Welcome, Spring!

THIS PAST MONTH we received many comments about the new paper stock used for the February issue of this newsletter. Many readers complimented the change, commenting that it was much easier to read. A few community members wondered if there was an additional cost associated with the heavier weight, smoother paper stock.

I personally favored the former newsprint format for its economy and recycle-ability, and CFPA had no plans to change, but unfortunately we didn’t have much choice in the matter. We got the news about supply chain issues and the sudden closure of the bindery we have used for decades just as the February paper was going to press.

While the monthly printing cost is slightly higher due to the higher grade paper stock, there is no additional cost for using color. So, while we continue to explore alternative printing options, please join me in fully enjoying the free use of color in this month’s newsletter.

WHAT A PERFECT MONTH to bring more color into our lives, as we welcome spring by celebrating both the long-awaited limited reopening of Hollywood Senior Center and International Women’s Day/Month.

Starting March 1, 2022, after almost two years of closure, CFPA is reopening its Hollywood Senior Center doors on Tuesdays and Thursdays between the hours of 8:30am and 4:30pm. We have waited a long time for this moment. Thanks to more community members being fully vaccinated (age 65+ vaccination rate in Multnomah County is 88.6% with 69.8% having received a booster) and a steady decline in hospitalizations, we can gradually begin to bring back in-person programming and services. There is still planning to do, but we are starting!

Check the virtual Events Calendar frequently for the latest updates. I, for one, am very excited about the return of the Portland Opera to Go on March 14. While we won’t have all in-person programs and services restored immediately, and plan to continue offering virtual programming, we do hope to see many of you back at the Center. Wear your mask, bring your vaccine card, and come spend time connecting with us!

It’s such an honor to be celebrating International Women’s Day and Month. The Advisory Council Activity Committee has done an incredible job lining up four esteemed and inspiring speakers—one for each Friday morning in March—for a speaker series, “Honoring Accomplished Women in Oregon.” Please join us in listening to these powerful women share their stories and experiences as women and leaders in their community. I am overjoyed and honored to lead the Q&A portion of the series.

This is just a small highlight of what CFPA has in store for participants this month as we move forward together with renewed energy and vibrancy of color in our lives.

Warmly,
Amber Kern-Johnson
Executive Director
FONDED 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
Chester Hill
Lawrence Jacobson
Heather Keisler Fornes
Mary Lou Soscia
Kim McCulloch
Neal Naigus
Lara Rosenblum
Whitney Yazzolino

OHCS accepting rental assistance applications
OREGON HOUSING AND COMMUNITY SERVICES is now accepting new applications for the Oregon Emergency Rental Assistance Program (OERAP). 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, 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.

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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

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.

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Jim Rico, Vice Chair
Lois Martin, Secretary
Susan Calvert
Carol Trekas
Tom Getts
Michael Guy
Tim Hahn
Nancy Hawver
Teri Knesal
Eric Lin
Sherri Osburn
Peter Sysyn
Steve Whitson

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WELCOME SUSAN SALISBURY, our new Information & Assistance Specialist. Susan holds a Master’s degree in Library and Information Studies from UC Berkeley, and is passionate about locating information and connecting individuals with essential resources. She is excited about applying her decades of experience in the social services nonprofit sector to work serving seniors with CFPA. Susan has called Portland home for the past 18 years. In her spare time, she enjoys birdwatching, music, and watching her adult daughter compete as a nationally-ranked Olympic-style weightlifter. Susan’s hours are Mon 10–3 and Tues thru Thurs 9–5. She can be reached at susan.salisbury@communityfpa.org or by phone at 503-288-8303, ext. 103.

CASH Oregon Tax Assistance Update

WHILE TAX ASSISTANCE appointments are not likely to begin March 1st, we did recently speak with Cash Oregon and they are planning to meet to discuss a plan for starting the appointments in the near future. We will continue to keep you updated about the availability of tax appointments, and will send out an email once a starting date has been determined. Please continue to read all of the communication from the Community for Positive Aging–Hollywood Senior Center, or call the center at 503-288-8303 on a weekly basis for updates. When commenced, appointments will be 90 minutes, offered at the times listed below.

**MONDAYS**
1:00–2:30pm, 2:30–4:00pm

**TUESDAYS**
9:00–10:30am, 10:30am–12:00pm
1:00–2:30pm, 2:30–4:00pm

**THURSDAYS**
9:00–10:30am, 10:30am–12:00pm
1:00–2:30pm, 2:30–4:00pm

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.

**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 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.
**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 CFPA bimonthly email blasts (link on our homepage) or in our online events calendar 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 if you need a meeting ID number, or with any questions you may have about accessing CFPA’s virtual programming.

**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

**Access All Virtual Events through the CFPA Website,** [https://www.communityfpa.org](https://www.communityfpa.org). Just look for the heading “HSC At Home” and select “Events Calendar” from the dropdown menu. Look under the listed date to find the event you wish to attend and click on the registration link.
Honoring Accomplished Women in Oregon
Join us Friday Mornings in March, 10:00–11:00 am

IN HONOR OF INTERNATIONAL WOMEN’S MONTH, Community for Positive Aging offers a weekly virtual speaker series highlighting and honoring four powerful women from Oregon. Register via our Virtual Events Calendar or 503-288-8303 or staff@hollywoodseniorcenter.org.

March 4: Michelle Lewis
Co-founder/Co-owner of Third Eye Books Accessories & Gifts

MICHELLE LEWIS has a B.S. in Human Services from University of Phoenix in Portland, OR, and a MSW from Portland State University. She has worked for 15+ years in the human services and mental health field. She is a Wholistic Afrocentric Wellness practitioner providing culturally specific mental health services to the African American community. A Portland native, Michelle has been married for 27 years, is a mother of 3 sons and a grandmother to 3 beautiful grandchildren. She and her husband Charles own and operate Third Eye Books Accessories and Gifts LLC—the only black-owned brick-and-mortar bookstore in the entire state of Oregon. Michelle applies a combination of Anti-Oppressive Practice, Liberation Psychology, Empowerment theories, and the Strengths Perspective to inform her practice when working with families and community members.

March 11: Tawna Sanchez
Oregon State Representative, NAYA Director of Family Services

TAWNA SANCHEZ is Shoshone-Bannock, Ute and Carrizo, and grew up in Portland. For many years she has been a leader fighting for the rights of women, indigenous people, and the most vulnerable. As Director of Family Services at the Native American Youth and Family Center (NAYA), Tawna helped create the Early College Academy, expanded early childhood services, affordable housing development and elder support, and assisted in building a nationally recognized domestic violence wrap-around service model. As a state representative, Tawna continues standing up for social justice on the side of the oppressed, and pushing to make our systems more equitable.

March 18: Diane Linn
Proud Ground Executive Director

DIANE LINN has served for over 38 years in private, public and nonprofit leadership positions. Since 1998, she has focused on housing for houseless individuals and homeownership for black, indigenous, and people of color. She joined Proud Ground as Executive Director in 2014 to promote permanently affordable homeownership for working families using the community land trust model. Diane served as elected Multnomah County Chair and County Commissioner from 1998 to 2004. She is a native Oregonian and has raised two children.

March 25: Stacey Rice
Storyteller, Educator, and Consultant

STACEY RICE is a 64-year-old transgender woman who found her way to Portland, Oregon, from the North Carolina mountains a bit over ten years ago. She is the former Executive Co-Director of Q Center, the largest LGBTQ+ community center in the Pacific NW, and was recognized by the Gay and Lesbian Archives of the Pacific Northwest as a Queer Hero for her work there and in the greater Portland community. Stacey presently consults on LGBTQ+ diversity and inclusion with a focus on transgender competency. She spends her free time roaming the back roads of the Pacific NW and hiking in this beautiful place we call home. Visit her website at http://www.staceyrice.com.
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.

Bi-weekly Virtual Events

**Cooks in the Kitchen**

**MONDAY, MARCH 7 & 21 • 10:00–11:00 AM**

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

**Mtg ID for Phone Participants: 933 3895 3293**

**Virtual Coffee Klatsch**

**TUESDAY, MARCH 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**

**NEW: VIRTUAL DISCUSSION GROUP!**

**CFPA Amateur Film Critics Group**

**MONDAY, MARCH 14 & 28 • 3:00–4:30 PM**

Facilitator: Freda Brown

**Registration Not Required / Drop-in:** Find the link on the Virtual Events Calendar.

**Mtg ID for Phone Participants: 835 1816 1986**

CFPA would like to offer a new drop-in discussion group to share your thoughts about movies and tv series you’ve been watching. To start we’ll talk about what you’ve liked and what you’ve stopped watching early. Later, we can agree on a movie or show to watch and discuss that at a following meeting.

New! 8-week In-person Program at Hollywood Senior Center

**Life Stories Writing Workshop**

**LIMITED 8-WEEK SERIES WEDNESDAYS, MARCH 23—MAY 18 • 1:00–3:00 PM**

**PLEASE NOTE:** Participants are expected to commit to all 8 weeks. *Maximum of 8 participants.*

**Registration Required:** Call HSC staff 503-288-8303 or email staff@hollywoodseniorcenter.org.

As we move through our lives, we carry with us the stories of our journeys. Join us for 8 weekly conversations about the times in your life. Questions will be provided to guide your reminiscing, and each week we will share memories from a specific stage of life. Those who are interested in writing are encouraged to do so. This class has proven to be really interesting—and fun!
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<th>Day</th>
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<th>Event Description</th>
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<td>Monday</td>
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<td>Mindfulness for Stress Reduction</td>
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<td>Foot Care Clinic with Jacki Gether</td>
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<td>Yoga–Hayley Medear**</td>
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** = Available for “Live Zooming” from Hollywood Senior Center.

* = In-person only. (If there is no * the event is virtual only unless otherwise noted.)

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 Susan Salisbury at 503-288-8303, ext. 103.

Find info and register for all CFPA events at [www.communityfpa.org](http://www.communityfpa.org).

Look for “HSC At Home” and select “Events Calendar” from the dropdown menu. Find the event you wish to attend under the date listed, and click on the registration link.

### Community for Positive Aging

Hollywood Senior Center
Enhanced Resident Services
ESTD 1973

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

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**FOOT CARE:** 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, ext. 104.
### Monthly Virtual Events

**VIEWS DISCUSSION**

**Learning from Grief and Loss***

**THURSDAY, MARCH 3 • 1:00–2:30 PM**

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

**Mtg ID for Phone Participants: 814 5815 6422**

**Connecting Through Loss: A Time for Remembrance**

**FRIDAY, MARCH 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**

**Book Lovers Discussion Group***

**WEDNESDAY, MARCH 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 this lively group of readers. All genres and topics are open for discussion.

---

**Gordon Neal Herman presents Amy Beach***

**MONDAY, MARCH 14**

**12:30–1:30 PM**

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

**Meeting ID for Phone Participants: 858 3354 8441**

Amy Beach (1867–1944) was the first great American female composer.

**VIEWS CONVERSATION ON AGING**

**Who Am I Now?***

**WEDNESDAY • MARCH 23 • 1:00–2:30 PM**

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

**Mtg ID for Phone Participants: 893 8226 5096**

Who am I now? Our roles and responsibilities change throughout life, as we take on new roles and give up others. Explore who you are at this point in your life and what brings meaning to your life. Join a group of your peers to discuss the pros and cons of these changes and to bring clarity to how you will define yourself during this stage of life.

*Available for “Live Zooming” from HSC (see p. 11)

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**SPECIAL THIS MONTH**

**What A Long Strange Trip It’s Been...**

**WEDNESDAY, MARCH 2 • 12:00–1:30 PM**

Facilitator/Instructor: Jacki Gethner

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

**Mtg ID for Phone Participants: 862 9013 9574**

These last 2 Covid-affected years have been inconvenient to some and a nightmare to most. Vent frustrations, share hesitancies, and learn a couple of ways to get going again in a more safe and active way. This will be a movement/participatory event.

---

**WANTED: BOOK CLUB FACILITATOR**

Our Book Lovers Discussion Group is seeking a new facilitator. If you are interested, please contact Michael Murphy at 971-341-2130 or michael.murphy@communityfpa.org.
**In-person Activities at HSC**

- **Chi-Pong** – Weekly on Tuesdays, 1:30–3:00 PM
- **Zumba Gold** – Weekly on Wednesday, 10–11:00 AM
- **Chair Yoga** – Weekly on Thursdays • 9:00–10:00am
- **Pinochle** – Weekly on Fridays, 11:30 AM–1:30 PM
- **Book Lovers Discussion Group** – Wednesday, March 9, 11:00 AM–12:30 PM

**IN-PERSON CRAFTING ACTIVITIES**

**Registration Required:** To register for either of the following crafting activities, please contact Hollywood Senior Center at 503-288-8303 or email staff@communityfpa.org.

**Wire Wrap Two Quartz Crystals**

**WEDNESDAY, MARCH 16 • 10:30 AM–12:30 PM**

Instructor: KT Turner • Limit: 6 participants

**Program Cost:** $5.00 for workshop supplies. (Additional supplies available at a minimal cost.)

Learn how to wrap a small quartz crystal and an aqua titanium quartz crystal. All materials provided. Participants must bring their own tools.

**Tools required:** wire cutter, needle nose pliers, bent nose pliers, round-nose pliers.

**Make a Tiny Plant Terrarium**

**WEDNESDAY, MARCH 30 • 10:30 AM–12:30 PM**

Instructor: KT Turner • Limit: 6 participants

**Program Cost:** Free

Make a tiny plant terrarium including the succulent plants. All supplies provided. Optional: Bring your jewelry making tools and add a decorative plant stick to the terrarium.

**Live Zooming at HSC**

- **Arthritis Exercise with Sandy Morales**
  Weekly on Wednesdays • 11:00–11:50 AM
- **Learning from Grief and Loss**
  Thursday, March 3 • 1:00–2:30 PM
- **Book Lovers Discussion Group**
  Wednesday, March 9 • 11:00 AM–12:30 PM
- **Gordon Neal Herman Presents Amy Beach**
  Monday, March 14 • 12:30–1:30 PM
- **VIEWS Conversations: Who Am I Now?**
  Wednesday, March 23 • 1:00–2:30 PM

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

**In-person Walking Groups**

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

**Masks Optional Walks**

EVERY TUESDAY & SATURDAY • 10:30–11:45 AM

NE 36th Avenue and NE Brazee Street (Grant Park)

**Masks Required Walks**

EVERY THURSDAY • 12:00–1:15 PM

Lloyd Center Mall in front of the old Macy’s Department Store on lower level – Floor 1.

**Coming in April 2022**

STARTING IN APRIL, CFPA-HSC will be offering two important virtual workshops, **Powerful Tools for Caregivers** and **Living Well with Chronic Conditions**. These multi-week virtual programs will provide participants the opportunity to build community, while also fostering important discussion and education around these topics.

Check out the April newsletter for additional information about these workshops, as well as the opportunity to register. For more information, or to be added to the list of interested participants, please contact Michael Murphy at 971-341-2130 or michael.murphy@communityfpa.org.
Community Connections: Resources for Senior Community Members
THURSDAY, MARCH 17 • 1:00-3:00 PM
Registration Required: Find the link on the Virtual Events Calendar.
Mtg ID for Phone Participants: 971 6563 0549
Passcode: 906977
This is a FREE EVENT.
Join us for a virtual afternoon of engaging activities, informative talks, and a dance and exercise session hosted by Latroy Robinson. Featured speakers:
- Judy Boyer, Chapter President, AARP N/NE Portland
- Thelma Diggs, Meals on Wheels Volunteer
- Shareetta Butcher, Community Care Director, NxNE Community Health Center
Come learn about these great organizations, how to access their services, and other accessible and available community health and social services. A Q&A session will follow.

Un Camino de Fe ~ A Journey of Faith
MONDAY, MARCH 14 • 11:00 AM–12:00 PM
Registration Not Required/ Drop-in: Find the link on the Virtual Events Calendar.
Meeting ID for Phone Participants: 850 7526 0355
Portland Opera is proud to announce the return of Portland Opera To Go for Winter 2022 with the Oregon debut of Hector Armienta’s bilingual opera, Un Camino de Fe / A Journey of Faith.
Every family has a story, but young Maricela cannot see what’s so interesting about her own, until her older brother, Ricardo, tells her a tale of hope, heartbreak, and renewal about their family’s difficult journey from Mexico to the United States. The show runs 50 minutes and is performed with full sets and costumes with piano accompaniment.
Why volunteer with CFPA?

THE RESULTS of our 2021 annual Volunteer Engagement Survey are in! Our volunteers shared their valuable feedback about their volunteer experience in order to help us evaluate and make improvements. We’re so happy that volunteers reported very positive feedback and are overall happy with their experience. As a part of the survey, we asked volunteers, “What is your favorite thing about volunteering with CFPA?” and their top answers fell into 3 categories:

1. Helping my community or helping others
2. Feeling appreciated or it gives me purpose
3. Meeting and interacting with great people

What great reasons to volunteer! As we are able to get back to more in-person gatherings and interactions with our community through programming and activities at Hollywood Senior Center and in buildings served by Enhanced Resident Services, we will have new and expanding volunteers to match. Whether you are a current volunteer or you are interested in volunteers, check out the volunteer page on our website or contact Julie Ann for the latest volunteer opportunities.

Volunteer Training and Education Focus Group

The Volunteer Engagement Survey also showed us that volunteers would like more opportunities for training and education. As a result, the Volunteer Engagement Committee will help facilitate some focus groups to get input from current volunteers. We’d love to hear your thoughts and ideas! Join us Friday, March 18, 3:00–4:00pm, at Hollywood Senior Center or via Zoom. Sign up online at Volgistics or contact Julie Ann to RSVP!

Volunteers helping to ready Hollywood Senior Center!

Volunteers have been busy in the past month helping organize and get things at the center ready for eventual reopening! In February volunteers helped us install new shelving, reorganize our pantry and storage areas, and put new seat cushions on all of our chairs.

Thank you, volunteers!

For questions or assistance, please contact CFPA Volunteer Program Manager Julie Ann Barowski at julieann.barowski@hollywoodseniorcenter.org or 503-288-8303, ext 109.
MANY THANKS TO ALL those who made contributions to the CFPA-HSC Annual Appeal, the HSC Building Fund, or the Endowment Fund from January 12 to February 8, 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
Anonymous
Cathy Brown
Roseanne Clark
Sandra Dixon
Barbara Fields
Kroger–Fred Meyer Rewards
Beverly Luzader
Angele Mahshigian
Sara Morris
Bridget Neal
Network for Good
Pat Robb
Yvonne Rupert
Joy Ruplinger
Diana Rush
Karen Schneider
Samuel D. Shiffman
Robert J. Streicher
Marian Trythall

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
Association 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

SPECIAL THANKS
Paul Iarrobino
Larry Jacobson
Kindness Farms
Dr. Mark Loveless (Homebrew & the Terrapin Horns)
Metropolitan Family Services
Mosaic Church
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 Fdn & 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

REGISTRATION
Gerthenia Burns
Timothy D. Ford
Avis Frein
Sandy Garrigan
Betty Johnsrud
Angele Mahshigian
Dorothy Plummer
Alice Savage
Elizabeth Trudo

GRANTS/FOUNDATIONS
Oregon Food Bank

IN MEMORY OF
FRANCES A. JOHNSON
Jill Johnson

IN HONOR OF
RON THURSTON
Molly Thurston

Many thanks to all the volunteers who contributed heart-warming Valentine’s Day cards and treats for our clients!

Left: Valentines boxed, ready to deliver. Right: A grateful recipient.
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 | March 2022 15
Trimet Transportation Assistance Now Available

THANKS TO A GENEROUS GRANT through the Trimet Ride Connection Fare Relief program, we have bus tickets and monthly hop passes available for seniors and low-income adults. (This grant does not cover Trimet lift transportation.) Contact us today at staff@communityfpa.org or by phone at 503-288-8303 to take advantage of this transportation assistance.

CFPA has a new film discussion group! Find details on page 7.