

~Glad Tydings~

The newsletter of the Gladstone Senior Center

Published bi-monthly

July & August 2016

\$8.00 a year subscription rate

Important Dates to Remember

Monday, July 4th–Center closed to observe Independence Day.

Wednesday, July 27th– *35th Anniversary Party*– Join us at the Senior Center as we celebrate 35 years of service. Come join us on Wednesday, July 27 from 11:30 am to 1:00 pm. Reservations are requested and the event is free and open to all! We hope to see you here!

Wednesday, August 31st– *50th Wedding Anniversary Party*. 11:30 am. Join the Senior Center and the Gladstone Seniors Foundation as we celebrate couples that have been married for 50 years or more. We will have a fantastic lunch with entertainment followed by cake! For more information, please contact the Senior Center at (503)655-7701.



Senior Center Advisory Board

Next meeting: Tuesday, July 19th at 3:00 pm.

Board members serve in an advisory capacity to the City of Gladstone, City Council, and Senior Center staff on matters affecting program and policy. They assist in ascertaining the needs of older persons, to coordinate and mobilize public and private resources at all levels, and to gain, build, develop and maintain such programs. In addition, they develop volunteer opportunities for all individuals to serve one another and their community. Meetings are held 3:00 pm at the Gladstone Senior Center on the 3rd Tuesday of January, April, July, and October.

Advisory Board Members:

Collette Umbras– President

Len Nelson– Vice President

Nikki Squires– Secretary

Board Members:

Katie Ellerby, James Pritchard

Elaine Hermens, Noreda May

Boots Droz, Diane Berreth

Rhonda's Ramblings

Life is all about transitions. That is what is happening all around the Center. The Center is celebrating 35 years. Several of the staff has worked here over 20 years. Classes, activities, programs, and assistance are happening every day at the Center. My life is in transition and I have decided that it is time for me to retire. The City of Gladstone has been a good place to me for the past almost 27 years. I have enjoyed being a part of so many wonderful people. Volunteers have assisted so many programs and have given many hours. Years ago the Center was fortunate to be given a large bequest by Ruth and Stan Planton which was used to improve the building. I am proud to have been part of having the Planton room being built to have an additional space for meetings and classes. I established the non-profit foundation for the Center and continue to see it grow. With community partners and support of the City of Gladstone I hope to see many more years for the Center.

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Are you ready for a emergency? The Senior Center has information to help you prepare for the unknown. Visit us for more information.

Senior Center Survey 2016

In the coming months, the Senior Center will be mailing out a survey to all residents of the city. With this survey, we hope to learn how to better serve you now and in the future. From new programs and services to how we identify ourselves. It is a simple survey, 1 page. Please encourage your friends and neighbors to complete this survey, even if they are not utilizing our services. We will appreciate all of your input!

Your Gladstone Senior Center Staff:

Rhonda Bremmeyer-Center Manager

Colin Black-Center Assistant

Debbie Ferren-Nutrition Coordinator

Phone: (503) 655-7701

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Brain Games....a great way to keep that ol' noggin ticking!

Find the 25 words listed below that are often used in connection with air pollution:



- | | | | | |
|-----------------|---------------------|---------------|---------------|-----------------|
| 1. air | 6. breathe | 11. bus | 16. car | 21. haze |
| 2. dust | 7. eyes | 12. fresh | 17. lungs | 22. nose |
| 3. oxygen | 8. pollution | 13. sick | 18. truck | 23. carpool |
| 4. particulates | 9. smoke | 14. woodstove | 19. dirty | 24. atmosphere |
| 5. inversion | 10. carbon monoxide | 15. ozone | 20. emissions | 25. environment |

TEMPERATURE

PAR
2

CHANCE

HEART

COLLAR
HOT

THE **HEAD** SAND



July & August Trips

TRIP POLICY- SIGN UP JULY 1st OR AFTER FOR ALL TRIPS LISTED. YOU MAY SIGN UP FOR THREE TRIPS EACH MONTH AND BE PUT ON THE WAIT LIST FOR ADDITIONAL TRIPS.

Note: Please be aware that return times are approximate.

July 11-Cooper Mt. Nature Park Hike— This beautiful metro park has 3 miles of trails and a picnic area. Bring a sack lunch and we'll bring the coffee. Lv: 9am and Ret: 2pm. Fare: \$7

July 22- Plucky Maidens Junk Fest— No junk, just great antiques, collectibles, crafts, and more the historic Oaks Park. Over 75 first class vendors for your shopping pleasure. Lunch after at McGraths. Lv: 9:30am Ret: 4pm. Fare: \$15(includes bus and admission)

July 29-The World of Speed— This very cool museum is full of fast vehicles, from motorcycles to race cars and speedboats. After, we'll enjoy lunch at the Oswego Grille. Lv:9:30am Ret: 2pm. Fare: \$20 (includes bus and museum)

August 4(Thursday) The Music Man at Clackamas Rep—Trouble in River City? When "Professor" Harold Hill arrives in River City, Iowa, he quickly has everyone eating out of his hand. Lv: 6:30pm Ret: 10pm Fare: \$25(includes bus and play, must prepay when registering.)

August 8-Scouters Mountain Hike and Potluck BBQ—Sign up ahead of time for what you will bring-we'll provide the burgers, fixings, and the coffee. Lv:9am Ret: 2pm Fare: \$10 (includes bus and burgers)

August 13- Aurora Colony Days—This town is full of history! Enjoy the antique vendors, shops, parade, and then a tour of the museum. Lv: 9am Ret: 2pm Fare: \$12(includes bus)

August 18(Thursday) Concert in the park-Johnny Limbo—Rock and Roll! Enjoy this free concert at Abernathy Green in Oregon City. Bring a lawn chair and dinner or some cash to purchase food from the vendors. Lv: 5pm Ret: 9pm Fare: \$9(includes bus)

August 26-Oregon Culinary Institute for lunch—MMM! We'll enjoy a 3 course lunch including non-alcoholic beverage and tip. Bring cash if you'd like to have a glass of wine. Lv:11:15am Ret: 2:30pm Fare: \$21(includes bus and meal)

September 8-Steel Magnolia's at Clackamas Rep— Truvy's beauty salon is where all the ladies who are anyone have their hair done. This touching yet humorous story will touch your heart. Lv:6:30 pm Ret: 10pm Fare: \$25(includes bus, must prepay when registering)



You can help Gladstone Senior Center earn donations just by shopping with your Fred Meyer card! For those of you who have participated in this program, thank you! Over the last year, this great program has earned over \$800 for the Gladstone Seniors Foundation. These donations help fund projects that the foundation sponsors. Here's how the program works: this program links your Rewards Card to the **Gladstone Seniors Foundation**. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping the Gladstone Senior Center earn a donation from Fred Meyer.

It is time now to re-enroll in this program or join if you have not! It's very easy to do. You can re-enroll or enroll for the first time by following these simple steps:

1. Don't have a rewards card? That's ok, you can set one up or we can help you set one up here at the Senior Center.
2. Relink your card to our Community Rewards program through an email sent out in June or log onto your account at www.fremeyer.com/communityrewards.
3. Once logged in on your account, you will be able to search for your organization by name, **Gladstone Seniors Foundation** or by number **90032**.

Please note: the donation comes directly from Fred Meyer and does NOT impact your rewards points, rebates or fuel point. THANK YOU FOR YOUR SUPPORT!

Book Club-3rd Monday of each month at 10 am.



July 18-*The Oregon Trail* by Rinker Bick. Bucks' account of traveling the length of the Oregon Trail with his brother in a covered wagon with a team of mules which hadn't been done in 100 years. He tells the rich history of the trail, the people who made the migration, and its significance to the country.

August 15-*The Ledge: An adventure story of friendship and survival on Mt. Rainier* by Jim Davidson. In June 1992, best friends Jim Davison and Mike Price climbed Mt. Rainier and then an cave-in plunged them deep inside a glacial crevasse. The Ledge chronicles his transforming odyssey from the heights of elation to the depths of grief and hard-won wisdom.

Healthy tips for cooking from Debbie's kitchen!

This issue, nutritional ways to liven up your meals.

1. You can always expand the flavor of your casseroles try sautéing onions, peas, pinto beans, or tomatoes add to your favorite dish for flavor.
2. For a quick meal try an omelet with vegetables, simple chop, sauté, and add them to eggs as it cooks or combining different vegetables such as mushrooms, spinach, onions or bell peppers, yum.

Next issue, look forward to more ways to improve your meals! Our goal with this new section is to help you maintain a healthy and tasty diet.



Crock Pot Chicken Cacciatore

Ingredients

- 1 Onion, sliced
- 1 Green Bell Pepper
- 2 (6oz) cans of no salt added tomato paste
- 1 (14.5 ounce) can diced tomato
- 3 Garlic Cloves, minced
- 1 tbs Italian seasoning
- 6 medium chicken thighs, skins removed

Instructions

Cook on high for 4 hours. Serve the chicken over whole wheat rotini pasta if desired.

Recipe Cost: \$7.49 and serves 6 people.

Calories: 170

Carbs: 18g

Protein: 16g

Fat:5g

Sat. Fat: 1.3g

Sugars: 10g

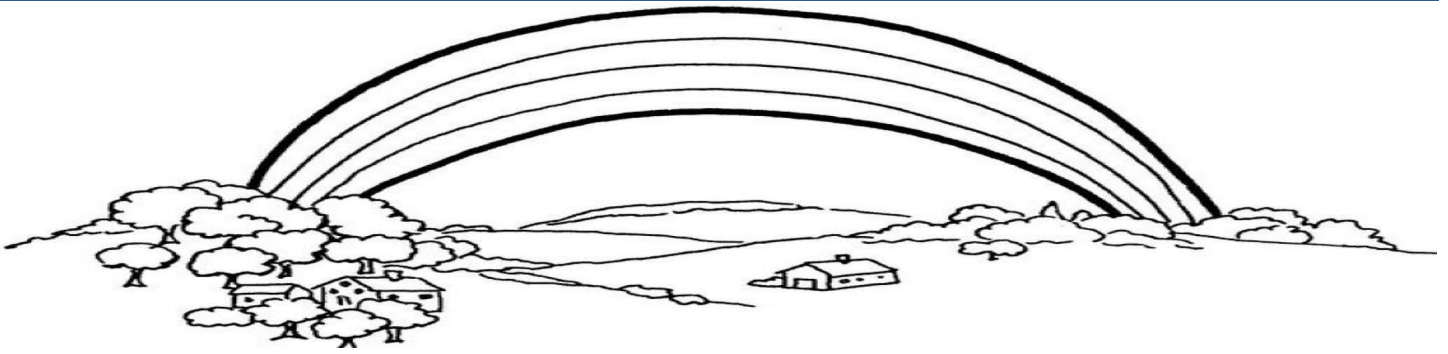
Dietary Fiber: 4g

Cholesterol: 70mg

Sodium: 200mg

Potassium: 935 mg





Rainbows-Happy Birthday!! From our hearts to yours, have a wonderful day!!

<i><u>July</u></i>			
Pat Andrews	5	Barbara Harris	14
Clyde Forsberg	5	Joe Moffitt	20
Vella Roller	6	Alta Kirkman	25
Boots Droz	6	Bonnie Church	25
Ron Dove	7	Wallace Kent	26
Kathleen McKay	9	Clint Lenard	29

<i><u>August</u></i>			
Kathy Whetstone	2	Lila Callaway	18
John Serdar	8	Richard Gross	19
Elphy Kertzman	12	JoAnn Trappe	20
Joanne Gothard	13	Gerrie Serdar	28
Linda Weise	16	Jackie Levy	30
Fran Murphy	17	Carol Colby	31

Glad Tydings Newsletter Renewal

If you have not renewed your subscription for the newsletter, now is the perfect time to do so! The Glads Tydings Newsletter is a bi-monthly publication of the Senior Center and cost \$1.00 per issue or \$8.00 per year to have it mailed to you. To renew or start your subscription, please complete and return the form below. If there are any questions, please contact Colin at (503)655-7701. Thanks!

GLAD TYDINGS NEWSLETTER SUBSCRIPTION FORM —\$8.00 1/YEAR

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or current occupant

GLAD TYDINGS

A few ideas to stay cool this summer, its going to be a hot one!

This summer is expected to be one of the hottest on record. So, in anticipation of the upcoming heat-wave, here are some useful tips to keep you and your loved one cool!

1. Stay hydrated. Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age .
2. Talk to your doctor. Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home.
3. Keep your cool. Even small increases in the temperature can effect those with chronic medial conditions. For those without air conditioning, find places to keep cool. The library, malls, or your favorite senior center!
4. Stay in touch. Let friends and family know when you will outdoors for extended periods of time. They will be able to check in on you to make sure that you are ok! Plus, it's a great way to maintain positive relationships.
5. Wear the right stuff. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable. Wear sun glasses to avoid causing more damage to your eyes. Hats are always a great idea for men and women to wear.

