

The Multicultural Senior Center



Newsletter



June 1999

Urban League Senior Center Staff:

Phone Number: 248-5470

Extension

Serena Stoudamire, Director	24559
Arleta Ward, Activities Coordinator	24545
J. Cupid Alexander, Transportation Coord.	24545
Tammorra Barnes, Information & Assist	24553
Ameera Saahir, BCCP Coordinator	24551
Jo Anna Schooler, Admin. Assistant, Newsletter ...	24548
Betty Walker, Lead Case Manager	24550
Tiawanna Cobb, Case Manager	24552
Mary Turner, Case Manager	24554
<i>24-hrs Emergency Assistance, When office is closed, call Senior Helpline ...248-3646</i>	

Learn About Spousal Impoverishment Law

When a spouse is not able to care for his/herself, often times the couple feel hopeless and don't know where to turn. The Spousal Impoverishment Law can help! What does the Law do? This law allows the spouse remaining at home to protect a portion of his or her income and resources. The spouse needing care can receive Medicaid sooner and without the spouse at home becoming impoverished.

To learn more about the Spousal Impoverishment Law, please call our Northeast Aging Services Office at 248-5470.



OASIS Senior Housing Fair

Wednesday, June 16th 1999

11:00 a.m. to 2:00 p.m.

Call to reserve your place, 241-3059

Join OASIS in the Meier & Frank Auditorium on the 10th Floor, and discover what is available in the Senior Housing Market within the Portland area.

View displays and meet representatives from local senior housing organizations. Have your questions answered and enjoy this overview of community resources.

Join the group at 12 noon for a talk on Senior Housing with speaker Roger Auerbach, Director the State of Oregon Senior Services from Salem.

Lower Your Water Bill This Summer

Portland Water Bureau and the Community Energy Project are co-sponsoring a free workshop on water conservation on Wednesday, June 23rd, 6 to 7:30 p.m. in the Peninsula Park Community Center, 700 N. Portland Blvd. You can learn to save money on your water bills, detect water leaks in and around you house, and repair leaky toilets and faucets, plus receive free water conservation kit, retail value \$25. To sign up for the workshop, call 284-6827.

What's Happening



*The Portland
Rose Society
111th Annual*

Rose Show

Lloyd Center Ice Pavillion

*Thursday, June 10th
1 p.m. to 9 p.m.*

*Friday, June 11th
10 a.m. to 6 p.m.*

(Transportation available — on the 11th)

We have a few tickets available

*Call 248-5470, ext 24545
for information*

SELF ENHANCEMENT, INC.
AND ARTIST'S REPERTORY THEATRE
present ...

"Having Our Say"

*June 4th - June 12th
Adults \$12, Students and Seniors \$10
(Groups of 10 or more - \$10, \$8)*

*An incredible real life family saga depicting 100 years of our
country's history as seen through the eyes of two
African-American sisters.*

Center for Self Enhancement, 3920 N. Kerby
Call 709-8243

You are invited
To Join us
on July 18th, 2 p.m.
and meet

Lorraine Johnson-Coleman

Author of "Just Plain Folks"
and nationally recognized
folk culturalist.

Ms. Johnson-Coleman's book has received much acclaim and is the source of the stories, commentary, and poetry heard in the NPR series of the same name. It has also been the basis for creative writing and folklore workshops conducted by Lorraine during the Aspen Writer's Conference, Coastal Georgia Writing Project and University of Georgia system lectures.

Don't miss the opportunity to meet
this remarkable lady!

30 Good Reasons to Quit Smoking in <i>June 1999</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Cigarette burns in clothing	2 Yellow teeth	3 Low birth weight in babies and crib death (SIDS)	4 Higher insurance premiums	5 Smoke smell in car & house
6 Paying more for cigarettes	7 Going outside in rain& snow to smoke	8 Lung Cancer	9 Being addicted to nicotine	10 Heart disease and stroke caused by smoking	11 Explaining to your kids why you haven't quit	12 Problems breathing
13 Being ignored by friends who don't smoke anymore	14 Always looking for ashtrays	15 Food doesn't taste good	16 Poor role model for children	17 Sore throat and frequent coughing	18 Sky-high medical bills	19 Nicotine withdrawal on airplane flights
20 Nagging from non-smokers	21 Build-up of ugly cigarette butts around the house	22 Being upset at many "No smoking" signs	23 House fires	24 Loss of teeth	25 Not being around to see your grandkids grow up	26 Going out in the middle of the night to buy cigarettes.
27 Premature wrinkles	28 Toxic additives	29 Carrying around portable oxygen	30 Impotency	<i>Dying much too early!</i>		

From the Urban League Breast and Cervical Cancer Program

Because You are a Woman ...

...You need to know certain facts about breast cancer.

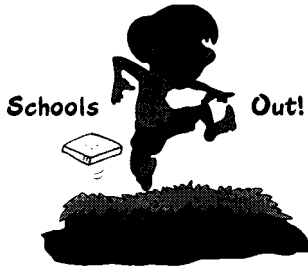
First, *all women are at risk* for breast cancer. Breast cancer now causes more deaths among women than any other cancer except lung cancer. You also need to know that many breast cancers may be curable. But *only* if they are found early.

The Most Important Part of Your Action Plan ...

... Is having regular mammograms.

These simple breast x-rays are quick, easy, and safe. In fact, mammograms use less radiation than a dentist's x-ray.

And a mammogram can give you a big head start on treatment. You and your doctor may feel a lump as small as a pea. But a mammogram can detect a cancer as small as a pinhead. That may be up to two years before you can feel it.



June Activities and Schedules

For Further Information, call Arleta Ward, 248-5470, Ext. 24545

We are planning a trip to Oregon Zoo on Friday, June 4th at 10:30 a.m. Come and join us! Only \$4.

On Tuesday, June 8th, we will visit Sauvie Island. Here's an opportunity to buy some really fresh vegetables, fruit, and berries. Plan on leaving at 10:30 a.m.

A trip to Spirit Mountain Casino is arranged for Thursday, June 10th. We will leave at 8:30 a.m. and return at 5 p.m. Transportation is \$7.

Don't forget the Fishing Derby! Friday, June 18th, 10 a.m. to 4:30 p.m.

Looking ahead to July, we are planning another trip to Sauvie Island on Tuesday, July 6th. There should be even more fruits and veggies available!

On Sunday, July 18th, plan to have tea at the Center with Lorraine Johnson-Coleman, 2 to 4 .m. See the "What's Happening" section for details.

A Beach Trip to Lincoln City is planned for Saturday, July 24th. We will leave at 8 a.m. and return at 4:30. Transportation is \$5. The day will include lunch at a restaurant, visits to outlet stores, and a stroll on the beach.

On Wednesday, July 28th, we will make a Library Tour, starting at 11 a.m. We will stop at a downtown restaurant so participants can purchase lunch.

Our new Quilting Group meets on Wednesday mornings at 10 a.m.

Bingo is played every Friday at 1 p.m.

Pokeno is scheduled every Wednesday and begins at 10:30 a.m.

Bible Study is scheduled for Thursdays, 10:30 a.m.

Exercise Class is held every Monday, Wednesday, and Friday at 10:30 a.m.

The Blood Pressure Clinic is held on the third Thursday, June 17th, 9:30 a.m. to 12 noon.

Oil Painting is held on the 2nd Tuesday, June 8th at 10 a.m. There is a \$5 fee.

The Sewing Circle is held on Mondays at 10 a.m.

Movie Day is the last Tuesday of the month, June 29th, and starts at 10:30 a.m.

There is a trip to the Thrift Store on the first and third Wednesday (June 2nd and 16th) at 2 p.m. \$1 fee is for transportation.

Tuesdays are Shopping Days with the Red Cross. We leave at 1 p.m. \$1 fee.

The Foot Care Clinic is held on the first and second Mondays (June 2nd and 14th) from 8:30 a.m. to 4 p.m. There is a \$10 fee. By appointment only! Call 248-5470, ext. 24545.

Manicures will be given on the first and third Tuesdays (June 1st and 15th) from 8:30 am to 4 pm. Cost is \$7. Call 248-5470, ext. 24545 for an appointment.

Potluck is held on the second Wednesday of the month (June 9th).

Senior Law is scheduled on the second, third, and fourth Tuesday, (June 8th, 15th and 22nd). Hours are 1 to 4 p.m. and appointments are necessary, Call 248-5470, ext. 24548.

Advisory Committee meets on the second Monday (June 14th) at 1 to 2:30 p.m.



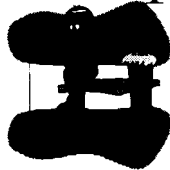

Optimism and Pessimism

I will say this about being an optimist—even when things don't turn out well, you are certain they will get better.
Frank Hughes

The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised.

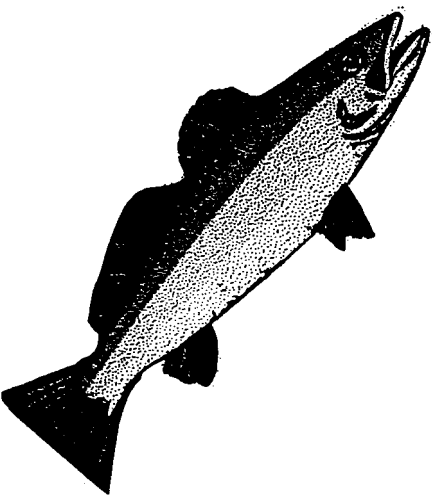
*George F. Will
The Leveling Wind*

Activities June 1999

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Manicures Shopping Day	2 Exercise Class Pokeno Thrift Store	3 Bible Study	4 Zoo Trip Exercise Class Bingo	5
6	7 Sewing Circle Exercise Class Foot Care	8 Sauvie Island Oil Painting Shopping Day Senior Law	9 Exercise Class Pokeno Potluck	10 Spirit Mountain Bible Study	11 Exercise Class Bingo	12
13	14  Flag Day Sewing Circle Exercise Class Foot Care	15 Manicures Shopping Day Senior Law	16 Exercise Class Pokeno Thrift Store	17 Blood Pressure Clinic Bible Study	18  Fishing Derby Bingo	19
20  Father's Day	21 Sewing Circle Exercise Class	22 Shopping Day Senior Law	23 Exercise Class Pokeno	24 Bible Study	25 Exercise Class Bingo	26
27	28 Sewing Circle Exercise Class	29 Movie Day Shopping Day	30 Exercise Class Pokeno	<p>June was named for Junius, Latin for the goddess, Juno.</p> <p>Flag Day commemorates the adoption by the Continental Congress, on June 14, 1777, of the Stars and Stripes as the U.S. flag. It is a legal holiday in Pennsylvania only.</p> <p>Father's Day is observed on the third Sunday in June and was first celebrated on June 19th, 1910.</p> <p>The birthstone for June is the pearl, alexandrite, or moonstone.</p>		

ANNUAL FISHING DERBY

Cross your fingers and cast your line, at The
Urban League of Portland's Annual Fishing
Derby and Picnic



Friday, June 18th, 1999

At Warren Dock

Scappoose, Oregon

10:00am - 4:30pm

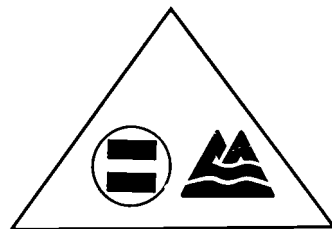
Transportation \$3.00

*Buses will depart from the Multicultural Senior Center,
Located at 5325 N.E. Martin Luther King at 9:30am.*

DON'T MISS THE FUN!

Games and Prizes!

For more information call 248-5470 ext 24545



Grandparent's Corner

What If

What If people knew how often children cry themselves to sleep at night, feeling emotionally abandoned, worthless and unwanted?

What If everyone who pays child support understood that being "a parent" requires a personal commitment as well?

What If no one expected children to be "little adults"?

What If our society honored and supported parents for the difficult and critical role they fulfill?

What If we valued teachers and education the same way we value professional athletes and sports?

What If our character, values, and goodwill were more obvious than our accumulation of wealth?

What If we recognized generosity based upon an individual's ability to give rather than the size of the gift?

What If families sustained the spirit of gratitude and giving felt between Thanksgiving and New Year's Day throughout the rest of the year?

What If children's advocates worked together in the best interests of children without regard for how it would position their organizations?

What If policy makers felt truly accountable for the impact their decisions have on children and families?

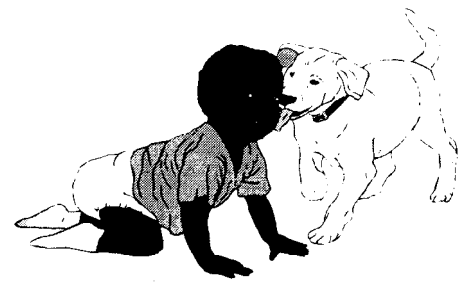
What If policy makers felt truly accountable for the impact their decisions have on children and families?

What if everyone believed that each and every child deserves a safe and healthy childhood?

What If we put "childhood" on the endangered species list and stopped all actions that continue to threaten it?

What If.

*Alan Watahara, President
California Children's Lobby*



Children Learn What They Live

If children live with criticism,
they learn to condemn.

If children live with hostility,
they learn to fight.

If children live with fear,
they learn to be apprehensive.

If children live with ridicule,
they learn to be shy.

If children live with shame,
they learn to feel guilty.

If children live with tolerance,
they learn to be patient.

If children live with
encouragement,
they learn confidence.

If children live with praise,
they learn to appreciate.

If children live with approval,
they learn to like themselves.

If children live with acceptance,
they learn to find love in the world.

What are your children living?

There's a Fine Line Between Discipline and Abuse

Discipline is not punishment.

Discipline is not shame.

Discipline is not guilt.

Discipline helps a child to think.

Discipline helps the child to learn so that his present and future behavior is changed.

Discipline is best taught by example.



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Multicultural Senior Center
5325 NE Martin Luther King, Jr Blvd.
Portland, OR 97211

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