

The New Columbia Neighbor



Impact NW Senior Center

**October
2011**

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To Our Neighbors and Partners:

Impact Northwest North Portland Senior Center staff: Liisa Heard, MSW, CSWA, Program Supervisor; Bonnie Jones and Tatsiana Tara, Case Managers; and Gina Ramson, Program Coordinator, want to let you know that on October 31, 2011, the North Portland Senior Center located at 9022 N. Newman Avenue, Portland, OR 97203 will be closing. We have greatly enjoyed being your service provider for the past few years and sincerely hope that our work has improved the quality of your life.

We are pleased to announce that your services will continue to be provided by a newly formed consortium comprised of Hollywood Senior Center and the Urban League of Portland. As of November 1, 2011 case management services, information and assistance, transportation, and other activities will be transferred and provided through the Hollywood Senior Center and the Urban League of Portland. Both agencies are not-for-profit social service agencies that have been providing services to seniors for over 30 years.

The new consortium is committed to continuing and providing services without interruption, and we are currently working together to ensure a seamless transition. They are committed to continuing to provide information and assistance and a variety of programs and activities throughout North/Northeast Portland neighborhoods and communities.

It has been an honor to be part of this flourishing community and a pleasure to serve you.

Sincerely,

Impact Northwest North Portland Senior Center

Safety



Safety Tips from
Portland Fire and
Rescue's Assistant
Fire Marshall Doug
Jones

Holiday Cooking

The holidays can be hectic at work and at home. With everything that happening in our lives, it's very easy to forget that you placed that pan on the stove to cook. Then you get sidetracked. You forget about it until the fire starts and the smoke alarm goes off. If you're still home, you need to react quickly.

Dry Cooking Fires

The most common type of cooking fire is the dry cooking fire. The water or moisture boils out of the pan and the food left in the pan scorches, producing smoke. The heat may sometimes damage the surrounding area. The smoke may leave a residue and an odor.

Grease Fires

Grease fires can occur when oil or grease type foods are heated and ignite. A grease fire can do significant damage. Open flames can extend to surrounding cabinets or other combustible items.

If unnoticed, a grease fire can extend to a major house fire, engulfing the entire kitchen, adjacent rooms or even the attic. This becomes a dangerous life-threatening fire.

Oven Fires

During an oven fire, the fire is usually contained right in the oven which is designed for high heat anyway. The oven fire usually suffocates or is easily extinguished.

What can you do if there is a kitchen fire?

- In all cases, make sure everyone evacuates the house.
- Call **9-1-1** and report the fire.
- If the fire is still very small, you can use a fire extinguisher to try and put it out. But if the fire gets out of control, get out of the house and wait for firefighters to arrive. You might be able to extinguish a grease fire on the stove in several different ways. The simplest way is to place a lid on the pan and the fire should suffocate. A large amount of baking soda can also be used to extinguish a grease fire. Once you have the fire extinguished, don't forget to turn off the burner. But if the flames are too high, don't risk getting burned.

Remember, get out and call **9-1-1**.

Public Safety Forum

Wednesday, October 19, 2011

6:30 – 7:30 pm

New Columbia Community Education Center



Stop in and see your New Columbia Police Officers. Meet Ofc Brainard, who is replacing Ofc. Hansen-Tuma. Bring your questions, concerns, and ideas. This is an informal open session. Drop-ins welcome!



College Scholarships

Top Ten List Scholarship 2011

Applicants must:

- ✓ Be 13 years or older
- ✓ Be legal residents of the US
- ✓ Be currently enrolled (or enroll no later than the fall of 2017) in an accredited college
- ✓ Submit an short online essay for the topic:

"Create a list of your 10 favorite books and what they have taught you"

Application Deadline:

Dec 31, 2011 at 11:59 pm Eastern Time

Scholarship winners will be notified on or around February 29, 2012.

To apply visit:

www.scholarshipexperts.com

Education Matters Scholarship 2011

Applicants must:

- ✓ Be 13 years or older
- ✓ Be legal residents of the US
- ✓ Be currently enrolled (or enroll no later than the fall of 2017) in an accredited college
- ✓ Submit an short online essay for the topic:

"What would you say to someone who thinks education doesn't matter, or that college is a waste of time and money?"

Application Deadline:

October 31, 2011 at 11:59 pm Eastern Time

Complete scholarship program rules for the Education Matters Scholarship.

Scholarship winners will be notified on or around December 15, 2011.

To apply visit:

www.scholarshipexperts.com

Youth



My Story Project

My Story is bringing another exciting project to New Columbia. The "We are Portland" project is a youth-run

photography studio that takes free portraits of community members. 10-15 enthusiastic young people will be recruited to participate. Youth in the OHI program will have priority.

The 8-session workshop series will start in early October. Meeting twice a week, students will learn photography skills through group projects and documenting their lives outside of the classroom. Cameras will be provided.

"We are Portland" will wrap up with a Family Portrait Days festival. The new photographers will practice their art and give back to the community by taking free portraits of community members.

8th Graders

Dr. Grunt:

Greenspaces Restoration & Urban Naturalist Team

Life Skills & Leadership through Outdoor Adventure

College Scholarship and paid work opportunities

Free Program

Oct 8, 15, 22, 29

Nov. 5, 12

10-4 pm

Pickup at UPCC



City of Portland Environmental Education Office

To apply call: 503.823.6873

Activities



Hora del Cuentos

Los Sábados
11:15-11:45 a.m.

Kenton Library
8226 N Denver Avenue
Portland, OR 97217



Trimet #4

¡Gratis! Se presentan cuentos, canciones y rimas en español para familias con niños de 0 a 6 años de edad.

Autumn Lantern Mobile

Wednesday, October 5, 2011
4-5:30 pm

Kenton Library
8226 N Denver Avenue

Trimet #4



Free! Make your own decorative lantern mobile! Artist Cindy Lommasson will show participants how to create a beautiful seasonal decoration for your home. This activity is suitable for families, and children between the ages of 4 and 10 years.

New Columbia Walking Group



The Community Health Workers have organized a weekly walking group. All ages are welcome. Enjoy a healthy activity in good company! The group meets in front of the Village Market and walks for an hour. No paperwork required; just show up!

When: Every Wednesday

Time: 10:00 am

Events

Holiday Hiring Event Wednesday, October 26, 2011

10:00 am - 1:30 pm

WorkSource Oregon is
hosting a holiday hiring event at:

New Columbia Community Education Center
4625 N Trenton Street
Portland, OR 97203



Employers will be recruiting candidates to cover the upcoming holiday rush and to fill immediate needs and regular job openings. Targeted positions will include sales, retail, customer service, labor, stock, warehouse, office, office management, production and much more!

Reminder: Dress to make a good first impression, bring writing materials and a resume with you.



Family Portrait Days

Free "Family Portrait Days" are coming to New Columbia!

New Columbia youth participating in the We are Portland project will be taking free portraits of community members throughout the month of October!

Stay tuned for dates and times!



Celebrate Fall at the Harvest Hoopla!

When: Monday, October 31st
Where: New Columbia Community Campus
Time: 4:30 – 7:30 pm

Fun activities for the whole family!

**Face Painting
Games**

**Raffle
Music**

**Haunted House
Costume Contest**

and **The New Columbia Glee Club**

*Remember to drive slowly and watch for pedestrians.
Parents: please escort your children to these events and dress them in reflective clothing.*

Community Resources

Free Mammogram Clinics

Providence Cancer Center is offering free mammograms to uninsured community members.

When:

October 24, 25, and 28
5-9 pm

Where:

Safeway Breast Center
Providence Portland
Medical Center
4805 NE Glisan Street

Ruth J. Spear Breast Center
Providence St. Vincent
Medical Center
9205 SW Barnes Road

Please contact Tuyen Tran, outreach program specialist, at 503.215.3197 to schedule your free mammography. Please tell us your transportation and child care needs at the time of scheduling.

Follow up care provided through the Oregon Breast and Cervical Cancer Program (BCCP). If follow up is needed, Providence staff will help you access the BCCP. For more information visit: www.oregon.gov and search for BCCP

Innovative Changes

Fall Financial Household Resiliency Workshops Lloyd Center Mall, Suite 2011

Making Ends Meet

Saturday, October 8, 2011
10-12 pm

Budgeting and Saving

Saturday, October 8, 2011
12:30 – 2:30 pm

Hands-On Banking

Saturday, October 15, 2011
10 - 12 pm

Building, Repairing, and Protecting Credit

Saturday, October 15, 2011
12:30 – 2:30 pm

For registration information, please contact Talia by telephone at 503.249.5205 or by email at Talia@innovativechanges.org

Community Bike Tools

Need to repair your bike? The Community Cycling Center lends out tools for use on-site, free of charge; all you need is a photo ID. They have a bike stand and air pump in front of the store during shop open hours. They even have compressed air available for those low tires!

Call 503.287.8786 for shop hours.

Community Resources

Delta Sigma Theta Sorority, Inc
Portland Alumnae Chapter

Wanted



Delta G.E.M.S.

Growing and Empowering Myself Successfully

Now Recruiting 2011-2011

- ✓ Young women aged 13-18 years old who have potential, but need guidance, support and skills to achieve success
- ✓ Young women who are interested in developing leadership skills
- ✓ Young women who are actively pursuing college and/or career options
- ✓ Young women who need encouragement and support in pursuit of higher learning
- ✓ Young women identified by schools, churches, youth groups and/or former Delta Academy participants

Orientation Meeting

Saturday, October 1, 2011
2:00 pm – 4:00 pm
June Key Delta Community Center
5940 N Albina Ave.,
Portland, OR 97217

For more information contact:
jkdccpdx@gmail.com

Free Walk-In Health Sessions

When: Thursdays, 1-3 pm; Fridays, 10:30-12:30
thru December 9, 2011

Where: Trenton Terrace Community Room

The U of P Student Nurse Program is sponsoring free health sessions. Drop in and talk to a student nurse about your health. Learn how to live well with chronic diseases like diabetes or hypertension. Check your medications, blood pressure, weight, and height. Learn how to make healthy choices and get information about community resources. No sessions on October 20-21 and Nov 24-25.

Emergency Food Box Sites

Carpenter's Food Bank
2225 N Lombard
3rd Friday of the month
10 am – 2 pm

503.286.1898

Good Samaritan
8160 N Jersey
Mon & Thursday
1-3 pm

503.289.2729

Seasonal Flu Shot Resources

Flu Season is right around the corner! The Center for Disease Control is now recommending that everyone over the age of 6 mos. get a flu shot. It's especially important for those who have health conditions that put them at risk for flu-related complications.


Locate a provider by calling:

1-800-723-3638



*Volunteers are our
most valuable
community resource*

October/Octubre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Hora Del Cuentos 11:15-11:45 Kenton Library Repeats Every Saturday
2	3	4	5 Autumn Lantern Mobile 4-5:30 Kenton Library	6	7	8 Making Ends Meet 10-12 Lloyd Center Budgeting & Saving 12:30-2:30 Lloyd Center
9	10 Foot Care Clinic Trenton Terrace Call 503.622.4041 for an appointment	11	12	13	14	15 Banking 10-12 pm Lloyd Center Credit 12:30-2:30 Lloyd Center
16	17	18 Portsmouth Neighborhood Assoc 7-8:30 pm	19 Public Safety Forum 6:30-7:30 pm 4625 N Trenton	20	21 Carpenter's Food Bank 10-2 pm 2225 N Lombard	22
23	24 Mammogram Clinic 5-9 pm Call for appointment	25 Mammogram Clinic 5-9 pm Call for appointment	26 Holiday Hiring Event 10-1:30 4625 N Trenton	27	28 Mammogram Clinic 5-9 pm Call for appointment	29
30	31 Harvest Hoopla 4:30-7:30 Community Campus	 <p>The Village Market will discontinue its use of plastic bags on October 17th. Free re-usable bags will be handed out, 2 per family, the last 2 weeks of October.</p>				

Important Numbers to Know

NC Leasing Office	503.286.1500	NC Event Line	503.286.0335	Alert Security	503.846.9607.
Police Non-Emergency	503.823.3333	Emergency	911	Traffic Safety	503.823.7233
WorkSource XP	503.943.5642	UPCC "The Rec"	503.916.6250	B & G Club	503.853.8678
Rosa Parks	503.916.6250				
Room Scheduling	503.943.5601	NC Info & Referrals	503.943.5674	Community Resources	211

Visit us on the web at www.newcolumbia.org

Follow the Portland Police on Twitter at www.twitter.com/ppbnewcolumbia