

MARCH/APRIL 2024

IT'S SPRING TIME!

First day of Spring is March 20th



HOODLAND'S MOUNTAIN MATURITY!

Hoodland Senior Center (non profit 501(c)(3), #93-1094463)

PO Box 508

Welches, OR 97067

65000 E. Highway 26

(503) 622-3331

Email: hoodlandseniors1@gmail.com

Open Monday—Thursday 9 a.m. – 4 p.m.



Check out our website!

hoodlandseniorcenter.org

HIGH BLOOD PRESSURE PREVENTION

About 1 in every 4 American adults have high blood pressure, also called hypertension, which is a major risk factor for heart and kidney diseases, stroke and heart failure. High blood pressure is especially dangerous because it often gives no warning signs or symptoms. Fortunately, you can find out if you have high blood pressure by having your blood pressure checked regularly. If it is high, you can take steps to lower it. Just as important, if your blood pressure is normal, you can learn how to keep it from rising.

What is High Blood Pressure?

Blood pumping through the circulatory system is under pressure, much like water in the pipes in a house. And just as too much water pressure can damage pipes and faucets, elevated blood pressure can spell trouble. Hypertension occurs when the force exerted against artery walls is abnormally high. Over time elevated pressure can cause a wide range of problems. Small bulges, called aneurysms, may form in blood vessels. The heart can become enlarged, increasing the danger of heart attack and heart failure. Damage to blood vessels in the kidneys can cause them to fail. Because tiny blood vessels in the eyes are especially vulnerable to damage, hypertension can lead to vision problems and even blindness. Normal blood pressure is 120/80 in a healthy adult. It is normal for blood pressure to vary from person to person, even from one area of the body to another. But if your blood pressure stays high, you should talk to your doctor about treatment.

How High Is Too High?

People who have readings of 130/80 or higher on at least two occasions are said to have high blood pressure. If yours is 180/120 or higher, get medical attention right away.

Who Gets High Blood Pressure?

High blood pressure is more likely in people with a family history of high blood pressure, heart disease, or diabetes. It is also common in people who are Black, overweight, inactive, heavy alcohol drinkers, and smokers. If you eat foods high in salt, or use medications like NSAIDs (such as ibuprofen and aspirin), decongestants, and illicit drugs such as cocaine, you also have a higher chance of getting high blood pressure. Other things associated with high blood pressure is stress, low levels of potassium, calcium, and magnesium.

How Can I Prevent High Blood Pressure?

You can prevent high blood pressure and lower your odds of getting heart disease by making a few changes in your lifestyle.

1. Consider your diet. A healthy diet can go a long way toward preventing high blood pressure. Try following the Dietary Approaches to Stop Hypertension eating plan, also known as the DASH diet, which emphasizes plenty of fruits and vegetables and low-fat or nonfat dairy products. Studies conducted by the National Institutes of Health have shown that the DASH diet can lower blood pressure. And the results show up fast - often within two weeks. Stay away from salt and saturated fats and eliminate trans fats. Focus instead on foods that are high in fiber, calcium, and magnesium. If you are overweight, try to slim down. Even shedding a few pounds can make a big difference.
2. Get plenty of exercise. Regular aerobic workouts condition the heart and keep blood vessels working properly. It's also wise to be active as much as possible throughout the day, apart from your workout.
3. If you smoke or drink a lot of alcohol, now's the time to stop. Your doctor can give you advice about the most effective ways to do that.

High Blood Pressure Treatment Follow-up.

The most important element in the management of high blood pressure is follow-up care. After starting blood pressure drug therapy, you should see your doctor at least once a month until the blood pressure goal is reached. After your blood pressure goal is reached, you should continue to see your doctor every 3 to 6 months, depending on whether you have other diseases such as heart failure.

This information provided by Web. MD. Com

SENIOR CENTER NEWS

PLEASE VOTE!

These are the positions for new members and re-election, current Board members are listed on page 11. If you would like to be a candidate or know someone who would like to serve on our board, fill in the ballot and drop it off at the Senior Center or mail it to us at P.O. Box 508, Welches, Or. 97067

Ballots due by June 15th and results will be in the July/August newsletter.

BALLOT FOR BOARD OF DIRECTORS 2024

Position 1 _____
For Chairperson

Position 2 _____
For Vice Chairperson

Position 3 _____
For Secretary

Position 4 _____
For Treasurer

Position 5 _____
For Board Member

Write In _____
Name and Position number

Write In _____
Name and Position number

A TRIBUTE TO ELLA VOGEL: RETIRED EXECUTIVE DIRECTOR

The Hoodland Senior Center would like to recognize and honor the service of Ella Vogel who recently retired after eight years in serving as Executive Director. She was appointed to this position in 2015 after serving as a volunteer for the Senior Health Insurance Benefits Advisors (SHIBA) for the State of Oregon.

Ella brought these skills to her role as Executive Director where she very helpfully worked with seniors answering their many questions and helping them enroll in Social Security, Medicare, and health insurance programs. Beyond this, because of her deep commitment to helping seniors, she worked tirelessly often putting in extra hours in helping many of our aging population with all kinds of problems that seem to arise as we get older, including energy assistance.

Her deep commitment to helping seniors was her major strength that was expressed through her love for the Hoodland Senior Center and all its senior citizens. This was especially evident during the COVID pandemic, over the past few years as she kept essential services flowing. She never hesitated to go the extra mile when someone was in dire need of special services.

One elderly man in our service area had many challenges, and she worked tirelessly to help him receive badly needed dental care as well as find an adequate housing arrangement. Another person received personalized bill paying assistance from Ella on a regular basis after he was repeatedly targeted by scammers. These are just a few examples of the one on one care she gave to many seniors and the disabled.

Ella was also deeply committed to ensuring that seniors in our service area had access to sufficient food. She was instrumental in putting the Meals on Wheels program on sound financial footing and in building up the list of those being served. When the Oregon Food Bank began to make “monthly food boxes” available a few years ago, she personally delivered boxes to a significant number of households before Neighborhood Missions took over that program.

The Board of Directors of the Hoodland Senior Center would like very much to say “**THANK YOU**” to Ella for her years of faithful service. She made significant contributions to our shared work and will be missed by many.

Happy Retirement Ella!

YOU ARE INVITED !

WE ARE HAVING A CONGREGATE LUNCH AT THE HOODLAND SENIOR CENTER ON WEDNESDAY, MARCH 13TH.

TIME: NOON UNTIL 3:00P.M.

MENU: SUBWAY LUNCH BOX MEAL.

COFFEE, TEA AND WATER WILL BE AVAILABLE.

BOARD GAMES OR CARDS AFTER LUNCH.

NEXT CONGREGATE MEAL IS APRIL 10TH

MENU TO BE DETERMINED.

PLEASE LET US KNOW IF YOU PLAN ON ATTENDING BY MARCH 7TH AND IF YOU'LL NEED TRANSPORTATION.

THERE IS A \$5.00 SUGGESTED DONATION.



SHOPPING TRIPS TO SANDY

Need to go shopping but don't drive? Call the Senior Center to get your name on the list for shopping trips. We will pick you up at your home and take you to anyplace in Sandy for shopping, a haircut, pick up prescriptions, etc.

Shopping trips will be monthly, face masks are optional.

\$3.00 donation is suggested and very much appreciated!

ENERGY ASSISTANCE

The Senior Center is accepting applications for energy assistance. For the application you will need:

- **Proof of monthly income: Social Security statement for 2024 or monthly pay-stub for the previous month you're applying for.**
- **PGE bill for the month prior to application.**
- **Receipts for purchase of wood and/or propane.**
- **One piece of identification: (any documents with physical address).**

Carianne Stearns will be happy to help you with your application.

FUND RAISER



Do you have bottles and cans that are piling up and you don't have time or a way to take them to the redemption center? Now you can donate your bottles and cans to the Senior Center.

As a registered non-profit, every dime will go toward meals or senior transportation for those in need and is greatly appreciated. Please drop them off at the senior center or call us if you need them picked up. Thank you to all of you who donate, it is appreciated and helps other seniors in our community.

BETTER BONES CLASS held Mondays and Wednesdays from 10:00 to 11:00

TAI CHI CLASS held Tuesdays and Thursdays from 10:00 to 11:00

Must be 60 or older to attend these classes, for more information please contact the Senior Center.

HOODLAND WEIGHT LOSS CLASS

New members welcome, FIRST WEEK FREE!

Club meetings emphasize education on nutrition and exercise, focused on a member's effort to manage their weight.

Meetings are 10:00 - 11:00 a.m. every Wednesday at the Senior Center.

Monthly dues are \$5.00 per month.



**FREE FOOD MARKET
SPONSORED BY NEIGHBORHOOD MISSIONS
Last Monday of each month
9:00 a.m. – 10:00 a.m.**

**NOW AT THE LUTHERAN CHURCH
59151 E. Hwy. 26
Brightwood**



NEXT FOOD DAYS ARE: March 25th and April 29th

For help or questions call 503-622-9213

ARE YOU INTERESTED IN TAKING A ZOOM ON-LINE CLASS?

Whether it's for fun or to expand your knowledge, Portland Community College offers a variety of on-line classes and in person classes with a 50% tuition discount for Seniors. The next term for taking classes begins April 1, 2024 and you must register by March 18, 2024 to reserve your spot.

You can visit www.pcc.edu/community/special/senior-discounts or call Portland Community College at (971) 722-8888 for more information.

For free AARP on-line senior classes visit <https://seniorplanet.org/welcome>



FARMACY

CARROTS

HEALTH BENEFITS OF CARROTS

Carrots are healthy vegetables that are eaten as snacks and used in many dishes to provide substance and flavor. Their crunchy texture adds something different and tasty to salads, meat dishes, pasta, and more. But carrots are also extremely nutritious, packed with many nutrients that you need on a daily basis.

Carrots are excellent sources of nutrients like potassium, and vitamin A, among many others. Beta-carotene, a type of carotenoid, is the nutrient that turns carrots orange and also promotes good health. It converts to vitamin A when consumed in foods and gives other fruits and vegetables their yellow or orange color.

Carrots are rich in nutrients that promote your health. They contain antioxidants, which may help protect your cells from damage and prevent conditions like cancer and heart disease.

Eye Health:

Vitamin A, which is plentiful in carrots, is crucial to ongoing eye health. Some studies have linked low levels of vitamin A with a greater risk of night blindness.

Lower Cancer Risk:

Carotenoids can help your body protect against several types of cancers. One study showed that a diet rich in beta carotene may help men protect against prostate cancer. Another study suggested that the plant compound lutein, which is found in carrots, may reduce the risk of colon cancer when incorporated into the diet.

A different study indicated that high intakes of vitamin A may reduce the risk of stomach cancer, also known as gastric cancer.

Weight Loss:

Carrots have very few calories per serving. They can help you feel full so you won't eat as much, reducing calorie intake overall and supporting weight loss and a healthy diet. The increased feelings of fullness occur largely because carrots are a great source of fiber.

Nutrition:

One serving of fresh, grated carrots (half a cup) provides the following nutritional facts:

- Calories: 23
- Total fat: 0g
- Cholesterol: 0mg
- Sodium: 38mg
- Total carbohydrates: 5g
- Dietary fiber: 2g
- Sugars: 3g
- Protein: 1g

Carrots are an excellent source of vitamin A, with one serving providing 184% of your daily value, and also the following nutrients:

- Vitamin C
- Calcium
- Iron
- Biotin
- Vitamin K1
- Potassium
- Vitamin B6
- Lutein

Things to watch out for:

Although carrots are low in calories and full of important nutrients, it is possible to have negative health benefits from eating too many carrots. In a famous case, a 48 year old sought medical attention after his skin turned yellow and he experienced abdominal pain. He was diagnosed with constipation, hypercarotenemia (orange discoloration of the skin), and possible vitamin A toxicity. The doctors determined that these medical conditions were caused by 6-7 pounds of carrots he was eating per week. If enjoying carrots as a snack or in a dish, you're unlikely to eat enough to cause any of these symptoms.

How to Prepare Carrots:

Now that you know all the health benefits and nutrients in carrots, here is some of the best ways to prepare them.

Carrots come in many different shapes and sizes - and even colors, with purple, white, and yellow carrots adding to more commonly seen orange. You can purchase regular-sized carrots or "baby" carrots at the grocery store, giving you a wider range of uses in your meals. A nutritious and easy snack, carrots are great eaten raw and crunchy or cooked with other foods to add a lot to a meal. Try baking sliced carrots in the oven with potatoes and onions or sauteing them in a skillet with oil. You can also shred carrots and mix them with butter and cheese for a tasty side dish.

However you decide to prepare or cook carrots, they will add something slightly sweet and rich to a wide range of dishes and snack trays.

DAY TRIPS

MARCH

APRIL

**FRIDAY, MARCH 8th
LUNCH AT HEIDI'S
IN GRESHAM**

This is a great place for lunch! They offer a wonderful menu at reasonable prices and even offer a "senior menu" for those who want smaller portions.

They also have a very nice gift shop!

Bus leaves the center at 10:30 a.m.

Suggested transportation donation \$5.00

**THURSDAY, APRIL 11th
EARLY DINNER at
GRESHAM BLACK BEAR RESTAURANT**

Where comfort and food comes in equal portions! Many dinner selections under \$15.00 and their menu offers smaller portions for less than \$12.00. Fun place to have an early dinner with friends.

Bus leaves center at 3:30 p.m.

Suggested transportation donation \$5.00

**BOB'S RED MILL
& TRADER JOES
WEDNESDAY, MARCH 20th**

Healthy meals begin with the right ingredients! Bob's is the place to pick up all the items for healthier eating.

Don't forget to make your list of items you want to pick up for Easter!

Bus leaves the center at 9:00 a.m.

Suggested transportation donation \$6.00

**SATURDAY, APRIL 20th
OREGON GARDENS IN SILVERTON**

Celebrate Earth Day at the Oregon Gardens with demonstrations on plants, shrubs, composting and much more. Take a stroll around the 80 acre botanical garden or take a tram tour. They will have food vendors as well as the on-site restaurant for lunch.

Admission is free although they encourage you to make a \$5.00 donation. Bus leaves center at 9:30 a.m.

Departs for home at 2:00 p.m.
Transportation is \$8.00

Registration for trips : SIGN UP FOR ALL TRIPS STARTING March 4th
Suggested donations for Transportation are listed for each trip. Sign up yourself and one other person. Seats are reserved when you sign up and pay for transportation. You may call and be placed on the interested list until payment is made. Please cancel at least 48 hours in advance to give the next person on the interested list the opportunity to reserve a seat. Transportation fees will be forfeited for any last minute cancellations or no shows. Check in 10 minutes before departure time. These trips are for Seniors over age 60. Under 60 may go on trips if seats are available. Seniors have Priority.



Happy Birthday To You!!

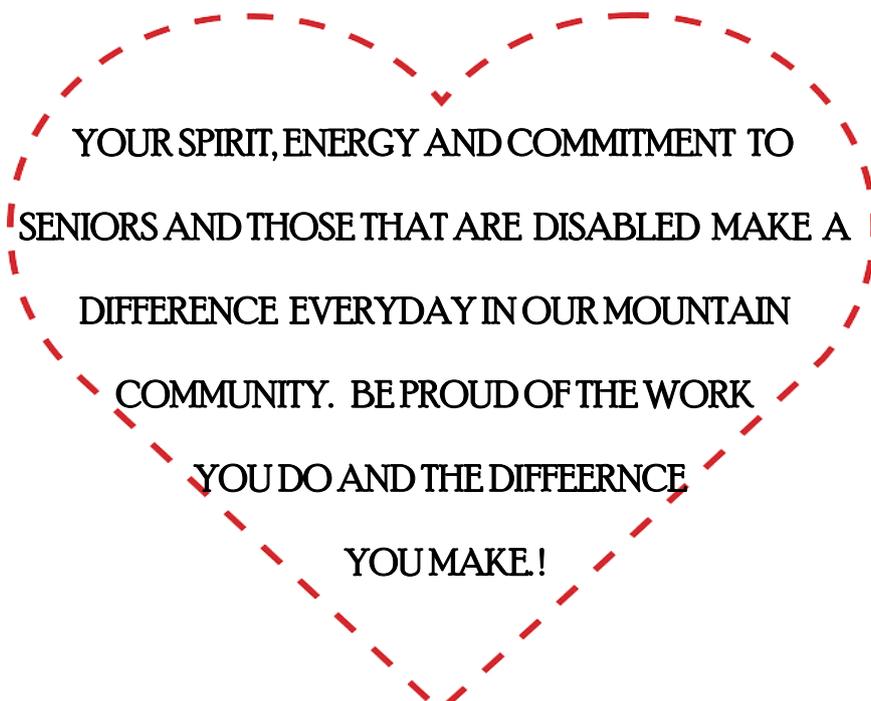
AGE IS MERELY THE NUMBER OF YEARS THE WORLD HAS BEEN ENJOYING YOU!

MARCH	
<i>Stephen Grizzell</i>	<i>2nd</i>
<i>Gloria Berglund</i>	<i>8th</i>
<i>Lillian Miller</i>	<i>9th</i>
<i>Sharon Arthur</i>	<i>12th</i>
<i>Lynn Nutley</i>	<i>14th</i>
<i>Anita Forbes</i>	<i>16th</i>
<i>Don Lenig</i>	<i>19th</i>
<i>Ahna Edwards</i>	<i>20th</i>
<i>Lori Lauber</i>	<i>21st</i>
<i>Valerie McMillan</i>	<i>23rd</i>
<i>Gail O'Neill</i>	<i>27th</i>
<i>Dona Rogers</i>	<i>27th</i>
<i>Birthstone: Aquamarine or Bloodstone</i>	
<i>Flower: Jonquil or Violet</i>	

APRIL	
<i>Leonard Buckley</i>	<i>1st</i>
<i>Janet Lemke</i>	<i>6th</i>
<i>David Arce</i>	<i>7th</i>
<i>Cindy Carrier</i>	<i>7th</i>
<i>Lee Hart</i>	<i>7th</i>
<i>Bart Watkins</i>	<i>9th</i>
<i>Jan Peeters-Weem</i>	<i>10th</i>
<i>George Wilhelm</i>	<i>13th</i>
<i>Adolf Stocker</i>	<i>13th</i>
<i>Jean Whisenant</i>	<i>13th</i>
<i>Doug Salvidar</i>	<i>14th</i>
<i>Mary McIntosh-Imel</i>	<i>15th</i>
<i>Chris Howland</i>	<i>19th</i>
<i>Tim Park</i>	<i>23rd</i>
<i>Joan Trujillo</i>	<i>27th</i>
<i>Birthstone: Diamond</i>	
<i>Flower: Daisy or Lily</i>	

Board of Directors	
Craig VanGelder Chairman	
Peggy Soriano Treasurer	
Lora Buckley Secretary	
Board Members:	
Dan Bennett	
Chip Pollard	
Carol Norgard	
Brittany Kintigh	
Office Staff	
Carianne Stearns Executive Director	
Leita Bibler Assistant Director	

THANK YOU TO ALL OF OUR VOLUNTEERS!



National Volunteer Appreciation Week is April 21st - 27th

Hoodland Senior Center

65000 E Hwy 26

PO Box 508

Welches, OR 97067-0508

Phone: 503-622-3331

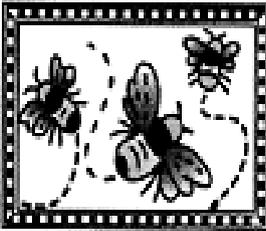
New email address :

hoodlandseniors1@gmail.com

Return Service Requested



Busy Bee Catering, LLC



Jan Ostrom
Queen Bee
Phone 503-622-6743
Fax 503-622-0167
busybeecatering@hotmail.com
www.busybeecatering.com