

JANUARY/FEBRUARY 2024



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

START YOUR YEAR OFF RIGHT, DRINK MORE WATER!**MAYO CLINIC ON DRINKING WATER****What's the big deal about water?**

- * Water is the most essential of all nutrients in the body.
- * It is second only to oxygen for survival.
- * The average human body is 55-60% water.
- * Organs and muscle tissue contain 70% water.
- * Water helps to lubricate joints and reduce joint pain and fatigue.
- * It helps to regulate your core body temperature.
- * It helps to maintain a healthy body weight.
- * It provides structural integrity to all your body cells.
- * Water aids in proper nutrient delivery and waste removal.
- * It helps to maintain blood volume, improving cardiovascular Function and blood pressure.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!

Heart attacks and water:

Why do people need to urinate so much at night? Answer– Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. You need your minimum water to help flush the toxins out of your body.

Drinking water at a certain time maximizes the effectiveness on the body.

- 2 glasses of water after waking up– helps activate internal organs.
- 1 glass of water 30 minutes before a meal– helps digestion.
- 1 glass of water before taking a bath– helps lower blood pressure.
- 1 glass of water before going to bed– helps to avoid a stroke or heart attack.

Water at bedtime will also prevent night time leg cramps. Your muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

FEBRUARY IS HEART HEALTH MONTH**NEW TOOL BRINGS BIG CHANGES
TO CARDIOVASCULAR DISEASE PREDICTIONS**

Experts have unveiled a new tool to predict a person's long-term risk of Cardiovascular disease, one that includes broader measures of health and provides sex-specific results but leaves out considerations of race.

The new tool, or risk calculator, evaluates the risk of heart attack, stroke and (for the first time) heart failure. It also factors in new measures of cardiovascular disease, kidney disease and metabolic disease, which includes Type 2 diabetes and obesity.

Compared with the existing calculator, the new version allows health professionals to evaluate younger people and look further into the future.

The risk calculator allows a health care professional to use health data, such as blood pressure and cholesterol levels, as well as demographic and socioeconomic information to produce a risk estimate or score. The new equations were developed using data from more than 6 million U.S. adults from a variety of backgrounds. The new calculator incorporates cardiovascular-kidney-metabolic syndrome, which was first defined by the AHA in October. CKM syndrome comes in five stages; people with it are at higher risk of heart attack, stroke or heart failure with each stage. The risk increases as the underlying conditions of CKM syndrome worsen. According to AHA statistics, 1 in 3 U.S. adults has three or more risk factors that contribute to the syndrome.

The new calculator is called PREVENT, which stands for Predicting Risk of cardiovascular disease EVENTS. An online tool is being developed.

In addition to blood pressure and cholesterol levels, the new calculator incorporates measures of blood sugar and kidney function. It also asks about tobacco use and whether people take medications, and it factors in a person's age and sex. It can assess people from ages 30 to 79 and can predict risk of heart attack, stroke and heart failure over the next 10 years and 30 years.

The new calculator also includes a measure for predicting heart failure, a condition in which the heart can't pump well. Among people with obesity, Type 2 diabetes or kidney disease, the risk for heart failure can be higher than the risk for heart attack or stroke.

The PREVENT's estimates should prompt conversations between health professionals and patients to increase awareness of CKM health status and CVD risk, and to translate that awareness into actions that improve health and reduce risk. Such actions could include lifestyle changes such as engaging in physical activity and eating healthy foods. They also could include medications, if appropriate.

For more information contact the American Heart Association, <https://www.heart.org>

HEARING AID ASSISTANCE PROGRAMS

1. **Oregon Lion's Club Sight and Hearing Foundation - ROAR! Hearing Aid Assistance Program and LEAP Eyeglasses Assistance Program.** To access this program contact Brian Strothman, Sight and Hearing Chairman (Lion's Club) at (503) 622-6134 or (503) 622-3331 at the Hoodland Senior Center.
2. **Miracle Ear Foundation:**
To access this program go to <https://www.miracle-ear.com/foundation-eligibility> or call 1-800-464-8002 or 503-513-0599 to check eligibility and get application form.
3. **Hearing Charities of America (National Hearing Aid Project)**
To apply (no application fee), must have: a) copy of your SS card, b) copy of your state issue ID, c) copy of previous year's tax return, d) copy of audio test from last 6 months. Call 1-866-333-8300 or <https://hearingcharities.org/programs/the-hearing-aid-project/>
4. **Starkey Hearing Foundation - Hear Now Program**
hearnow@starkeyfoundation.org, or call 1-800-328-8602 and a representative will contact you.

Telephone Equipment Assistance:

Telephone Equipment Distribution Program Association Lifeline Program (voice and/or broadband service) and Phone Loan Program for low income and hearing/voice impaired. Oregon PUC: 1-800-848-4442, www.rspf.org for more details

Veterans— Veterans of military service might qualify for assistance with hearing aids and other rehabilitative services through the US Department of Veterans Affairs. Contact the medical facility near you for the appropriate branch of the military. Clackamas County Veterans Services Office, 2051 Kaen Rd., Ste. 281, Oregon City; helps veterans and their families get the benefits they've earned. Hours: 7am -12pm, 1pm -5pm, Monday-Thursday. Bus 33. www.clackamas.us/socialservices/veterans.html.

Williams Sound has proudly partnered with the Military Audiology Association (MAA) to offer the Retiree Assistive Listening Devices (RALD) program to both retired and active-duty military service members and their families. The RALD program was created to provide these individuals access to assistive listening devices (ALDS) at a reduced cost, along with free personalized telephone support.

For more information on RALD, please visit [Williams Sound](http://www.williamsav.com) or [Military Audiology Association](http://www.rehab.va.gov). www.williamsav.com or www.rehab.va.gov

ANNOUNCING A NEW DIRECTOR!

Carianne Stearns is our new Executive Director. She replaces Ella Vogel who is enjoying her retirement.

Carianne is very knowledgeable and has served on our Board of Directors as well as being a Meals on Wheels delivery driver for many years.

Please stop by to meet Carianne!

A special Thanks to Susan Stindt for helping us through this transition!

BOARD MEMBERS NEEDED

If you would like to be involved in the leadership of the Hoodland Senior Center, become a board member!

We currently have 2 positions to fill. If you are interested, contact our Director, Carianne Stearns for more information.

Or attend our next board meeting on January 9th at 1:00 pm

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 2023 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: JANUARY 29th and FEBRUARY 26th

For help or questions call 503-622-9213





FARMACY

Cranberries

Cranberries are small, hard, round, red fruits with a flavor that many describe as both bitter and sour. They grow on vines in freshwater bogs, mostly in the northern United States and southern Canada. They're related to blueberries and wintergreen.

The North American variety (*Vaccinium macrocarpon*) is one of the only commercial fruits native to North America. Native Americans first used them for food, fabric dye, and medicine. Sailors used to eat them to prevent scurvy while at sea. Today, they grow on about 40,000 acres in the U.S. each year.

Health Benefits of Cranberries

People call cranberries a superfood for good reason: They have all kinds of health-boosting benefits. They're high in antioxidants. A study found that out of 20 common fruits, cranberries have the highest level of phenols, a type of antioxidant. (Red grapes were a distant second). Cranberries protect against liver disease, they help lower blood pressure, improve eyesight, and improve cardiovascular health.

They help with urinary tract health. Studies have shown that cranberries can help lessen the risk of urinary tract infection (UTI) in certain people. This includes children or women who get them often. Your doctor may suggest that you take them as supplements or drink the juice from time to time. But this won't cure a UTI after it starts. If you think you have one, talk to your doctor about a better treatment.

Cranberries may help with gut health. Studies have shown that they can improve gut bacteria in people who eat an animal-based diet. In other words, if you eat a lot of meat, dairy, and sugar, cranberries can help put good bacteria back into your digestive system. They also reduce bile acids in the gut that have a link to colon and gastrointestinal cancers.

They keep your mouth healthy. Just like your digestive system, cranberries help control harmful acids in your mouth. They lessen the amount of acid you make and keep it from sticking to your teeth. This helps fight cavities, gum disease, tooth decay, and even oral cancer.

Cranberries also have compounds called proanthocyanidins, which could lower your chance of getting cancer, but more research is needed.

Cranberry Risks:

Cranberries are safe to eat, but there are a few exceptions. Talk to your doctor about eating them if:

- You take Warfarin. Cranberries contain a good amount of vitamin K. This nutrient can interfere with a prescription blood thinner called warfarin. If you take warfarin, doctors say that you should eat or drink only small amounts of the berries or their juice.
- You get kidney stones. If you drink a lot of cranberry juice over time, you may be more likely to get kidney stones.

Some possible side effects of eating too many cranberries include an upset stomach, throwing up, and diarrhea.

Cranberry Nutrition:

A serving is 1 cup of raw berries or a quarter-cup of dried. Nutritionally, those servings are different because the dried berries have more sugar.

One cup of raw cranberries contains:

- 46 calories
- 0 grams of fat
- 12 grams of carbohydrates
- 4 grams of fiber
- 4 grams of sugar
- 1 gram of protein
- 2 milligrams of sodium

A quarter-cup of dried fruit contains:

- 0 grams of fat
- 2 grams of fiber
- 22 grams of sugar
- 0 grams of protein
- 2 milligrams of sodium

For vitamins and nutrients, one cup of raw fruit has:

- 25% of your daily requirement of vitamin C
- About 9% of your daily requirement of vitamin A
- About 6% of your daily requirement of vitamin K
- 2% of your daily requirement of potassium
- 8% of your daily requirement of vitamin E
- 16% of your daily requirement of manganese
- 7% of your daily requirement of copper
- 8% of your daily requirement of B-complex vitamins

How to prepare and eat cranberries:

Many people get their cranberry fix with juice. Although it keeps the vitamin C and potassium, it loses other nutrients such as fiber, iron, and calcium. Cranberry juice cocktail has added sugar. Raw cranberries take about 16 months to fully mature and are harvested in early fall. You can store them in the freezer for 6-12 months. There is lots of ways to add them to your diet, eat them raw like blueberries, toss them in a salad, add them to oatmeal, blend them in a smoothie, turn them into a jelly or sauce or add them to your homemade muffins.

DAY TRIPS

JANUARY

FEBRUARY

**WEDNESDAY, JANUARY 10th
LUNCH AND SHOPPING**

First we'll have lunch at the Italian restaurant "Ristorante Di Pompello" in Troutdale and then we'll go check out the Columbia Gorge outlet mall for those after Christmas deals.

Bus leaves the center at 11:00 a.m.
Returns to center around 2:00 p.m.

Suggested transportation donation \$5.00

**FRIDAY, FEBRUARY 2nd
MT ANGEL WURSTFEST**

The small town of Mt. Angel holds a celebration to mark the last blast of winter in a salute to German sausage, the annual Wurstfest. Much like a mini Oktoberfest all under one roof. There is non-stop music, beers, wine, arts and crafts and specialty foods and lot and lots of sausage. Admission is \$5.00 for seniors.

Bus leaves center at 11:00 a.m.
Returns around 3:00 p.m.

Suggested transportation donation \$10.00

**WEDNESDAY, JANUARY 17th
BOB'S RED MILL
AND TRADER JOES**

Pick up some of your favorites or perhaps find something new and delicious to take home.

Bus leaves center at 9:00 a.m.

Suggested transportation donation \$6.00

**MONDAY, FEBRUARY 12th
THE BLACK BEAR DINER
IN GRESHAM**

Have lunch or breakfast (which is served all day) in a cozy atmosphere. Great menu at reasonable prices. They even offer a smaller portion menu.

Bus leaves center at 11:00 a.m.
Suggested transportation donation \$5.00

Registration for trips : SIGN UP FOR ALL TRIPS STARTING January 2nd
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!

JANUARY

<i>Joanne Jensen</i>	<i>2nd</i>
<i>Jan Gitnes</i>	<i>3rd</i>
<i>Maureen Pelcher</i>	<i>3rd</i>
<i>Ron Rogers</i>	<i>6th</i>
<i>Helen Jordan</i>	<i>15th</i>
<i>Jane Gille</i>	<i>15th</i>
<i>Marge Jee</i>	<i>25th</i>
<i>Corrine Davis</i>	<i>28th</i>
<i>Patti Ligatich</i>	<i>29th</i>

*Birthstone: Garnet
Flower: Carnation*

FEBRUARY

<i>Jean Bennett Sabel</i>	<i>2nd</i>
<i>Norman Todd</i>	<i>11th</i>
<i>Peggy Soriano</i>	<i>13th</i>
<i>Bob West</i>	<i>16th</i>
<i>Judith Norval</i>	<i>17th</i>
<i>Mark Smith</i>	<i>17th</i>
<i>Shirley Smith</i>	<i>19th</i>
<i>Cathy Rodriguez</i>	<i>22nd</i>
<i>Cathy Taylor</i>	<i>23rd</i>

*Birthstone: Amethyst
Flower: Primrose*

Board of Directors

Susan Stindt
Chairwoman

Peggy Soriano
Treasurer

Lora Buckley
Secretary

Board Members:

Dan Bennett
Chip Pollard
Craig VanGelder

Office Staff

Carianne Stearns
Executive Director

Leita Bibler
Assistant Director

Our sympathy to the family and friends of Pat Arce who passed away on December 17th



Attention all Meals on Wheels recipients:

If we have inclement weather and the roads are unsafe to drive, there **will not** be meal delivery, please plan ahead for the upcoming Winter weather.



We are a Lion's Club collection sight for glasses and hearing aids. Drop them off anytime during business hours.

If you are low-income and need help to get eye glasses and/or hearing aids, contact Brian Strothman through the Senior Center.

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

**HOODLAND SENIOR CENTER
*SUPPORTERS!***




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