



**Gladstone Community Center Advisory Board Meeting
Civic Center Council Chambers, 18505 Portland Avenue
Tuesday, April 16, 2024 at 3:30 pm**

The City of Gladstone is abiding by guidelines outlined in House Bill 2560, which requires the governing body of the public body, to the extent reasonably possible, to make all meetings accessible remotely through technological means and provide opportunities for members of the general public to remotely submit oral and written testimony during meetings to extent in-person oral and written testimony is allowed. Therefore, this meeting will be open to the public both in person and virtually using the Zoom platform.

Please visit the link below to join the webinar:

<https://us06web.zoom.us/j/86042101996?pwd=CRa8icaZRAG4oamaozTcDKQaVjfDa2.1>

Passcode: 346793

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+13462487799,,86042101996#,,,,*346793# US (Houston)

Or join by phone:

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Webinar ID: 860 4210 1996

Passcode: 346793

CALL TO ORDER

1. Roll call of the advisory board
2. Approve March 19, 2024 minutes

BUSINESS FROM THE COMMUNITY CENTER STAFF

General Updates, Michelle Prusso

March Events and Activities

3. March Monthly Report, included
4. Community classes and events

April and Upcoming Events and Activities

5. Janitorial service
6. Earth Month
7. Spirit Week
8. AARP, taxes
9. Gladstone Food Bank
10. Music On The Green

BUSINESS FROM THE BOARD

Mindy Proski, Chair/Board

11. Work Plan update, branding/logo
12. June 25, 2024, schedule work plan update, City Council
13. Community Festival

BUSINESS FROM THE AUDIENCE

Bonnie Duncan, Foundation

14. Gladstone Seniors Foundation update, Bonnie Duncan

NEXT MEETING: May 21, 2024

ADJOURN

MEETING ACCESSIBILITY SERVICES AND AMERICANS WITH DISABILITIES ACT (ADA) NOTICE

The Civic Center is ADA-accessible. Hearing devices may be requested from the City Recorder at least 48 hours before the meeting. Individuals requiring other assistance must make their request known 48 hours preceding the meeting by contacting the City Recorder at bannick@ci.gladstone.or.us. Staff will do their best to respond in a timely manner and to accommodate requests.

GLADSTONE COMMUNITY CENTER BOARD MEETING MINUTES OF MARCH 19, 2024

Meeting was called to order at approximately 3:31 p.m. (In Person/Via Zoom Platform).

PRESENT:

Evelyn Johannesen, Sylvia Kelner, Simona Gherghisan, Chair Mindy Proski, Roxanne McMullin, Josie Whitaker, Sharon Howard

ABSENT:

None

STAFF:

Jacque Betz, City Administrator; Michelle Prusso, Volunteer Service and Nutrition Coordinator; Hayley Kratz, Executive Administrative Assistant

1. Roll Call:

Roll call was taken.

2. Approval of February 20, 2024 Minutes:

Josie Whitaker made a motion to approve the February 20, 2024 meeting minutes. Motion was seconded by Evelyn Johannesen. Ms. Kratz took a roll call vote: Evelyn Johannesen – yes. Sylvia Kelner – yes. Vice Chair Simona Gherghisan – yes. Chair Mindy Proski – yes. Roxanne McMullin – yes. Josie Whitaker – yes. Sharon Howard – yes. Motion passed with unanimous vote.

BUSINESS FROM THE COMMUNITY CENTER STAFF:

February Events and Activities

3. Audit, Clackamas County

Clackamas County scheduled and performed an on-site visit/audit at the community center with Transportation, Nutrition, and general operations to make sure standards of the contract were being met, and it was determined everything was running great. The meeting did bring forth two pieces of new information that the city will be following up on: 1) Increasing transportation reimbursement through adventure trips and 2) Working with Clackamas County's network of social resources to help Gladstone residents with needs such as rent or utility assistance, medical needs, or Medicaid questions. There are future visits scheduled.

4. Spring Market

The market is scheduled for May 18th. The board was given a copy of the vendor application and flyer so they could see what it looks like and for sharing.

5. Monthly Report

This was included in the Council packet, and the board was encouraged to review it.

March Events and Activities

6. Staffing Report – Michelle McIntire

Michelle McIntire started full time with the community center this month, and having her there has been very helpful in balancing the workload.

7. Music on the Greens

The plan for Music on the Greens is in the works, and details can be seen on the Community Center's social media page. Dates will be July 12th, August 9th, and September 13th from 6:00-8:00 p.m. right outside of the community center. The budget for this event is \$2,400. Two bands will be hired for each night of the event. The board was asked for two volunteers to help with the selection of the bands after submissions are in, and Sharon Howard and Simona Gherghisan offered their time. The city would like to make this a signature event.

Roxanne McMullin made a motion to accept Sharon Howard and Simona Gherghisan as the board member volunteers to review band submissions for Music on the Greens 2024. Motion was seconded by Josie Whitaker. Ms. Kratz took a roll call vote: Evelyn Johannesen – yes. Sylvia Kelner – yes. Vice Chair Simona Gherghisan – yes. Chair Mindy Proski – yes. Roxanne McMullin – yes. Josie Whitaker – yes. Sharon Howard – yes. Motion passed with unanimous vote.

8. Updating Documents

Some housekeeping of documents was done in March. A transportation survey was created that can be found online and will be passed out at the community center asking what kinds of adventure trips the community would like to see. Once ideas are all gathered, the center will create a 3-month calendar with available trips. The yearly permission slip was updated so that only one needs to be filled out per year versus one slip being filled out for each trip. The code of conduct was also updated and posted at the facility.

9. DEI Engagement and Planning

With the city council's adoption of the goal to improve diversity, equity, and inclusion engagement and planning, Michalle Prusso and Marci Jory discussed ideas that the city can focus on throughout the year:

- March – Women's History Month
- April – Arbor Day and Earth Day
- May – Mental Health Awareness Month
- June – LGBTQIA+ Pride Month and Juneteenth National Independence Day
- September – Hispanic Heritage Month
- October – Indigenous People's Day and Mental Health Awareness Day
- November – National Native American Heritage Month
- December – Diwali

The approach will be to put together social media, newsletter articles, and have media available at the community center that focus on each topic via books, posters, displays, and movies. These are still in the planning stages, but they wanted to give the board and update on the work. Any suggestions from the board would be welcome.

10. Activities

For the annual Easter egg hunt, volunteers came and stuffed thousands of eggs and will also help on hunt day. The center shows movies every third Wednesday. Tech help is available two times each month for community members with two volunteers who will help walk people through any tech device they are struggling with. Chair exercise is every Tuesday and Thursday and has been very popular with a normal day seeing 6-8 people and has grown to about 20 people. The center had a St. Patrick Day party. A new volunteer is helping the center with the task of writing birthday cards for participants, volunteers, and staff.

11. Janitorial Service

The community center has a new janitorial service which is a private professional company who will be working in the evenings on Sundays and Wednesdays. The usual requirement of using a qualified rehabilitation program is waived in the absence of service availability which allowed the city to use a private company. This service will not affect the Youth Transition Program at the high school.

BUSINESS FROM THE BOARD:

12. A discussion was opened for the board's 2024 work plan to include the city council's 2023-2025 adopted goal, specifically 3.11, which is to provide expanded multigenerational services, programs, and activities at the community center. Board member Gherghisan suggested a coloring project where an older person brings some pictures of items that were popular during their era and the younger generation tries to draw it. Board member McMullin discussed having educational discussions around items like the holocaust, WWII survivors, the Greatest generation, Vietnam, overseas stationed military staff. She suggested looking into getting a membership with Osher Lifelong Learning Institute to possibly present these topics. Board member Howard suggested ideas like: Senior dance in the evening on a Friday or the weekend or a family dance. A brunch on a Saturday or Sunday that served non-alcoholic cocktails to create a family event. Having a picnic or BBQ on a weekend. Community Center Staff Michelle Prusso discussed her idea of creating a senior/senior dance with senior citizens and senior high school students. Board member Gherghisan suggested maybe the seniors could bring their 20's/30's era dress up or other clothing items and learn different dance styles. Board member Howard brought up the potential of having a hat party where everyone wears a fancy hat. Board Chair Proski discussed other topics like exploring options to increase revenue and look into the IGA with the school district, looking into grant funding to help develop a master site plan for the community center. Having a master site plan for the community center will allow for future planning for grant opportunities that could help with items such as updating some ADA accessible amenities in places like the kitchen and reception area. A final topic was offered to refresh the community center logo to enhance marketing. Marci Jory and Michelle Prusso can bring some ideas to the board, and ideas from the board are welcome.

Four items were chosen to be the focus of the board's work plan: Explore Community School's IGA with the school district, new branding for the community center, master site plan funding, expand multigenerational classes at the center.

Roxanne McMullin made a motion to accept the above four items for the board's work plan for 2024. Motion was seconded by Josie Whitaker. Ms. Kratz took a roll call vote: Evelyn Johannesen – yes. Sylvia Kelner – yes. Vice Chair Simona Gherghisan – yes. Chair Mindy Proski – yes. Roxanne McMullin – yes. Josie Whitaker – yes. Sharon Howard – yes. Motion passed with unanimous vote.

BUSINESS FROM THE AUDIENCE:

13. Bonnie Duncan, Gladstone Seniors Foundation, presented on their recent activities. First, she wished their director, Walt Fitch, a speedy recovery and hopes to have him back soon. The foundation is getting ready for a Mother's Day luncheon that will have a Kentucky Derby theme on Friday, May 10th at 1:00 p.m. At the last meeting, the Ms. Duncan talk about increasing promotions for trip subsidies, and Roxanne McMullin offered a suggestion that the foundation board could sponsor a trip rather than waiting for someone to ask for assistance. This is being explored. The foundation's last meeting had a representative from Osher Lifelong Learning Institute who presented their learning opportunities. The senior center will revisit this for the future, and Administrator Betz advised that the city would be interested in looking into this program.

Meeting Adjourned:

Sharon Howard made a motion to adjourn the meeting. Motion was seconded by Roxanne McMullin. Ms. Kratz took a roll call vote: Evelyn Johannesen – yes. Sylvia Kelner – yes. Simona Gherghisan – yes. Mindy Proski – yes. Roxanne McMullin – yes. Josie Whitaker – yes. Sharon Howard – yes. Motion passed with unanimous vote.

Meeting adjourned at 4:33 p.m.

**Next meeting will be on April 16, 2024 at 3:30 p.m.



Earth Day All Week Long!

Please join us at the Gladstone Community Center for a week-long series of free and family-friendly events celebrating Earth Day! Here's the schedule:

- * 4/22: Pop-up Earth Day art show hosted by Brush & Palette Art Association. Local artists will display all things Earth Day. Drop in anytime between 11 AM and 3 PM to check out the show and enjoy refreshments.**
- * 4/23: Earth Day art project with John Wetten Elementary School kids during lunch. The event starts at 11:30 AM.**
- * 4/24: Community Trash Pickup event in partnership with Solve. Meet at the Gladstone Community Center at 1 PM to sign in and pick up supplies. We'll work together to pick up trash in the community until 3 PM.**
- * 4/25: Lunch N Learn event featuring Lisa Kilders from Clackamas Soil and Water Conservation District. She'll talk about how beneficial insects can improve your garden. The event starts at 11:30 AM.**
- * 4/26: Garden Party featuring Master Gardener Wendy Wilson. She'll give a talk in the garden about native plants, and there will be a raffle and native plant giveaway. The event starts at 11 AM.**
- * 4/27: City Tree Planting and FOGNAP Plant Sale at Gladstone Nature Park. The event runs from 9 AM to 2 PM.**

FREE

GLADSTONE COMMUNITY CENTER

SPIRIT WEEK

APRIL 15 TO 19

"Let the Center Spirit Unleashed"

Monday:

Dress Up Day

Tuesday:

Hat Day

Wednesday:

Sports Team

Thursday:

Hawaiin Day

Friday:

PJ Day

For more information, contact Michelle:

503-655-7701



A photograph of a white desk with a black mug, three paper clips, and a teal square. The teal square is located at the top right of the white area. The text is overlaid on the left side of the white area.

The Gladstone Community Center

A teal square located to the right of the text.

Monthly Report

March 2024

What happened this month at the Gladstone Community Center?

1054 registered people checked into The Gladstone Community Center

255 individuals came to The Center for congregate meals

1300 Home Bound Meals were served to seniors

226 food boxes were received by local home bound seniors

We sent out **1021 pounds** of food to home-bound seniors! We received generous donations from our community, Gleaners, and Gladstone Food Bank.



Monthly Revenue?



\$924.00	Home Bound Meal Donations
\$700.00	Congregate Meal Donations
\$1417.50	Rentals Income
\$464.00	Transportation Donations
\$2491.60	Clackamas County Funds

We answer 1,000's of calls each month! This month we took numerous calls in the following categories:

Information and Assistance

Reassurance

Case Management

Client Services



Volunteers

We have 8 volunteers staffing our front desk 5 days a week from 8 am to 4 pm

We currently have over **100** volunteers



Volunteers recorded **562 hours** for March!

Volunteers do various tasks including kitchen, dining service, thrift shop, food deliveries, food pickups, instructors, clerical, front desk, cleaning, gardening, and advocacy work.



Rentals



Our Facility Rental Agreement has recently been revised, and the updated version is now available on our website for easy reference. We have set a long-term goal to increase the rental revenue of the Gladstone Community Center for the year 2024.

The Center also offered many community-based classes and programs this month.

- AARP Safe Driving Class
- AARP free tax preparation
- Art project at lunch, multi-generational
- Bingo at lunch
- Blood pressure readings
- Community Bingo Night
- Community Center, patrons egg hunt
- Easter egg stuffing, community hunt
- Foot Clinic
- Lunch N Learn, Gladstone Community School
- Lunch N Learn, Memory Care
- Movie, popcorn, and rootbeer floats
- Music at lunch
- Pinochle
- Saint Patrick's Day celebration
- SHIBA, Senior Health Insurance Benefits Assistance Program
- Tai Chi, 2 times weekly: beginner, intermediate, and advanced classes
- Tech support
- Walking Group
- Women's History Month interactive display and activities



DID YOU KNOW?



Fun Facts About Seniors!

* People get much happier after the age of 50.

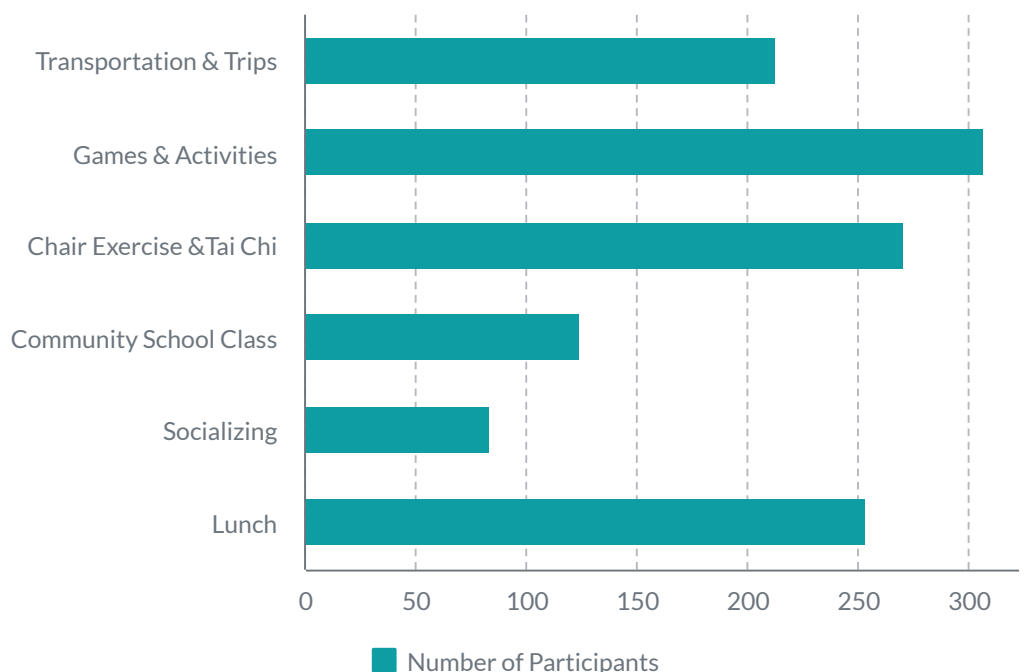
* Seniors sweat glands shrink as we age, so there's less sweating and less need to manage body odor.

* Seniors don't get colds as often past middle age. They are immune to many more viruses.

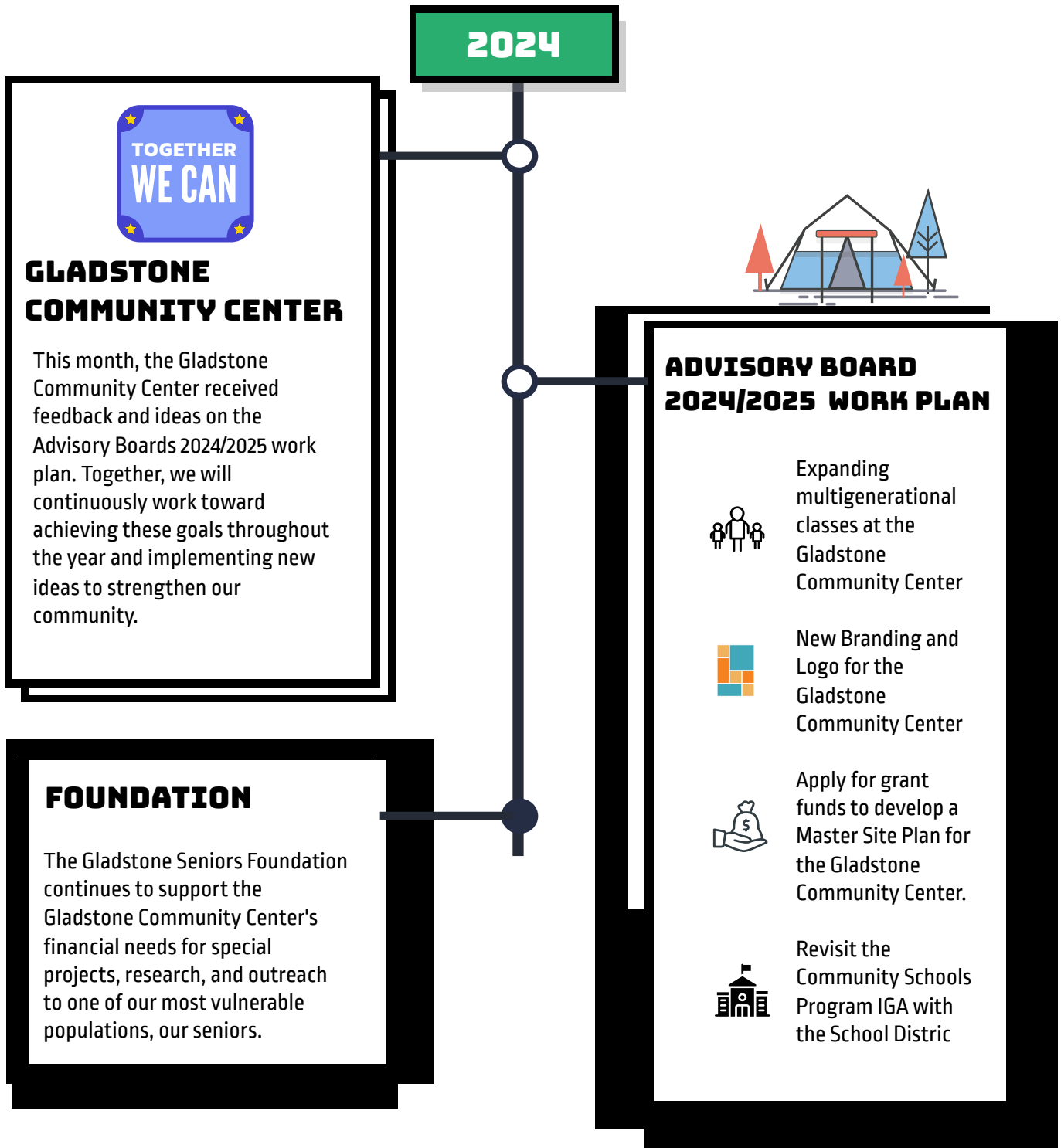
We Offer Evidence-Based Programs!

EBPs are research-supported programs to promote health and prevent disease and include components for behavior change and self-management. EBP participants build skills to take control of their health, from lowering the risk of falls to better managing chronic conditions, engaging in physical activity, and proactively managing mental health.

What Activities Did Participants Do At The Gladstone Community Center In The Month Of March?



PRIORITIZED PROJECTS



PRIORITIZED PROJECTS

During this month, our team has been working diligently to update and revise various documents at the Center. We have been focused on ensuring that all information is up-to-date, accurate, and easily accessible to those who need it. It has been a busy but productive time for us as we strive to improve the quality of our documentation and enhance the level of service we provide. We updated the following documents:

- Transportation: Community survey, yearly permission form
- Code of Conduct
- Website: Calendar, program descriptions, adding fillable documents, transportation regulations, and updating all the website sections

EMPLOYEE UPDATE

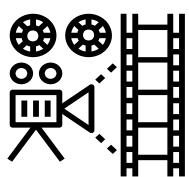
On March 1st, 2024, Michelle M. started working as a full-time employee at the Center. Her role now includes not only her previous responsibilities but also additional duties related to the kitchen and transportation. As part of her new responsibilities, Michelle spends a couple of days a week for a few hours in the kitchen preparing meals for the Center's home bound clients. She shops for supplies and preps the salad bar. Michelle also plays a crucial role in transportation, ensuring that clients arrive at the Center safely and on time. She drives the Center's van and picks up clients from their homes, ensuring their comfort and safety during the journey. She is responsible for maintaining the vehicle's cleanliness and ensuring that it is in good working condition. Michelle plans Adventure Trips each Friday. The staff at the Center is thrilled to have Michelle as a full-time employee, and they appreciate her positive attitude and willingness to take on new responsibilities. Michelle, in turn, is enjoying her new role and feels fulfilled in contributing to the Center's mission of providing compassionate care to its clients.



Women's History Month



The Gladstone Community Center has organized an interactive exhibit for Women's History Month. The exhibit focuses on local women who have made significant contributions to history. In addition to the exhibit, we have also shown documentaries, movies, and sound clips on the TV located in the lobby, which was enjoyed by several patrons. The Women's History Month exhibit is part of our ongoing commitment to enhance diversity, equality, and inclusion in our community.



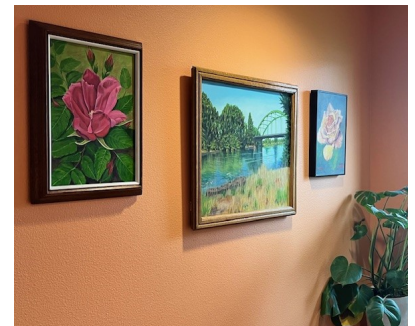
Every third Wednesday of the month, we celebrate Movie Day by watching a movie and enjoying root beer floats and popcorn. This month, in honor of Women's History Month, we watched **Hidden Figures**.



WOMEN'S
HISTORY
MONTH

Revolving Art Wall

The Gladstone Community Center initiated a "revolving art wall". This has proven to be an outstanding method of introducing new members to the Community Center while simultaneously showcasing the work of various artists. Each artist is given a one-month time slot to exhibit their art, and we have already booked most of 2024.



March's Artist Mike



Friends meet daily for coffee at the Center



Many patrons work on the weekly puzzle daily in the lobby

Our Lobby is not just a room for passing through, but a communal space where patrons can connect over shared stories and interests.

Transportation

Michelle M., our transportation driver, enjoyed taking our patrons on many Adventure Trips this month to The Holocaust Museum, CCC play The Spelling Bee, an Irish pub, and The Willamette Heritage Center. She had a busy month driving patrons to their shopping, errands, and doctor appointments. Patrons are grateful to have a ride to come to the Center to enjoy lunch, games, and social interactions with their peers!



Holocaust Museum



Black Bear Diner



Irish Pub Lunch

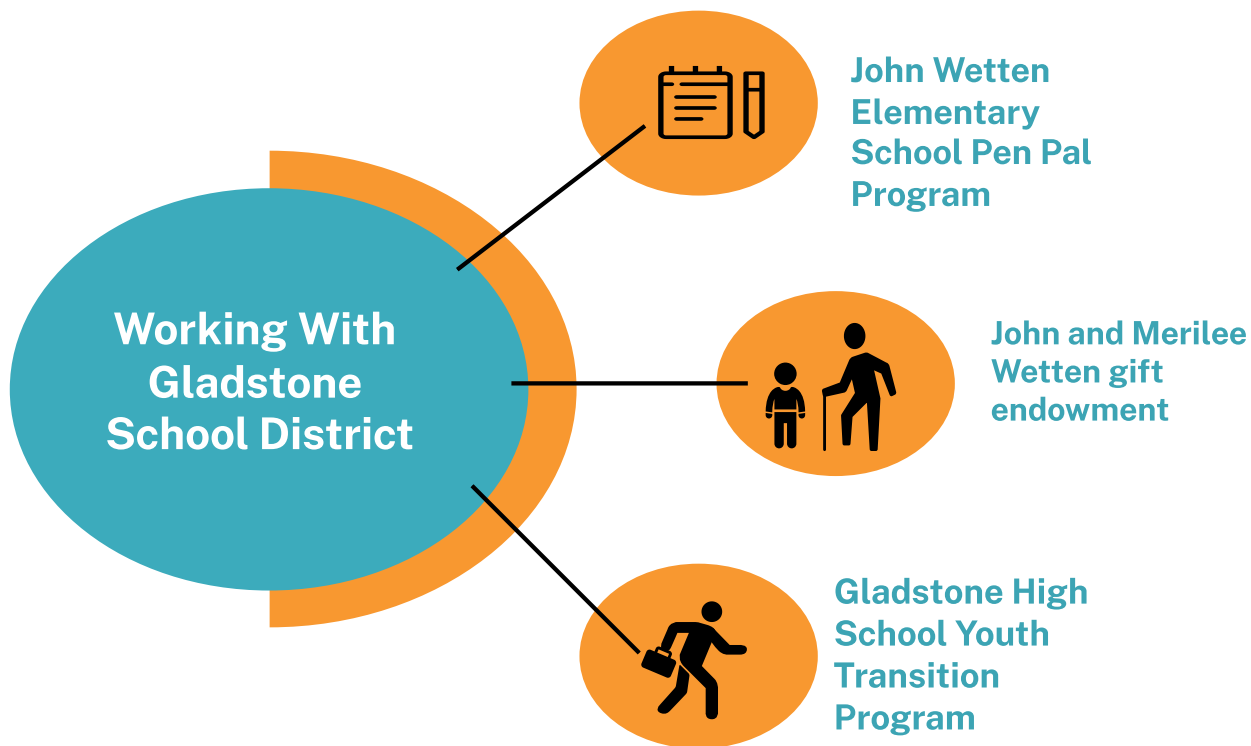


CCC "The Spelling Bee" Play & Lunch




Partnerships

Our penpal program is up and running with 25 participants involved. Every week, the children and patrons exchange letters, sharing their stories and experiences. The program has a team of over a dozen volunteers who help make it happen. They collect the notebooks from Homebound Meal participants, read the entries to ensure they are appropriate, and then deliver them back and forth to the school.



The John Wetten Gift Endowment Project is an initiative that we have started this month at the Gladstone Community Center. The project aims to promote intergenerational collaboration and community engagement. As part of this project, we are inviting a fifth-grade class from John Wetten Elementary School to visit us every Tuesday. During their visit, the students eat lunch and then get to participate in a hands-on project with our participants. This project is designed to be educational, fun, and engaging for both the students and our participants. It is a great opportunity for the students to learn new skills and interact with people from different generations. We hope that this collaboration will foster a sense of community and encourage people to get involved in activities that promote socialization and learning. We believe that this type of multi-generational activity is essential for building a strong and vibrant community. We are excited to be a part of this initiative and look forward to seeing the positive impact it has on our community.





Ms. Meroney's 5th-grade class from John Wetten Elementary had fun making montage flower pots and having lunch with our participants this week! 3/19/2024



Volunteers

Every month, our organization is fortunate to have a dedicated group of volunteers who generously contribute their time and creativity to craft heartwarming gifts for our Home Bound Meal participants. These gifts include a variety of handmade items such as beautiful crafts, personalized cards, and uplifting notes that aim to bring joy and comfort to those in need. Our volunteers' efforts not only help us to provide practical support but also serve as an important reminder to our recipients that they are valued and cared for by their community.



Girl Scout Troop 31080 created festive Saint Patrick's Day flowers and filled them with treats!



THANK YOU

The Gladstone Community Center

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Gladstone Oregon 97027

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<https://www.ci.gladstone.or.us/sc>



GLADSTONE
Oregon