



Wilsonville Community Seniors, Inc.  
 c/o Wilsonville Community Center  
 7965 SW Wilsonville Road  
 Wilsonville, OR 97070-7756  
 503-682-3727

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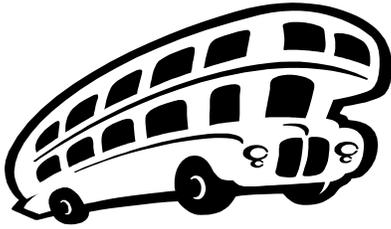


# WCSI GAZETTE

## OCTOBER 2014

“There are no strangers here, only friends you haven’t met”





## OCTOBER ADVENTURES, by Jean Tsokos

- ♦ Call The Center (503-682 3727) to make reservations or cancel on day of trip.
  - ♦ (Call SMART to cancel if you have dial-a-ride pick-up.)
  - ♦ Refund policy will vary by trip.
- If a fee is due for the trip, make reservations and pay at the Center. If you need to cancel the day of the trip please call the Community Center. Note: Until further notice, trips will be limited to 20 people or less.

Thursday, October 16—Olive Garden, 6355 SW Meadows Rd.,  
Lake Oswego, OR. Trader Joes, 15391 SW Bangy Rd., Lake Oswego, OR

Thursday, October 30- Portland Center Stage 'DREAM GIRLS'  
128 NW 11th Ave., Portland, OR. **Tickets Cost \$38.00 per ticket,  
PAYABLE ON REGISTRATION. No Refunds!!! You Need To Get Your  
Own Replacement. Please try to register by October 17.**  
Lunch at Theater if you wish.

**PLEASE REMEMBER: BUS LEAVES CITY HALL AT 11:00AM.**

IF YOU ARE NOT ABLE TO ATTEND AN EVENT YOU HAVE SIGNED UP FOR  
PLEASE REMEMBER TO CALL THE CENTER (503) 682-3727.

### WILSONVILLE COMMUNITY SENIORS, INC

*The Gazette is free to anyone who requests it, however; donations are gratefully accepted to help defray costs. Suggested donation is \$10 a year and donation envelopes are available at the senior desk.*

The *WCSI Gazette* was established July 1, 1993 and is published monthly by Wilsonville Community Seniors, Inc., a non-profit 501(c)(3) Corp. It is available to all in the greater Wilsonville area.

#### WCS, INC. BOARD OF DIRECTORS, 2013 –2014

Chair: Wesley Morris Vice Chair: Jean Tsokos

Secretary: Barbara Ricker

Treasurer: John McDonald

Robert Thompson Debbie Dahlquist Patricia Lichtenstein  
Dina Holland Anna Dubas Helen Braganza David Lhar

#### MISSION AND PURPOSE OF WCS, INC.

The mission of Wilsonville Community Seniors, Inc. is to make a positive contribution to the lives of senior citizens of the Wilsonville area by providing:

- ♦ Companionship to foster meaningful relationships
- ♦ Entertainment, recreational activities to stimulate social abilities
- ♦ Class instruction to promote learning and intellectual growth
- ♦ Opportunities for service to the community

Volume 24 — Number 04 — October, 2014

Editor / Publisher — Helen Braganza

Circulation — Barbara Ricker, Dina Holland,  
Rosemarie and Roy Acker

**CENTER HOURS: 8 AM TO 5 PM MONDAY - FRIDAY  
CENTER PHONE: 503-682-3727**

### COMMUNITY CENTER STAFF

**Parks and Recreation Director:** Stan Sherer

**Senior Programs Manager:** Patty Brescia

**Administrative Assistant:** Jour dan Moore

**Nutrition Coordinator:** Evie Proctor

**Nutrition Coordinator:** Jennifer Nelson

**Recreation Coordinator:** Brian Stevenson

**Information and Referral Specialist:** Sadie Wallenberg

**Fitness Specialist:** Brad Moore

### TRANSPORTATION

If you live in Wilsonville, a SMART bus can pick you up at home, bring you to the Center for lunch, and take you home for no charge. A trip for grocery shopping is available every Friday. Call SMART at 503-682-7790 to reserve your spot.

### LUNCH PROGRAM

Meals are served at noon each weekday except Thursday. A donation of \$3.50 is encouraged for those over 60. Guests under 60 are requested to pay \$4.25. If you aren't able to make it to the Center, a meal can be delivered. Call the Center and make your request.

### SOCIAL SERVICES

Our Information and Referral Specialist is available to provide:

- ♦ Assessment of need and case monitoring
- ♦ Information and referrals
- ♦ Free loan of health equipment
- ♦ Assistance with public transportation

# Community Center News

## Wilsonville Parks and Recreation

The Wilsonville Parks and Recreation Department is preparing to celebrate one of the most beautiful seasons of the year- autumn. The month of October is packed with opportunities to try out stress management strategies, purchase holiday gifts homemade with love, celebrate the outdoors at Wilsonville's historic barn, or trade in one of the treasures in your attic for some extra money.

At lecture I attended recently, the speaker talked about many of his patients walking around on a daily basis with high levels of 'cortisol' rushing through his/her bloodstream. Cortisol is a hormone that historically has served us by kicking off our 'fight or flight' response at times when we have found ourselves needing to escape a dangerous situation. The problem is we are finding ourselves functioning at such a consistently high level of stress, that our bodies don't always have a chance to return to normal, in between stressful events. This can cause: memory difficulties, higher blood pressure, and even a lower immune response.

For many years, research has shown that participation in outdoor physical activities as well as indoor recreational activities can be an antidote to stress. According to Dr. Laura L. Payne of the University of people who take advantage of park activities have fewer doctor visits, lower body mass indexes and taking part in recreational activities, particularly outdoors, can improve your physical wellness. According to a 2005 California State Parks report, participation in leisure and recreation activities can help you better manage stress and reduce depression.

The staff at the Center would like to offer you the perfect opportunity to try various relaxation and stress management strategies at the Center on Sat. 10/4 at our Spa and Wellness Day. The event runs from 10am to Noon, and there will be opportunities to receive a free massage, a stress reduction nutrition consultation, try meditation and yoga and much more. The event will also feature vendors offering a variety of relaxation themed wares, including, scented eye pillows, scrubs and lotions, candles, jewelry and hand knitted items. Funds raised from vendor fees will support the Center's Senior Emergency Assistance Fund.

The next weekend, pack up your attic treasures and bring them down to the Center to be appraised. We will be hosting an antique appraisal day on Sat. 10/11 from 10am to 2pm. Please call today and schedule your appointment. There will also be live music performed by Tom Stroud and a chili and hot dog bar available. The cost for an appraisal is \$10, and all proceeds from the event will benefit the senior nutrition program at the Community Center.

Finally, no fall celebration is complete without a good old fashioned hoe down! The Parks and Recreation department will host our annual Harvest Fest on Sat. 10/18 from 9:30am to 11:30am. The festival takes place at the Stein-Boozier barn in Murase Plaza and features a costume parade for kids and pets, pumpkin decorating, spooky stories and horse and wagon rides. Gather up your family and friends and come on down. This event is free to the public!



## DEALING WITH ADULT BULLYING

Often people have the idea that bullying is something which only occurs amongst some children until eventually they grow out of this behavior. Unfortunately, this isn't always true; there are adults who can be just as capable of employing bullying tactics as any young child or teenager. There are adults who fail to mature that much, there are adults who lack social skills and there are adults who are downright manipulative. In each case, they may resort to intimidating action because it gets results, in other cases, the workplace culture might foster it in one way or another and they soon learn to get away with it. If you suspect either yourself or anyone else you know is on the receiving end of bullying from an adult, here are some suggestions on how to respond to them.

Remember that the intimidation treatment is not your fault. If you've been on the receiving end of bullying treatment from an adult for some time it's possible that you will be blaming yourself for how this person treats you. However, this is not true. Everyone is responsible for how they choose to treat others. This can be a lot easier said than done. Particularly, if the bully has aroused strong feelings of anger in you. However, a reaction such as this will only prove to the bully that he/she has succeeded in getting to you – which is what they want. Bullies feed off negative emotions, because deep down in some way they feel inferior/insecure about themselves and it's only by making others feel bad that they can raise their self-esteem. Reacting to a bully in this kind of way is likely to only further encourage and possibly worsen their unwanted behavior towards you. The adult bully is a coward. Try killing them with kindness. This doesn't always work. But in circumstances when you've not long known the bully (such as if for example, you've just been introduced to them) it can. Often what inspires a bully to be nasty towards others is an assumption that their target is a threat towards them in some way or they have experienced a lack of kindness from others throughout their lives. By demonstrating that you don't intend harm towards them and are willing to be friendly you can encourage more positive responses from them. However, after trying 2-3 times and they still continue with their behavior, cease this approach. This won't work with every bully and being nice to them every time they choose to bully you is likely to send the message you are rewarding their behavior or find it acceptable. Try assertive responses against the bully. Examples of this could include assertive body language, (looking the bully firmly in the eye while standing your ground) an assertive choice of words such as "I've recently noticed signs that you are trying to bully me and want this behavior to stop." That said choosing an appropriate assertive behavior will be to a certain extent dependent on the specific bullying situation.

What might be effective in a work bullying situation might not work so well in a family or cyber bullying situation.

If all fails, consider enlisting somebody's help. This might be a trusted colleague or neighbor, family or friend.

It's not always easy to tell the difference between what is bully and what might be the result of somebody's temporary bad mood, or a reaction to medications. Be charitable when possible.

For more information see:

<http://www.bullyinghttponline.org>

<http://www.mayoclinic.org/healthy-living/indepth/bullying/art-20044918>

## Wilsonville Library News

Howdy Wilsonvillians! October is nigh with witches, goblins, and the return of familiar mind-numbing cold. But hey! The Library has laid out extra wood and an overabundance of pulp fiction by the furnace, so we're always toasty and cozy. Come check out our plethora of October events!

### Adult Events:

#### ***A New Professor John Ehrstine Class: The Fiction of F. Scott Fitzgerald***

8 classes, Wednesdays, beginning October 1, 6pm - 8pm @ Oak Room

F. Scott Fitzgerald is associated with the Jazz Age, the Roaring 20's, and flappers. But, in the last 50 years, Fitzgerald's reputation has grown. The class will study why his stock has risen, and what he has to say to us moderns. We shall focus on two novels: *The Great Gatsby* and *Tender Is the Night*, as well as selected short stories. Class runs October 1 through November 19, Cost \$40, reservations advised.

#### **First Friday Film - Friday, October 3 at 6pm**

A film inspired by the true story of Dido Elizabeth Belle, the illegitimate mixed race daughter of a Royal Navy Captain. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing.

#### **Writers Group – Tuesdays, October 7 and 21 at 4pm**

Are you a writer looking for encouragement and support for your work? The Writers Group meets to improve our writing in a supportive environment.

#### **Knit 'n' Spin – Every Tuesday, October 7, 14, 21 and 28 at 6pm**

A friendly, weekly gathering spot for all knitters and spinners! All skill levels are welcome. Bring your spinning wheels or fiber-based projects.

#### **American Military Insignia –Thursday, October 9 at 6pm**

Take a walk through American history, from the Civil War to WWII, using the colorful and complicated badges worn by soldiers, sailors, marines, and airmen. These badges represent the experiences and memories that are etched in the minds of those who have worn them. Attendees are encouraged to bring family mementos they are curious about. Presenter will help identify your items and unlock the story behind them! Free.

#### **Book Club: *Caleb's Crossing* by Geraldine Brooks –Thursday, October 9 at 6pm**

The Book Club meets monthly. Join fellow readers for lively and thought-provoking conversation about excellent books. Books to be discussed are available for check out all month long - Just ask at the Circulation Desk.

#### **Book Notes Concert: Jazz Two Plus One - October 11 at 2pm**

Come enjoy the sound of live music in the library. The Wilsonville Public Library is pleased to present musical performances by area musicians.

#### **Great Books Discussion Group – Wednesday, October 15 at 4pm**

Interested in philosophy and the “big questions” of life? Please join us each month for a roundtable discussion of how modern day issues are reflected and illuminated by the great Western classic books. This month: Free. This month: Plato's *The Crito*.

#### **Genealogy Club - October 20 at 1pm**

Learn from experienced genealogists, discover new genealogical resources and tools, and discuss personal research and goals. Open to seasoned genealogists and beginners. Subject TBA

#### **How to Write a Novel in 30 Days – Thursday, October 30 at 6pm**

November is National Novel Writing Month (aka “Nanowrimo”). The goal: write a 50,000 word novel during the month. Not sure how to do it? Come find out! Learn tips and strategies for writing your Great American Novel in record time. Free.



## September Birthdays

Sept. Birthdays, due to Chemo treatments I have been in the hospital and now in rehab, so I have not been able to get to the community center and get on their computer to get the birthdays. When I can do this I will get all your names in the Gazette..

## October Birthdays

Ruth Earle	03
Lorraine Nevil	05
Mary Vanderwielen	05
D. Maxine Vessek	07
Aletha Dobson	15
Josephine Sheron	15
Joyce M. Franklen	19

## FALL/WINTER RAFFLE

Keep an eye out for the new raffle!!

To include:

- \* A Gift Certificate to Wildlife Safari for Two adults and two children.
- \* Other special gifts to be announced.

RAFFLE WILL START FRIDAY  
OCTOBER 17

## Wilsonville Walkers Schedule October, 2014

Each Tuesday and Thursday morning at 9:30am the Wilsonville Walkers get together to enjoy a walk of two miles on local paths usually. Below is a list of paths and dates for each. For a list of directions on how to get to the paths and where to park, call Kenton and Mary Wolfe at [503-694-8376](tel:503-694-8376).

October 2 Tualatin River National Wildlife Refuge, Sherwood - meet at Denny's Restaurant parking lot at 8:45am to carpool or 9:30am at the Refuge, 19255 SW Pacific Highway (99W), Sherwood.

October 7 Murase Plaza, upper

October 9 Library

October 14 Water Treatment Plant

October 16 Graham Oaks Park

October 21 Memorial Park, lower

October 23 Charbonneau

October 28 Boones Bridge/Old Town - meet at Denny's Restaurant Parking lot

October 30 Mentor Graphics

## SPA AND WELLNESS DAY

SATURDAY OCTOBER 4

Come try various relaxation and stress management strategies. The event runs from 10am to noon. Free massage, a stress reduction nutrition consultation. Vendors offering a variety of relaxation wares, including scented eye pillows, scrubs and lotions, candles, jewelry and hand knitted items. Funds raised from vendor fees will support the Center's Senior Emergency Assistance Fund.

Pack up your attic treasures and bring them down to the Center to be appraised. We will be hosting an antique appraisal day on Sat. 10/11 from 10am to 2pm. Please call today and schedule your appointment. There will also be live music performed by Tom Stroud and a chili and hot dog bar available. The cost for an appraisal is \$10, and all proceeds from the event will benefit the senior nutrition program at the Community Center.

## BRIDGE RESULTS



	First Place	Second Place
Aug. 29	Ginny Fitzhenry	Lesley Berry
Sept. 05	Lesley Berry	Elaine Ihle
Sept. 12	Patrick Lynch	Anna Dubas
Sept. 19	Carol Schaefer	Patrick Lynch



Board of Directors Meeting

September 10, 2014

Chairman Wes Morris called the meeting to order with Helen and John absent. Ann Pruewett from the Wilsonville Quilters group presented the groups plan for a grant of \$2,800 from Clackamas County to defer their expenses for fabrics, special thread, sewing machine maintenance, etc. She displayed several samples of their work. All quilts are then donated to hospitals and other charitable organizations. The Board passed a motion to support their request.

Wes Morris went through the Budget as John was absent.

Wes Morris described a new idea for a Raffle, he had participated in while in Wenatchee. It is called 52 Shuffle with deck of cards in 52 envelopes and displayed on a bulletin board. Once a week a ticket (\$1.00) is chosen and the winner picks an envelope. Each card has an assigned value and that is awarded from the funds paid for tickets with a big prize hidden amongst the cards. Winner must be present at lunch for this plan.

Jean and Barbara reported on plans for a new raffle as the Safari Package, and a Coffee Basket. These will be this fall and winter.

Jean reported on October trips, Olive Garden and Trader Joes, October 16. Portland Center Stage "Dream Girls" lunch at theater, October 30.

***I-5 CONNECTION***

I-5 had it's first rehearsal last Thursday and enjoyed catching up with members of the chorus. Margie was ready with the music to hand out and Jessie helped guide people where to sit with Jocelyn's suggestions.

We are looking forward to another great year of singing together with Jocelyn's and Katie's wonderful accompaniment.

Wes talked about a fund-raiser with Fred Meyers card, how to apply.

Debbie Dahlquist

***IT'S TIME  
TO SIGN UP FOR THE FRED MEYER  
COMMUNITY REWARDS PORGRAM***

***With this program you will still receive your rewards and Fred Meyer will donate to the Wilsonville Community Seniors, Inc. every time you use your Rewards Card.***

***By receiving these donations from Fred Meyer, WCSI will be able to continue their giving to those in need.***

***Dina Holland will be available at the Senior Desk on Wednesday from 10am to 1pm to assist anyone who needs help signing up for this program.***

# OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<p><i><b>HAPPY HALLOWEEN</b></i></p>		<p><b>1</b> Garden Salad Turkey Burger Lettuce/Tomato 1/2 Baked Potato Fruit Cup <i>11:30 Donna Talus Piano The Dear Group</i></p>	<p><b>3</b> Broccoli Beef Stir Fry Over Brown Rice Mixed Vegetables Fortune Cookie &amp; Fruit Cup <i>11:30 Jessie and Barb Piano Methodist Church</i></p>
<p><b>6</b> Chicken Melt Sweet Potato Wedges Tomato Slice Apple Dumpling  <i>The Super Thunderbirds</i></p>	<p><b>7</b> Tilapia w/Lemon &amp; Capers WW Noodles Bread Yogurt w/Berries  <i>Marquis Day</i></p>	<p><b>8</b> Potato Omelet Breakfast Bites Sausage &amp; Fruit Salad Mini Muffin  <i>11:30 Donna Talus Piano Saint Cyril Church</i></p>	<p><b>10</b> Spaghetti &amp; Meatballs Brussels I Sprouts Bread Orange Sherbet  <i>11:30 Jessie and Barb Piano Community of Hope</i></p>
<p><b>13</b> Caesar Salad BLT Sandwich Orange Wedge Chips &amp; Cookie  <i>Go-Getters</i></p>	<p><b>14</b> Cheesy Quinoa Cakes W/Lemon Aioli Kyoto Vegetables WW Bread Jell-O <i>11:30 Jessie and Barb Piano The Sassy Sisters</i></p>	<p><b>15</b> Mini Turkey Loaf Mashed Potatoes n Gravy Asparagus Sliced Apples  <i>11:30 Donna Talus Piano Ready, Willing and Able</i></p>	<p><b>17</b> Garden Salad Seafood Chowder WW Roll &amp; B-day Cake  <i>11:30 Jessie &amp; Barb Piano Birthday Gang (Birthday)</i></p>
<p><b>20</b> Chicken Masala Over WW Noodles Broccoli Normandy Bread Mini Muffin  <i>Coffee Creek</i></p>	<p><b>21</b> Pear w/Cheese Salad Oven Baked Meatball Sandwich / Fries Sorbet  <i>Willing Workers</i></p>	<p><b>22</b> Tuna Melt Sweet Potato Puffs Slice Tomatoes Blushing Pears  <i>11:30 Donna Talus Piano What Happened to our 401-K?</i></p>	<p><b>24</b> Sloppy Joes Tater Tots Spinach &amp; Peppers &amp; Onions Pound Cake &amp; Berries  <i>LDS Church</i></p>
<p><b>27</b> Beef Stroganoff w/WW Noodles Spinach &amp; Roll Mixed Fruit  <i>Fred Meyer Volunteers</i></p>	<p><b>28</b> Ham &amp; Cheese Sliders Garden Salad Fruit Wedge &amp; Cookie  <i>Open</i></p>	<p><b>29</b> Shepherd's Pie Green Beans &amp; Roll Mandarin Oranges  <i>11:30 Donna Talus Piano Open Group</i></p>	<p><b>31</b> Garden Salad Acorn Squash Soup Corn Bread &amp; Spooky Desserts <b>HALLOWEEN</b>  <i>I-5 Connection</i></p>

## Suggested Meal Donation

The meal donation is being increased to **\$3.50**. We have not seen an increase in over 20 years and this needs to take place, in order to keep up with the price of providing this service. We appreciate your support and continued participation in the Nutrition Program.

Meals are served at noon each weekday except Thursday.

A donation of \$3.50 is encouraged for those over 60. Guests under 60 are requested to pay \$4.25.

Menu subject to change due to availability of supplies and fresh produce.