Boosting optimism with positive action

I’m Optimistic by nature. I’ve been called a “Pollyanna” more than once in my lifetime, but this pandemic is challenging even the most hopeful of us. Right now, it can feel like “normal” was a lifetime ago; like it will be an eternity until it resumes. It’s easy to feel fatigued and discouraged.

While our plan to reopen Hollywood Senior Center this month was modified in response to the Omicron surge, we are still moving in that direction, as more people get vaccinated and boosted. I really believe it won’t be too long before we can reopen our doors again for daily programming.

Boosting confidence

Our December Holiday Open House affirmed that we can successfully host in-person events under COVID restrictions. How wonderful to connect again with so many of you and to hear how you are eagerly awaiting our reopening.

Although our plans for February have changed some, our commitment to keeping you connected and engaged remains strong. This month, we offer a broad range of activities, programming and services.

Supporting Black Wellness

Among the many wonderful and informative programs scheduled this month are a number of virtual special events in honor of Black History Month. This year’s theme, “Black Health and Wellness,” takes a look at how American healthcare has often underserved the African-American community. As the COVID-19 pandemic has recently shown, a widespread disparity of access to quality healthcare negatively impacts health outcomes for blacks and other minority groups. Systemic racism has negatively impacted communities of color, depriving them of basic information, equal access to health care, and ultimately, overall well-being.

Hollywood Senior Center and The Community for Positive Aging is aware of the disparities that older adults of color and other marginalized communities often face in accessing vital services. We are committed to addressing the social, cultural, environmental, and economic needs that create barriers impeding the wellness of older adults. Throughout this month we will be sharing other opportunities to learn and to get involved in supporting equity of access to health and wellness.

Please join us in our commitment to learning and standing united against racism and hatred. Now is the time for us to work together so that we can be proud of how our shared history will be told in the future.

Please continue to take good care of yourself and your loved ones and stay connected. I am optimistic that we will all be together again soon.

Warmly,

Amber Kern-Johnson
Executive Director

Future in-person events at Hollywood Senior Center will build on the success of December’s HSC-CFPA Holiday Open House.
FOUNDED IN 1973 as a 501c3, Hollywood Senior Center has grown into an organization of supportive, age-positive people. Our team includes volunteers and full-time employees. We are committed to creating an uplifting and vibrant environment for adults 55 and older while providing a channel for intergenerational relationships and learning. Together we are a joyful group with big hearts and a passion for what we do. In 2020 our organization expanded by bringing the services offered by The Giving Tree, another not-for-profit organization, committed to providing residential services to people living in affordable housing throughout Portland, under our management and care. As a result, we are thrilled to announce the new organizational name and structure of the Community for Positive Aging, effective July 2021. The Hollywood Senior Center will now be represented as one of the programs operating under the Community For Positive Aging. This evolution of our organization will continue to reflect our core values and focus and expand our capacity to serve our community even more. The Community for Positive Aging is a caring and healthy organization which encourages intergenerational relationships, recognizes the wisdom and experience of its elders and demonstrates awareness and respect for the aging process. Seniors have access to a full spectrum of services, including social, emotional, educational and recreational opportunities appropriate to their unique needs and interests. We value, appreciate and encourage the important contributions of older adults in our community and empower people of all ages to achieve happy, healthy aging.
COMMUNITY FOR POSITIVE AGING
BOARD OF DIRECTORS 2022
Lori Frank, President
Linda Anderson, Vice President
Lois Martin, Secretary
Mary Casey, Treasurer
Paul Clark, Emeritus
Harvey Garnett, Emeritus
Arlene Halvorson, Emeritus
Chester Hill
Lawrence Jacobson
Heather Keisler Fornes
Mary Lou Soscia
Kim McCulloch
Neal Naigus
Lara Rosenblum
Whitney Yazzolino

COMMUNITY FOR POSITIVE AGING PROGRAMS
CFPA at Hollywood Senior Center
CFPA—Neighborhood Gleaners
CFPA—Asian Food Pantry

COMMUNITY FOR POSITIVE AGING ENHANCED RESIDENT SERVICES
CFPA—The Morrison
CFPA—Alder House
CFPA—Uptown Towers
CFPA—Fairfield Hotel
CFPA—Dawson Park,
CFPA—Helen M. Swindells Apts

OHCS rental assistance
Oregon Housing and Community Services (OHCS) will begin accepting new applications again for the Oregon Emergency Rental Assistance Program (OERAP) starting on Wed., Jan. 26, 2022. The state paused acceptance of new applications in early December due to dwindling funding and the need to make system improvements. This will be a limited reopening for three to five weeks, depending on availability of funds. Agency estimates it has sufficient funds for an additional 6,700–9,300 applications. Households with the most need will have priority in accessing these resources, not a first-come, first-served basis. Apply via the OERAP website at https://oerap.oregon.gov/. Need help applying? Email staff@communityfpa.org or call us at 503-288-8303.

Gleaners back May 1st
NEIGHBORHOOD GLEANERS are on break until May 1, 2022. If you need assistance in the before then, please call the CFPA-HSC office for referrals to other food programs.

CFPA Equity Statement
Community for Positive Aging is committed to addressing the social, cultural, environmental, and economic needs that create barriers that impact the wellness of older adults.

CFPA is aware of the disparities that older adults of color and other marginalized communities face in accessing vital services. We are committed to transforming CFPA and all of our programs in order to ensure equitable access to our services and serve the unique and diverse older population in the area. We are inclusive in our efforts to serve elders regardless of race, ethnicity, age, gender, gender identity and expression, sexual orientation, religion, zip code, health and ability status, and income.

In September 2020, Hollywood Senior Center formalized the values and principles of our organizational equity plan. We intend to serve more BIPOC communities, including through The Giving Tree and Asian Food Pantry, and more broadly as we expand case management and other direct services. We believe strongly that all levels of leadership (including staff and board) need to reflect the communities that we serve. We are intentionally working to improve representation through our recruitment strategies for both staff and board members. This is directly tied to the equity work that our organization has invested in over the last few years, including understanding and implementing inclusive hiring practices. We recognize that this is a process, and as our organization is expanding we are committed to building our team to mirror that of our community.

As we work to bring about these changes at the board and staff level, we are also working to ensure that volunteers continue to represent our community and that our program offerings are inclusive and responsive. We are an organization that needs, encourages, and appreciates everyone involved, and that includes all of you.
COVID-19 Updates

Omicron variant numbers impact HSC reopening plan

LAST MONTH, the Community for Positive Aging and Hollywood Senior Center suspended all non-essential in-person programs for a period of two weeks. This decision was made out of an abundance of caution to prevent the continued spread of the highly contagious Omicron variant, but also to give us time to reformulate our reopening plan to incorporate a new understanding of what our community looks like living with COVID-19 as a reality, similar to how we live with the flu.

COVID-19 is not the flu. But recognizing that, similar to the flu, the high potential that we may get COVID-19 at some point in our lives completely changes both our risk calculus and our behaviors. Our goal as a community is to mitigate both individual and community risk, and protect the most vulnerable in our community so that we’re reducing and limiting the number of people who die from this virus.

While our plan to reopen this month has been modified, we are returning to limited in-person programming with hopes to reopen in March. Our reopening plan will be guided by data, CDC/OHA/ Multco guidelines, as well as conversations with staff, volunteers, and community members and partners.

We’re implementing some new policies that we believe will help mitigate the spread of COVID within our community. These strategies have been developed through conversations amongst staff and volunteers, as well as external discussions with Multnomah County and other community organizations. Safeguarding the health and safety of our participants, staff, and the community is our top priority.

COVID-19 PROCEDURES UPDATE

- Effective immediately until further notice, all staff, volunteers, and participants onsite are required to wear a KN95 mask or two surgical masks. (Cloth masks-only are NOT permitted at this time, but you are welcome to wear a cloth mask over the others.)
- Starting March 1, 2022, staff, volunteers, and participants will be required to show proof of a COVID booster shot to enter the building.
- If you test positive or have a symptomatic case of COVID-19 and have been onsite, please contact the Hollywood Senior Center at 503-288-8303 or email staff@communityfpa.org. (If you need assistance during isolation due to a case of COVID, please contact us. We may be able to offer support.)

Watch for additional information/updates in CFPA-HSC e-blasts, newsletters, and other communications, or call the center at 503-288-8303 to get the latest updates from staff and volunteers.

Free at-home COVID-19 tests now available online

EVERY HOME IN THE U.S. can soon order four free at-home COVID-19 tests. The tests are completely free—there are no shipping costs and you don’t need to enter a credit card number.

The Biden administration began making the at-home Covid-19 tests available on January 19 through a government website: https://www.covidtests.gov/. Households can order four tests at a time and the tests will “typically ship within 7-12 days of ordering.”

A senior administration official reported the government has 420 million tests under contract and tens of millions already in hand.
Information & Assistance

Meet our new specialist

Reach SUSAN SALISBURY, CFPA's new Info. & Assistance Specialist, at susan.salisbury@communityfpa.org, phone 503-288-8303, ext. 103. [Regena Jones, introduced in our January newsletter, withdrew from the position due to family illness.]

CASH Oregon Tax Assistance

CFPA originally planned to offer in-person tax assistance appointments through CASH Oregon at Hollywood Senior Center starting February 1, 2022. Due to Omicron, CASH Oregon has postponed in-person tax assistance until further notice.

Our sincere hope is that this delay will only be for a couple of weeks, and that we will be able to take appointments starting mid-February. We will send updates about CASH Oregon tax assistance appointments through our eblasts, but feel free to call the center for updates if you do not receive the eblast. Once we are able to schedule appointments, they will be 90 minutes, offered on Mondays, Tuesdays, and Thursdays at specific times that we will publicize at that time. Once started, there will be ongoing opportunities to make an appointment up to the new IRS tax deadline on Monday, April 18, 2022.

We will continue to require masks for all tax assistance appointments, in addition to either proof of a Covid vaccination or a negative Covid test within the last 72 hours.

Get Free Help with Medicare

IT CAN SAVE MONEY
You may find lower premiums and extra benefits by comparing your Medicare Advantage Plan and Prescription Drug Plan options.

IT’S EASY
Expert and impartial SHIBA counselors can help you understand Medicare and can help you choose the best Medicare plan for you. SHIBA counselors can also help with Medicare appeals and complaints.

IT’S CONVENIENT
Your appointment can be done over the phone or virtually.
Call (503) 988-3646 and select option 3 to schedule an appointment.

Don’t miss out on getting help.

You may find lower premiums and extra benefits by comparing plans. Contact a Senior Health Insurance Benefits Assistance (SHIBA) team member to schedule an appointment.
Call 503-988-3646 (select option 3)
Schedule online at https://multco.us/SHIBA

MULTNOMAH CO. HELPLINE: 503-988-3646
24-hour emergency assistance when our office is closed.

JEAN JOHNSON • OWNER/PRINCIPAL BROKER
JOHNSON HOUSE PDX REAL ESTATE, LLC
503-287-9732
“Jean helped us decide on a retirement community, and she won us a handsome profit on the sale of our house. Five Stars!”
February Activities & Programs

Virtual Special Events in honor of Black History Month

**Oregon Black Pioneers: Western Migration & Setting Legal Precedents**

**TUESDAY, FEBRUARY 15 • 6:00–7:00 PM**

Presenter: Troy Tate, Oregon Black Pioneers

**Registration Required:** Find the link on the Virtual Events Calendar.

**Mtg ID for Phone Participants:** 896 1401 5160

This presentation will provide some general information and details involving western migration for Blacks along the Oregon Trail and settling into the Oregon territory before it received statehood. These stories will tell of how “Negros” were brought to this region as slaves, but perseverance led some to fight for their freedom and independence in a place that was not welcoming to “Negro” residents at the time.

Two specific stories that will be shared during this presentation will highlight the fight for “Negro” freedom within the state from enslavement and the fight for the democratic right to vote in state and federal elections. The *Holmes v. Ford* case set the legal precedent outlawing slavery in the State of Oregon, while Hattie Redmond fought for Black women’s right to vote during the early 1900s.

Although these stories involve Black residents in Oregon, this is Oregon history and plays a huge role in how our state looks today. Join us to learn from the past so that we can help positively shape our future.

**Black Achievement and Anti-Blackness: A Contextual Understanding of Oregon Black History**

**MONDAY, FEBRUARY 28 • 1:00–2:00 PM**

Presenter: Dr. Carmen Thompson, history instructor, Portland Community College

**Registration Required:** Find the link on the Virtual Events Calendar.

**Mtg ID for Phone Participants:** 848 5677 0504

This presentation provides a historical introduction to the paradoxical relationship Black people in Oregon have and have had with the state; one that renders Black peoples’ incredible achievement and vibrancy against systemic oppression, exclusion and exploitation in the creation and maintenance of White supremacy. This history is not purely oppositional, yet it cannot deny the ongoing imprint of this legacy on the character of the state.

How to register and access HSC classes & events via Zoom

**MOST EVENTS REQUIRE ADVANCE REGISTRATION.** After registering, you will receive an email confirmation with the meeting link. Expect a short wait before being admitted to the meeting.

**HOW TO REGISTER:** Find registration links in HSC’s bimonthly email blast (link at the bottom of our home page) or in our online calendar listings at [http://communityfpa.org/events-calendar/](http://communityfpa.org/events-calendar/).

**GETTING HELP:** Contact Michael Murphy at 971-341-2130 or michael.murphy@communityfpa.org.

**JOINING MEETINGS BY PHONE:** You can use any of the four U.S. toll-free phone numbers listed below to access our Zoom classes by telephone. (No registration required.) To access, simply dial one of the numbers, and when prompted, enter the meeting ID number and then push the pound key (#). If asked for a participant number, push # again. That’s it; you’re in! You may be placed on hold until the meeting starts. [Please note: These toll-free numbers will NOT work for non–HSC Zoom account events—marked with a double asterisk (***) in the newsletter calendar.]

888-475-4499  833-548-0276  833-548-0282  877-853-5257
Weekly Virtual Events

Mindfulness for Stress Reduction
MONDAYS • 11:30 AM–12:30 PM  
TUESDAYS • 9:00–10:00 AM  
Instructors: Nancy Boros and Nan Leroy  
Registration Required: Find the link on the Virtual Events Calendar.  
Mtg ID for Phone Participants: 627 937 526

Arthritis Exercise*
WEDNESDAYS • 11:00–11:50 AM  
Instructor: Sandy Morales  
Registration Required: To register, please email Sandy Morales at smorales@email.com.  
Mtg ID for Phone Participants: 823 1525 6295

Chair Yoga*
THURSDAYS • 9:00–10:00 AM  
Instructor: Hayley Meador  
Registration Required: To register, call Michael Murphy at 971-341-2130 or email michael.murphy@communityfpa.org.  
Mtg ID for Phone Participants: 819 4753 4249

Friday Afternoon Chat
FRIDAYS • 2:00–3:00 PM  
Registration Not Required / Drop-in: Find the link on the Virtual Events Calendar.  
Mtg ID for Phone Participants: 883 9277 347  
*Available for “Live Zooming” from HSC (see page 11).

Bi-weekly Virtual Events

Cooks in the Kitchen
MONDAY, FEBRUARY 7 • 10:00–11:00 AM  
(No meeting on the 3rd Monday, Feb. 21.)  
Registration Required: Find the link on the Virtual Events Calendar.  
Mtg ID for Phone Participants: 933 3895 3293

Virtual Coffee Klatsch
TUESDAY, FEBRUARY 1 & 15  
10:00–11:00 AM  
Facilitator: Paul Iarrobino  
Registration Not Required/ Drop-in: Find the link on the Virtual Events Calendar.  
Mtg ID for Phone Participants: 963 103 0643

Senior Technology Workshop
FRIDAY, FEBRUARY 11 & 25 • 11:00 AM–12:00 PM  
Facilitator: Portland Youth Builders  
Registration Not Required / Drop-in: Find the link on the Virtual Events Calendar.  
Mtg ID for Phone Participants: 968 0456 1003  
Passcode: 537999  
Need to learn or improve how to Zoom? Or want help on using any of your tech devices: smartphones, tablets, or laptops? The Portland Youth Builders are back to teach you all you need to know! They will deliver a general presentation, then use breakout rooms to help with individual needs. All are welcome.

OCJ Listening Session
FRIDAY, FEBRUARY 18 • 1:00–3:00 PM • Registration Required  
Facilitator: Joselius Jimenez Maldonado, Community Engagement Manager, OCJ  
Some of the topics they wish to hear about are predatory lending, high-interest rates when buying a car or taking out a mortgage, late fees, overdraft fees, hidden fees, student loans, medical debt and collections, predatory practices in collections agencies, unfair credit practices—billing, interest, disclosures, scams. For more info, or to sign up for this program, please contact Michael Murphy at 971-341-2130 or michael.murphy@communityfpa.org.
# Community for Positive Aging

**Hollywood Senior Center**  
Enhanced Resident Services  
*ESTD 1973*

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**1820 NE 40TH AVE., PORTLAND, OR 97212 | 503.288.8303 | OPEN BY APPOINTMENT MON-FRI 8:30AM-4:30PM**

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## FEBRUARY 2022

<table>
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<tr>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
<th><strong>Sat/Sun</strong></th>
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</table>
| Lunar New Year begins February 1 | 9:00 Mindfulness for Stress Reduction  
10:00 Family Caregivers Support Group  
10:30 Virtual Coffee Klatsch w/ Paul Iarrobino (drop-in)  
10:30 Walking Group (mask optional)**  
11:00 Arthritis Exercise with Jacki Gethner  
1:30 Chi-Pong** | 9:00 Senior Health Insurance Benefits Assistance (SHIBA)  
9:00 Foot Care Clinic**  
10:00 Zumba Gold**  
11:00 Arthritis Exercise with Sandy Morales*  
12:30 Intermediate Tai Chi w/ Candace Herril  
2:00 Tai Chi for Beginners with Candace Herril  
2:15 Tai Chi for Beginners with Michael Murphy – 971-341-2130  
1:00 Black Achievement and Anti-Blackness with Dr. Carmen Thompson  
2:15 Tai Chi for Beginners with Candace Herril | 9:00 Chair Yoga w/Haley Medora*  
11:00 Arthritis Exercise with Jacki Gethner  
12:00 Walking Group at Lloyd Center (mask required)**  
1:00 Learning from Grief and Loss (VIEWS discussion)  
3:00 VIEWS Support Group  
9:00 Mindfulness for Stress Reduction | 11:30 Pinochle**  
1:00 Connecting Through Loss: A Time for Remembrance  
2:00 Friday Afternoon Chat (drop-in) | SATURDAY, Feb. 5  
10:30 Walking Group (mask optional)**  
Meet at northeast corner of Grant Park at NE 36th & Brazee |

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<th><strong>11</strong></th>
<th><strong>12/13</strong></th>
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</thead>
</table>
| 10:00 Cooks in the Kitchen  
11:30 Mindfulness for Stress Reduction  
1:00 Intermediate Tai Chi with Candace Herril  
2:15 Tai Chi for Beginners with Candace Herril | 9:00 Mindfulness for Stress Reduction  
9:00 VHC Advisory Council Meeting  
http://zoom.us/j/98414056514  
10:00 Therapeutic Horticulture  
10:30 Walking Group (mask optional)**  
11:00 Arthritis Exercise with Jacki Gethner  
1:30 Chi-Pong**  
4:00 Get-off time for delivering Valentines to HSC | 9:00 Senior Health Insurance Benefits Assistance (SHIBA)  
9:00 Foot Care Clinic**  
10:00 Zumba Gold**  
11:00 Arthritis Exercise with Sandy Morales*  
11:00 Book Lovers Discussion Group (in-person or virtual)  
12:30 Intermediate Tai Chi w/ Candace Herril  
2:15 Tai Chi for Beginners with Candace Herril | 9:00 Chair Yoga w/Haley Medora*  
11:00 Arthritis Exercise with Jacki Gethner  
12:00 Walking Group at Lloyd Center (mask required)**  
1:00 Listening vs. Hearing  
3:00 VIEWS Support Group | 11:00 Senior Technology Workshop  
11:30 Pinochle**  
2:00 Friday Afternoon Chat (drop-in) | SATURDAY, Feb. 12  
10:30 Walking Group (mask optional)**  
Meet at northeast corner of Grant Park at NE 36th & Brazee |

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<th><strong>14</strong></th>
<th><strong>15</strong></th>
<th><strong>16</strong></th>
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<th><strong>18</strong></th>
<th><strong>19/20</strong></th>
</tr>
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</table>
| 11:30 Mindfulness for Stress Reduction  
12:30 GardenNeal Herman presents: Bessie Smith*  
1:00 Intermediate Tai Chi w/ Candace Herril  
2:15 Tai Chi for Beginners with Candace Herril  
VALENTINE’S DAY | 9:00 Mindfulness for Stress Reduction  
10:00 Virtual Coffee Klatsch w/ Paul Iarrobino (drop-in)  
10:30 Walking Group (mask optional)**  
11:00 Arthritis Exercise with Jacki Gethner  
1:30 Chi-Pong**  
6:00 Oregon Black Pioneers with Troy Tate | 9:00 Senior Health Insurance Benefits Assistance (SHIBA)  
9:00 Foot Care Clinic**  
10:00 Zumba Gold**  
11:00 Arthritis Exercise with Sandy Morales*  
12:30 Intermediate Tai Chi w/ Candace Herril  
2:15 Tai Chi for Beginners with Candace Herril | 9:30 Cannabis Talk*  
11:30 Pinochle**  
1:00 Oregon Consumer Justice Listening Session  
2:00 Friday Afternoon Chat (drop-in) | SATURDAY, Feb. 19  
10:30 Walking Group (mask optional)**  
Meet at northeast corner of Grant Park at NE 36th & Brazee |

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<tr>
<th><strong>21</strong></th>
<th><strong>22</strong></th>
<th><strong>23</strong></th>
<th><strong>24</strong></th>
<th><strong>25</strong></th>
<th><strong>26/27</strong></th>
</tr>
</thead>
</table>
| 11:30 Mindfulness for Stress Reduction  
1:00 Intermediate Tai Chi w/ Candace Herril  
1:00 Black Achievement and Anti-Blackness with Dr. Carmen Thompson  
2:15 Tai Chi for Beginners with Candace Herril  
PRESIDENTS’ DAY | 9:00 Mindfulness for Stress Reduction  
9:00 VHC Advisory Council Meeting  
http://zoom.us/j/98414056514  
10:30 Walking Group (mask optional)**  
11:00 Arthritis Exercise with Jacki Gethner  
1:30 Chi-Pong** | 9:00 Senior Health Insurance Benefits Assistance (SHIBA)  
9:00 Foot Care Clinic**  
10:00 Zumba Gold**  
11:00 Arthritis Exercise with Sandy Morales*  
1:00 New Wisdom/Life Lessons (VIEWS conversation)  
1:00 Intermediate Tai Chi w/ Candace Herril  
2:15 Tai Chi for Beginners with Candace Herril | 9:00 Chair Yoga w/Haley Medora*  
11:00 Arthritis Exercise with Jacki Gethner  
12:00 Walking Group at Lloyd Center (mask required)**  
12:30 Free CPAF Matinee Screening of Respectable Hollywood Theatre**  
3:00 VIEWS Support Group | 11:00 Senior Technology Workshop  
11:30 Pinochle**  
2:00 Friday Afternoon Chat (drop-in) | SATURDAY, Feb. 26  
10:30 Walking Group (mask optional)**  
Meet at northeast corner of Grant Park at NE 36th & Brazee |

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<tr>
<th><strong>28</strong></th>
<th><strong>INFORMATION &amp; REFERRAL</strong></th>
<th><strong>CENTER ACTIVITIES &amp; EVENTS</strong></th>
<th><strong>GET FREE HELP WITH MEDICARE</strong></th>
<th><strong>FOOT CARE</strong></th>
</tr>
</thead>
</table>
| 11:30 Mindfulness for Stress Reduction  
1:00 Intermediate Tai Chi w/ Candace Herril  
1:00 Black Achievement and Anti-Blackness with Dr. Carmen Thompson  
2:15 Tai Chi for Beginners with Candace Herril | Susan Salisbury – 503-288-8303 ext. 103  
susan.salisbury@communityfpa.org | Michael Murphy – 971-341-2130  
michael.murphy@communityfpa.org | 503-988-3646 (option 3) | To schedule a 45-minute foot care appointment on Wednesdays between 9AM and 12PM, call 503-288-8303 or email staff@communityfpa.org.  
**PLEASE NOTE:** If an activity on this calendar is not listed in the main newsletter, it means registration is closed or the class is full. To add your name to a wait list or for more info, email michael.murphy@communityfpa.org or call 503-288-8303 x104. |

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**Senior Law and SHIBA Phone Appointments**  
To make a phone appointment for Senior Law Project Legal Clinic or Senior Health Insurance Benefits Assistance (SHIBA), please call Information & Assistance Specialist Regena Jones at 503-288-8303, ext. 103.  
**CASH Oregon In-person Tax Assistance**  
In-person appointments postponed due to COVID; stay tuned for updates or call 503-288-8303 to check status.

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**Virtual Events Calendar:** [http://communityfpa.org/events-calendar/](http://communityfpa.org/events-calendar/)
February Virtual Events

VIEWS DISCUSSION
Learning from Grief and Loss
THURSDAY, FEBRUARY 3 • 1:00–2:30 PM
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 814 5815 6422
As we age and experience losses of many types, grief may become more common. Healing takes as long as it takes. Learn from others and find your own unique path through grief.

Connecting Through Loss: A Time for Remembrance
FRIDAY, FEBRUARY 4
1:00–2:00 PM
Facilitator: Jim Rico
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 824 0335 9009
A casual and conversational group open to anyone who has experienced the loss of a loved one. Not a therapy session, rather a time for reflection and remembrance of loved ones in a safe and friendly environment.

Book Lovers Discussion Group
WEDNESDAY, FEBRUARY 9 • 11:00 AM–12:00 PM
Participate in person at HSC or on Zoom.
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 882 6013 3224
Is there a book you are reading, or have read, that you’d like to discuss? Want to hear about what others are reading? Or do you just like to hang out and talk about topics and ideas you have recently read about? Come join our readers group. All genres and topics are open for discussion.

Listening vs. Hearing
THURSDAY, FEBRUARY 10 • 1:00–2:30 PM
Facilitator: Justine Crane
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 843 7898 0277
What really is the difference between listening and hearing? We so often say things like, “Oh, I hear you.” Can you truly say back to the person the meaning of what was said? Many people can’t. How rewarding those brief, effective conversations are when one feels listened to. Let’s explore and experience these two ideas together.

Gordon Neal Herman presents Bessie Smith*
MONDAY, FEBRUARY 14
12:30–1:30 PM
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 858 3354 8441
Bessie Smith was one of the most popular female blues singers during the 1920s and '30s. She began singing on street corners of Chattanooga, Tenn. at the turn of the century before launching her professional career in 1913. Ten years later, she began the recording career that made her world famous. Her career was cut short by a car accident at age 43. This program traces her career and her impact on other jazz and blues vocalists.

VIEWS CONVERSATION ON AGING
New Wisdom/Life Lessons
WEDNESDAY • FEBRUARY 23 • 1:00–2:30 PM
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 893 8226 5096
Along with the challenges that frequently accompany the aging process, increasing wisdom is an outcome as well. Join us for a Conversation about the wisdom you have developed over the years, and share with others what you have learned “the hard way.” Talk with your peers about the lessons you’ve learned in your lifetime and the legacy of wisdom you might like to pass on.

*Available for “Live Zooming” from HSC (see p. 11)
February In-person Events

February Movie Matinee

CFPA private film screening of *Respect*—FREE!

**THURSDAY, FEBRUARY 24 • 12:30–3:00 PM • NO RSVP REQUIRED**

Hollywood Theatre, 4122 NE Sandy Blvd, Portland

COMMUNITY FOR POSITIVE AGING is partnering with the Hollywood Theatre again in February to bring our community a private matinee screening of *Respect, a biopic of Aretha Franklin*, starring Jennifer Hudson as Aretha Franklin.

Get your questions answered by staff and volunteers at our COVID vaccine information table. Also visit the registration table to get a free voucher for your choice of popcorn, soft drink, or snack, as well as free raffle tickets, with a chance to win a variety of local gift cards. Other concessions are available for purchase.

WE’RE EXCITED TO continue offering limited in-person programming at Hollywood Senior Center in February, for specific hours and times — vaccinations and masks required.

Please contact Michael Murphy at 971-341-2130 or michael.murphy@communityfpa.org if you have any questions or wish to participate.

**Chi-Pong** – Every Tuesday, 1:30–3:00 PM

**Zumba Gold** – Every Wednesday, 10:00–11:00 AM

**Pinochle** – Every Friday, 11:30 AM–1:30 PM

**Book Lovers Discussion Group** – Wednesday, February 9, 11:00 AM–12:30 PM

FOR THE PROGRAMS listed below, we’re offering CFPA community members the opportunity to come into the center, where we will have a screen and camera setup so that you can participate live in the virtual meeting. You will join the meeting host and all of the other participants on camera, and be able to actively participate in the meeting with audio and video. For more information, or to sign up to participate LIVE from the center, please contact Michael Murphy at michael.murphy@communityfpa.org or 971-341-2130.

**Arthritis Exercise with Sandy Morales**
Weekly on Wednesdays • 11:00–11:50am

**Chair Yoga**
Weekly on Thursdays • 9:00–10:00am

**Gordon Neal Herman Presents Bessie Smith**
Monday, February 14 • 12:30–1:30 PM

In-person Walking Groups

**No registration required—Just show up!**

**Masks Optional Walks**

EVERY TUESDAY & SATURDAY • 10:30–11:45 AM
Meets at the northeast corner of Grant Park, at the intersection of NE 36th Avenue and NE Brazee Street at approximately 10:30am. In compliance with OHA mask requirement exemptions, masks are encouraged, but not required. [OAR 333-019-1025(5)(d)&(g)].

**Masks Required Walks**

EVERY THURSDAY • 12:00–1:15 PM
The Thursday walking group meets indoors due to the inclement seasonal weather. The new meeting location is inside the Lloyd Center Mall on the first floor in front of Macy’s Department Store on the lower level – Floor 1 (you should be looking at the ice skating rink from the Macy’s entrance). The address is 2201 Lloyd Center, Portland, OR 97232.
Special Volunteer Opportunity:
Valentines for Seniors & Neighbors!

VOLUNTEER FROM HOME to create Valentine’s Day greetings and treats for seniors and neighbors served by our Enhanced Resident Services program. During this time of continued social distancing, bring cheer and comfort to community members through Valentine’s Day letters, cards, drawings, or even treats! All ages are welcome to participate, and no volunteer application is required. This is a great at-home project for kids and families!

HOW TO PARTICIPATE:
Create handmade valentines, write heartfelt letters, or just send a note to say hello. You can even get creative and make a piece of art or write a poem—it’s up to you! Please leave cards unsealed. Postage is not required, but we will gladly accept donations of stamps.

We also welcome Valentine’s treats for individuals! Whether you make homemade cookies or purchase something sweet to donate, please note that treats must be individually wrapped in order for us to be able to distribute them.

HOW TO DELIVER:
Greetings or treats can be mailed to Hollywood Senior Center at 1820 NE 40th Ave., Portland, OR 97212 or dropped off Monday through Friday, 9am to 4pm, now through Tuesday, February 8. Please include a note with your name(s) or organization along with your donation. Valentines must be received by 4pm on Tuesday, February 8, 2022.

For questions or assistance, please contact CFPA Volunteer Program Manager Julie Ann Barowski at julieann.barowski@hollywoodseniorcenter.org or 503-288-8303, ext 109.

Need a pal to chat with?
Connect with a CFPA Phone Pal volunteer!

Phone Pal volunteers provide friendly check-in calls to older adults in the community. If you are feeling a bit isolated, one of our Phone Pal volunteers would love to connect with you! You will be paired with a volunteer for weekly or biweekly calls to have great conversations and get to know a new friend! If you are interested in connecting with a CFPA Phone Pal volunteer, please contact the Volunteer Program Manager at 503-288-8303, ext 109.
**Special Thanks**

Local Businesses who contributed to our Holiday Open House

- American Made Goods
- Be a Santa to a Senior
- Helen Bernhard’s Bakery
- Blanchet House
- Brink Communications
- Clay Street Table
- Feed the Mass
- Fills Donuts
- Fleur de Lis Bakery
- Charles Fong
- The Giving Tree
- Grant Park Neighborhood Assn.—Neighbor Helping Program
- Grocery Outlet
- Hollywood Boosters Giving Tree
- Hollywood Farmers Market
- Hollywood Lions Club
- Hollywood Neighborhood Gleaners
- Hollywood Theatre
- Home Instead Senior Care
- Hospice Care of the Northwest
- Hubers
- Paul Iarrobino
- Larry Jacobson
- Kindness Farms
- Dr. Mark Loveless (Homebrew & the Terrapin Horns)
- Metropolitan Family Services
- Multnomah County Aging, Disability and Veterans Services
- Multnomah County Library
- New Seasons Grant Park
- Jeff Oard
- Oregon Food Bank
- Oregon Health Authority
- The Portland Clinic Foundation & Staff
- Portland Fruit Tree Project
- Practice of Health Community
- Produce for the People
- Pat Robinson
- Sunshine Division
- Peter Sysyn
- We Do Better
- Whole Foods Market

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**Grants awarded**

- The OCF Joseph E. Weston Public Foundation
- Hubert & Ludmila Schlesinger Foundation, Inc.

COMMUNITY FOR POSITIVE AGING—HOLLYWOOD SENIOR CENTER IS HONORED to receive a $20,000 grant from The OCF Joseph E. Weston Public Foundation to support our enhanced resident services and a $16,000 grant from the Hubert & Ludmila Schlesinger Foundation, Inc.

We are so grateful for the community investment from these two foundations. These investments will be well spent to deliver important services and programs, now and in the coming year, to empower elders and low-income neighbors to live safe and full lives through supportive services and social connection.

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**Virtual Craft Activity**

**Therapeutic Horticulture**

**TUESDAY, FEBRUARY 8 • 10:00–11:00 AM**

Instructor: Kasia Bilhartz, Registered Horticulture Therapist

**Registration Required:** Find the link on the Virtual Events Calendar. Please note that there is a limit of 13 participants.

**Meeting ID: 852 8819 8261**

Engage your senses and creativity through the exploration of plants and natural materials. Simple, brief, and enjoyable activities not only yield an attractive project, but increase one’s sense of well-being by stimulating memory and cognition while decreasing feelings of isolation by connecting with others via group activity. Connecting to nature and the seasons through Therapeutic Horticulture is especially beneficial for anyone whose time outdoors is limited.
Gifts to our community

Community for Positive Aging–Hollywood Senior Center thanks YOU!

MANY THANKS TO ALL those who made contributions to the CFPA-HSC Annual Appeal, the HSC Building Fund, or the Endowment Fund from December 9, 2021 to January 11, 2022. Any contributions received after this date will be reported in the next newsletter. We make every effort to ensure accuracy in recognizing supporters; please notify us if you discover any errors. Gifts can now be made to both Hollywood Senior Center and Community for Positive Aging.

CENTER DONATIONS
Lissa Adams
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Dick & Barbie Anderson
Linda M. Anderson
Linda A. Anderson
Marlene L. Anderson
Neil & Pamela Arden
Gregg Baker
Sue Barnes
Rosalyn Basin
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GRANTS/ FOUNDATIONS
New Seasons Market
Joseph E Weston
Greg & Martha Struxness

IN HONOR OF
Jill E Johnson

IN MEMORY OF
Ken Rydell
Mrs. K.A. Rydell

IN MEMORY OF
Sherry Alexander

IN HONOR OF
Vic Harris
Alice Harris

IN MEMORY OF
Frances A Johnson

IN MEMORY OF
Molly Thurston

IN HONOR OF
Ron Thurston
Molly Thurston

IN HONOR OF
Megan Doren
Marilyn Taylor
Leah Taylor

IN HONOR OF
DHARINI BALAJEE
Sanjeev Balaje

IN MEMORY OF
HYLA JANE DAHLMAN
Julie Dahlman

IN MEMORY OF
MARY BRUNKOW
Robert Brunkow

IN MEMORY OF
HELEN KUVALLIS
Sophia Kremidas

IN MEMORY OF
JANE JOSSELYN
Pete Peterson

IN MEMORY OF
VIC HARRIS
Alice Harris

IN MEMORY OF
KEN RYDELL
Mrs. K.A. Rydell

IN MEMORY OF
SHERRY ALEXANDER

IN HONOR OF
FRANCES A JOHNSON
Jill E Johnson

IN MEMORY OF
JOE PORACSKY
MJ Riehl

IN MEMORY OF
Babe Weiner
Jeannie Rosenthal
Your support is essential!

THANKS TO SUPPORTERS LIKE YOU, our staff and volunteers have continued to work diligently to respond to increasing community need. We have adapted and strengthened existing programs to serve more vulnerable and isolated community members with safe housing, food and other basic needs (including culturally specific food), technology support, COVID vaccinations, access to healthcare, and improved quality of life for seniors aging in place. Through our program expansion we have increased the number of older adults and low-income neighbors connected to our network of support and services. We are working to keep older adults connected, supported and living independently, to combat the devastating impact of social isolation. Our staff and volunteers have been busy collecting and distributing food to low-income seniors through our gleaning programs and food pantries. More than 35,765 pounds of food and 886 emergency food boxes have been delivered to low-income seniors this year. Eight hundred Thanksgiving Meals and over 500 bags of PPE were delivered to low-income seniors and veterans in November and December. With our absorption of The Giving Tree's culturally specific food pantries in 2021, we are addressing food insecurity for more communities of color and low-income households.

Today, we invite you to join our community of supporters who help sustain Community for Positive Aging, making our critical programs and services possible, through a one-time or monthly gift. It is going to take all of us to make it through the coming year and this ongoing pandemic. Give the gift of dignity, choice and connection. Help us strengthen and expand essential needs programs for older adults and low-income neighbors in the community.

Consider giving online at: www.mightycause.com/organization/Hollywood-Senior-Center

- Begin or renew your annual Center Registration.
- Make a One-Time Gift—by check (in the mail) or online (via the above link).
- Break your gift into smaller monthly increments through a Monthly Recurring Donation—a great way to increase the amount and impact of your contribution.

Consider volunteering with HSC-CFPA. If a financial contribution isn't possible for you, there are many ways to participate in our community's success! Dedicate time to one of HSC-CFPA's in-person, digital or phone volunteer roles.

Consider HSC-CFPA in your estate planning and help ensure the needs of seniors and low-income neighbors are met for years to come.

Your tax-deductible contributions help us meet increasing demand for services. Help our organization and community survive the pandemic so we can continue to support you and your family as we begin to emerge from communal quarantine and transition back to in-person programs and services.

YES, I want to make a difference! Here is my contribution to the Hollywood Senior Center.

Name ___________________________ Phone ___________________________ Email ___________________________
Address ___________________________ City __________ State _______ Zip __________

My contribution is for the: □ Greatest need □ Endowment fund □ Building fund □ $20 annual registration

☐ Please charge my credit card. Card type: ☐ Visa ☐ Mastercard
Account # ___________________________ Exp. Date __________ / _____ Amount ___________________________

☐ Please send me information about including Hollywood Senior Center in my will or estate plan.

☐ Please designate my contribution:

☐ “In memory of” ☐ “In honor of” (check one):

and send an acknowledgement letter to:

Address ___________________________ City __________ State _______ Zip __________

Clip this form and mail, with check payable to:
CFPA-Hollywood Senior Center, 1820 NE 40th Ave, Portland, OR 97212

News & Activities | February 2022
Back in the day

When I was young and had no idea what life was about, honeysuckles grew wild in our backyard. The smell of honeysuckle still pulls me back to a simpler time when families gathered for Sunday suppers, music serenaded in the background, children laughed and played and were not afraid, and couples danced and swayed and didn’t care who saw the passion in their eyes as they clung to each other in a sweet embrace.

—a Helen Swindells resident