	11 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. & NE Brazee St. 12:30–2:30pm Live Music Saturday w/ Second Wind Jazz + Lions Food Drive (IP) 12 Mother's Day 
13 9–10am Chair Yoga (H) 9–11am Drop-in Technology Assistance with Sue (IP) 10am–12pm Open Artist Table (IP) 10am–12pm Unwind & Knit/Crochet (IP) 12:30–1:30pm Gordon Neal Herman Presents: George M. Cohen (H) 1-2pm Peer Caregiver Support Group (IP) 1:30–2:30pm Mindfulness Meditation—NEW (H) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H) 3–4:30pm Film Discussion Grp (V)	14 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)	15 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)	16 10:30am Laurelhurst Park Walking Groups (OFF-SITE) 11:30am–12:30pm Joy of Movement (IP) 1–3pm Storytelling Group (IP) 1–3pm Technology Assistance Appointments (APPT) 1-3pm Chi Pong (IP) — NEW DAY/NEW TIME 3:45–4:30pm Chess Club (IP)	17 9-11:30am Living Well with Chronic Conditions (IP) 9am–4pm Senior Law Program (APPT) 9am–4:15pm Footcare Clinic (APPT) 12–1pm Stone Soup Kitchen Lunch for Ages 60+ (IP) 12:30–2:30pm Bridge Group (IP) 2pm Friday Afternoon Chat (V) 2–4pm Ping Pong Mixer (IP) 2–4:30pm Game Time Social (IP)	18 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. & NE Brazee St. 19
20 9–10am Chair Yoga (H) 9–11am Drop-in Technology Assistance with Sue (IP) 10am–12pm Open Artist Table (IP) 10am–12pm Unwind & Knit/Crochet (IP) 10:30am–12pm Peer Social Group with Sherri (IP) 1:30–2:30pm Mindfulness Meditation—NEW (H) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H)	21 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)	22 9am–2:30pm Footcare Clinic (APPT) 9:30–10:15am Dance Jams (IP) 11am–12pm Arthritis Exercise (H) 12-1:30pm Comedy Improv Workshop (IP) 12-2pm Financial Beginnings Workshop: Credit 1 (IP) 1:20–4:15pm Field Trip to People's Food Co-op Farmer's Market (IP/OFF-SITE) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H)	23 10:30am Laurelhurst Park Walking Groups (OFF-SITE) 11:30am–1pm Mindful Collage Art Class (IP) 12:30–3pm Movie at the Hollywood Theatre: A Man for All Seasons (1966) (OFF-SITE) 1–3pm Storytelling Group (IP) 1–3pm Technology Assistance Appointments (APPT) 1-3pm Chi Pong (IP) — NEW DAY/NEW TIME 3:45–4:30pm Chess Club (IP)	24 9-11:30am Living Well with Chronic Conditions (IP) 9am–4pm Senior Law Program (APPT) 9am–4:15pm Footcare Clinic (APPT) 10-11:30am SHIBA Presentation (IP) 12–1pm Stone Soup Kitchen Lunch for Ages 60+ (IP) 12:30–2:30pm Bridge Group (IP) 2–4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 2–4:30pm Game Time Social (IP)	25 10:30am Grant Park Walking Group (OFF-SITE) NE 36th Ave. & NE Brazee St. 26
27 Memorial Day CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY 	28 9:15–10am Tech Assistance (APPT) 10–11:30am Hwd 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) 12-1pm CfPA May Birthdays Celebration (IP) 1:30–2:30pm New Seasons Gleaning Pantry (IP) 2–4pm Writers Unite (IP) 2:30–3:30pm BINGO sponsored by DEVOTED Health Plans (IP)	29 9am–2:30pm Footcare Clinic (APPT) 9:30–10:15am Dance Jams (IP) 11am–12pm Arthritis Exercise (H) 12:30–1:30pm VIEWS Conversation on Aging: Downsizing (IP) 2–3pm Beginning Tai Chi (H) 3–3:30pm Advanced Tai Chi (H)	30 10:30am Laurelhurst Park Walking Groups (OFF-SITE) 11am–12pm Layton Center Community Coffee Hour (IP) 11am–1pm Doc & Discussion: Revival (2023) (IP) 1–3pm Storytelling Group (IP) 1–3pm Technology Assistance Appointments (APPT) 1-3pm Chi Pong (IP) — NEW DAY/NEW TIME 3:45–4:30pm Chess Club (IP)	31 9-11:30am Living Well with Chronic Conditions (IP) 9am–4pm Senior Law Program (APPT) 9am–4:15pm Footcare Clinic (APPT) 12–1pm Stone Soup Kitchen Lunch for Ages 60+ (IP) 12:30–2:30pm Bridge Group (IP) 2–4pm Ping Pong Mixer (IP) 2pm Friday Afternoon Chat (V) 2–4:30pm Game Time Social (IP)	 Gleaning Pantry Every Tuesday 1:30–2:30pm at the Center NEW SEASONS MARKET OREGON FOOD BANK

(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, select “Events Calendar” from top menu, find event under the date listed, then click registration link.

Recurring Weekly Events

CONTINUED
FROM
PAGE 9

HEALTH & FITNESS

Chair Yoga *(hybrid)*

Mondays • 9–10 am

Hybrid / Drop In

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.

Mindfulness Meditation

Mondays • 1:30–2:30 pm

Hybrid / Drop In

Zoom Meeting ID: 843 5618 6794

Facilitator: Nancy Boros

Learn to practice mindfulness meditation to meet the stresses, anxieties and challenges in our lives, bringing more ease and better physical and emotional wellbeing. Mindfulness meditation is a training to change the way we relate to our thoughts, emotions and physical sensations, including pain.



Tai Chi

Mons. & Weds. • 2–3:30 pm

Hybrid / Registration Required

Instructor: Paul Reinhertz

Beginning Tai Chi: A highly effective, health-promoting, fall-reducing, evidence-based program.

Join an instructor-led class in person or via Zoom on Mondays and Wednesdays from 2 to 3 pm.

Advanced Tai Chi: 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 on Mondays and Wednesdays from 3 to 3:30 pm.

Dance Jams

Wednesdays • 9:30–10:15 am

In Person / Drop In

Instructor: Sophia Markantonatos

Dance your way to fitness! Have fun with an easy cardio exercise led by Sophia.

Arthritis Exercise

Wednesdays • 11 am–12 pm

Hybrid / Registration Required

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.

Chi Pong **NEW DAY & TIME**

Thursdays • 1–3 pm

In Person / Drop In

Instructor: Ric M.

When you combine the mindfulness and intentional movements practiced in Tai Chi with the hand-eye coordination and competitiveness of Ping Pong, you get the fun practice of Chi Pong.

Ping Pong Mixer

Fridays • 2–4 pm

In Person / Drop In

Come enjoy the game of ping pong on Friday afternoons. Three tables will be set up in the Annex, labeled for experience level (Beginning, 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 are expected to self regulate game play with other participants.

Events are in person at the Center unless otherwise noted. For classes requiring registration, links can be found on the Events Calendar. If you have any questions, please call 503-288-8303 or email kaylyn.peterson@communityfpa.org.

ART & SOCIAL ACTIVITIES

Open Artist Table

Mondays • 10 am–12 noon

In Person / Drop In

Facilitator: Carol Loo

Are you an artist or crafter who has Monday mornings free? Join other artists in the community for this dedicated time to work on current projects in the company of others. Limited supplies available; please bring your own (no loose glitter, please).

Relax & Knit or Crochet

Mondays • 10 am–12 noon

In Person / Drop In

Yarn lovers unite! If you knit or crochet, come work on your current project with a community of yarn artists.

Film Discussion Group

2nd & 4th Mondays

3–4:30 pm

Virtual / Drop In

Zoom Meeting ID: 810 6564 3153

Facilitator: Lois Martin

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

In Person / Drop In

Generally HUG has a few seats available for drop-ins. Loaner song books are available for visitors, and permanent members can gain access to the HUG Songbook online via DropBox. HUG can also provide a loaner ukulele 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

In Person / Drop In

Facilitator: Susan

Are you working on writing poetry, fiction, non-fiction or other creative works? Come join these Tuesday afternoon sessions to work and share your writing in community.

Storytelling: A Slice of Life

Thursdays • 1–3 pm

In Person / Drop In

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-min. story.

Chess Club

Thursdays • 3:45–4:30 pm

In Person / Drop In

Facilitator: Fiona

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

Friday Afternoon Chat

Fridays • 2–3 pm

Virtual / Drop In

Zoom Meeting ID: 883 9277 3471

Facilitator: Lois Martin

Reduce social isolation by joining this weekly chat group on Zoom. Meet other community members and discuss whatever is on your mind, or just check in.



Game Time Social **NEW TIME**

Fridays • 2–4:30 pm

In Person / Drop In

Volunteer Facilitators: Radha & Anya

Come play games with others on Friday afternoons. Gather a group for a round of any game in the open time, or join our volunteers from 3:40-4:30 for a game of her choosing.

The center has a variety of games folks are welcome to play during this time including: Yahtzee, Uno, Scattergories, Boggle, checkers, chess, mahjong, Chinese checkers, Scrabble, Upwords, and more.

Bridge Game Group

Fridays • 12:30–2:30 pm

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.

Need Assistance Accessing Programs?

If you need a virtual meeting ID number or assistance accessing our virtual programming via computer or phone, or for information about any CfPA events, contact Center Manager Kaylyn Peterson at 503-288-8303 or kaylyn.peterson@communityfpa.org.

Volunteering at Every Age



Dev Burgoyne (They/Them)

Volunteer Program Manager

dev.burgoyne@communityfpa.org

503-288-8303, ext. 109

LOOKING FORWARD

Recreational Trips



People's Food Co-op Farmers Market

May 22 • Meet at the Center at 1:20 pm

Travel with other CfPA community members to check out this small, festive farmer's market in Southeast Portland. Return to the Center by 4:15 pm.

Portland Art Museum

June 6 • Meet at the Center at 10:30 am

Enjoy PAM's Free First Thursday and explore the art exhibits with other CfPA community members.

UPCOMING TOPICS

Financial Beginnings Workshops

Workbooks are provided for each monthly topic.

June—Credit 2: Students will gain an understanding of the various loan types and the terms associated with those loans; they will learn how to calculate the total cost of debt and the repayment of its associated interest, and they will gain insight into the consequences of poor credit and debt management.

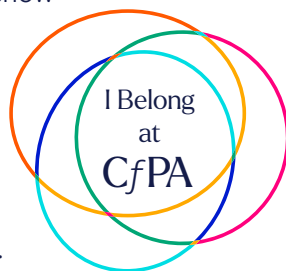
July—Budgeting 2: Students will learn how to develop a budget tracking system that is right for them; learn strategies to decrease expenses and increase their income, and develop tactics on how to manage unexpected windfalls or emergency expenses.

August—Investing 2: Students will learn how to optimize their potential investment strategy; understand what retirement vehicles are and how to make the best use of them later in life, and discover which investor type matches them and how best to apply type-principles to their daily lives.

September—Spending 2: Students will learn how to apply the knowledge they gained in the first module to real-life spending decisions such as purchasing a car or buying their first home.

Volunteer Appreciation

THE ENTIRE Community for Positive Aging team is grateful for the commitment and contributions of our volunteers. It is our utmost pride and pleasure to report that, since last April, CfPA volunteers have dedicated nearly 14,000 hours total in support of serving older adults and seniors in the community. From addressing hunger among our most vulnerable, and minimizing food waste, to working alongside our team throughout our center to facilitate the programming that builds community, we are stronger thanks to the presence and participation of our volunteers. As this newsletter goes to print, we are excitedly anticipating the special gathering on April 25 where we will celebrate our volunteers and show our immense appreciation for all they have contributed to our CfPA community over the past year. We look forward to sharing photos from that special event with you all in our next newsletter.



On March 29, volunteer Angele Mahshigia treated participants to a lesson in making Armenian Easter eggs, just in time for the holiday—so beautiful and special!



Advisory Council.

WHAT DO YOU THINK OF WHEN YOU READ THOSE TWO WORDS?

For some, these words evoke images of conference tables, bright fluorescent lights, and lukewarm coffee.

For others, these words symbolize a group working towards positive change and a lasting legacy for the community.

That's what the Advisory Council at the Community for Positive Aging is all about.

“We aim to be an ear and a voice for the community.”

—Tim Hahn, Chair of CfPA Advisory Council

The Advisory Council is in a unique season of growth and change. As you are reading these words, the council is laying a new foundation for CfPA to support older adults and seniors in our community. What are the urgent unmet needs in our community? Where can the energy of our volunteers be most impactful? How can CfPA create a legacy for future community members?

This is where YOU play a vital role.

We are looking to be an inclusive and equitable community space and provide responsive resources and care to all. We aim for our council to be a representation of the communities we serve and diverse with varying identities and perspectives. We hope to welcome you and your unique voice to join us in advocating on behalf of those who are not present in our center.

Your lived experience is the value you bring to the Advisory Council. Nobody else has your stories, wisdom, and creativity. Every individual on the council has unique insights into how our community can be heard and supported, and we want to listen to yours.

Diverse lived experience brings a set of values that we are looking for in prospective Advisory Council Members:

- Respect for the human experience and all members of our community
- Advocacy for underrepresented communities
- Teamwork in collaborative spaces with a willingness to learn and disagree

- Innovation for reimagination and creating new and sustainable systems
- Diversity, Equity, and Inclusion to be centered and prioritized in all our community efforts

The Advisory Council is currently accepting applications and we hope to hear from you. The due date to apply is June 1st for the Summer 2024 recruitment cycle. A paper application can be found at the CfPA reception desk. To learn more about the roles and responsibilities of the Advisory Council members and to apply, visit www.tinyurl.com/CfPAAdvisory

You are encouraged to attend a council meeting as a community participant or as a prospective member and will be invited to informally meet with current council members.

Thank you for being you. Our community is better with you in it.

“What really makes a difference is what you do locally. It's the small stuff, the everyday things that make a difference.”

—Mark Loveless, CfPA Advisory Council Member

Our Impact: March 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.

- 1113.92 volunteer service hours
- Value of in-kind donations: \$26,375
- 105 community members supported with preventative screening, counseling, and referral
- 193 hours of case management support
- 218 individuals supported through Asian Food Pantry
- 357 congregate meals served through Stone Soup and Meals on Wheels
- 157 classes and events
- 471 program hours
- 1,173 individual program participants throughout month
- 5,275 lbs. of food delivered (est. 7,912.5 meals provided)
- 635 community members supported through CfPA's monthly Food Pantries
- 327 tax appointments scheduled and supported through our partnership with Cash Oregon

Celebrate Older Americans Month!

2024 THEME:

Powered by Connection



EVERY MAY, the Administration for Community Living leads the nation's observance of Older Americans

Month (OAM). The 2024 theme is *Powered by Connection*, in recognition of the profound impact meaningful relationships and social connections have on our health and well-being. This month, we explore the vital role that connectedness plays in supporting independence and aging in place by combating isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others by sharing facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.

All year long, CfPA offers many resources that help older adults engage, including community events, social groups, and volunteer opportunities. We help connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships. Many of the programs we host encourage interactions with youth and peer support connections. Meaningful social connections benefit everyone involved.

Share what connection means to you on social media using the hashtag [#PoweredByConnection](#).

AGING AT HOME
Information to live the life you choose.
RESOURCE FAIR
housing, legal, finance, health, design, safety, and more!
SATURDAY MAY 18 noon-3PM
Raffle prizes!
Northeast Community Center - 1630 NE 38th Ave

Speaking of community connection: Hollywood Ukulele Group (HUG) celebrates 11 years of bringing joy and musical jams at the Community for Positive Aging. Congratulations, HUG!





CfPA Staff Directory

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113	Kaleen Deatherage <i>(She/Her)</i> , Interim Deputy Director	kaleen.deatherage@communityfpa.org
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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
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123	Rylie Thayer <i>(She/Her, They/Them)</i> , Community Health Connector / LIFT Fare Assistance Coordinator	rylie.thayer@communityfpa.org
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116	Will Yang <i>(He/Him)</i> , Asian Program Coordinator	will.yang@communityfpa.org



Giving to CfPA

THE COMMUNITY FOR POSITIVE AGING THANKS YOU!

Many thanks to all those who made contributions from March 13 through April 16, 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.

ASIAN FOOD PANTRY

Susan S. Lee

Susan Roberts
Teresa Frakes
Tom Ogle
Trish Diana
Walter Ratzlaf

CENTER DONATIONS

Anonymous
Anne Clark
Barbara Mohn
Betty Chinn
Beverly Luzader
Bridget Neal
Cathy Lobb
Dorothy Plummer
Fay Vinson
Gabriella Maerteens
Janet Hively
Janet Orjala
John LaPlante
John Lucas
Judi Duffy
Karen Schneider
Leslie J Munson
Lourdes Markley
Marjorie Westrup
Mary Casey
Mary Lou Soscia
Michael Eley
Philip FL Dean
Richard Ferch
Roseanne Clark

REGISTRATION

Ann Lindstrom
Ann Myers
Ann Pedersen
Ben C Hobbs
Cathy Lobb
Elizabeth Kennedy
Fran Glynn
Jean Thompson
Jonnie Zheutlin
Joyce Booth
Judy Griffen
Julie Yocom
Kathleen Williams
Leslie J Munson
Linda Wright
Lynne LaRoe
Marlene D. Hall
Mary Griffiths
Nola Anderson
Rachel Major
Tom Ogle
Trudy Linton

GRANTS/ FOUNDATIONS

Loren Ernest Parks
Fund of Donors Trust
Pacific Power Foundation

IN HONOR OF RON THURSTON

Molly Thurston

IN HONOR OF CHUCK READY

Terril Doherty

IN MEMORY OF HELEN BALO

Gary and Karen Balo

IN MEMORY OF FRANCES JOHNSON

Jill Johnson

IN MEMORY OF JIM WILKERSON

Georjean Wilkerson

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

COMMUNITY PARTNERSHIP

Community Garden Expansion Project

at Lan Su Chinese Gardens

The Community for Positive Aging is grateful to be the recipient of a community garden expansion project grant in partnership with Lan Su Chinese Gardens. This community garden and greenhouse has been repurposed for community benefit and will provide fresh culturally specific produce for the Asian Food Pantry. We are so honored to be a part of this amazing community project!



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.
- 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.

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

Name _____ Phone _____ Email _____

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