

**NEW HOURS**  
**9am-5pm**

# Mount Hood

## ADULT DAY CENTER

### In this issue:

Spotlight	I
Feature	I
Calendar	2-3
Caregiver Solutions	4

**MARCH 2018**

**VOLUME 6, ISSUE 3**

# Monthly Gazette

## ATTENTION CAREGIVERS!

Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Powerful Tools for Caregivers Support Group is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Mt. Hood Adult Day Center is thrilled to partner with Multnomah County to bring you another series of Powerful Tools for Caregivers Class. FREE Care for you loved one while you are in the class will be offered by Mt. Hood Adult Day Center. Please call Cathy at 971.400.7030 by March 10, 2018.

## Powerful Tools FOR Caregivers

**Dates:** Starts Monday, March 19, through April 23, 2018.

**Time:** 10:30am- Noon

**Location:** Mt. Hood Adult Day Center  
376 NE 219th Ave, Gresham OR 97030

**Cost:** FREE

To register, or for more information, call  
Loriann McNeill, Multnomah County  
Family Caregiver Support Program  
Coordinator at 503-988-8210.



## Incredibly Easy Irish Soda Bread

### DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

### INGREDIENTS

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

# March 2018



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 W. Spillette Caregiver Group 11am-1pm	2	3
4 March Madness Week	5	6 National Oreo Cookie Day	7 Ron Ruiz 1-2pm	8 Transitions Group 11-1pm	9	10
11 St. Patrick's Week Daylight Savings	12	13	14 National Pi Day	15 Caregiver Group 11am-1pm	16	17 St. Patrick's Day
18 Spring has Begun Week	19 Powerful Tools 10:30am-12pm	20 Spring Begins!	21	22	23	24
25 Easter Week	26 B. Cecil Powerful Tools 10:30am-12pm	27	28	29	30 National Pencil Day	31

# Daily Club Meetings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>	<b>10:00 AM</b>
Soup & Cooking Club	Cooking Club	Cooking Club	Cooking Club	Cooking Club
Crosswords	Bread Making	Crosswords	Bread Making	Crosswords
<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>	<b>11:00 AM</b>
Rotating Clubs	Memory Enrichment	Devotional	Wii	Memory Enrichment
You Tube	Retro Radio	Member Support Group	Whiteboard Activities	You Tube
	Current Events		Current Events	
<b>12:00PM</b>	<b>12:00PM</b>	<b>12:00PM</b>	<b>12:00PM</b>	<b>12:00PM</b>
LUNCH HOUR & KARAOKE	LUNCH HOUR & KARAOKE	LUNCH HOUR & KARAOKE	LUNCH HOUR & KARAOKE	LUNCH HOUR & KARAOKE
<b>1:30PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>	<b>1:30 PM</b>
Pamper & Polish	Bingo	Gardening Club	Art Therapy	Bingo
Open Gym	Poker	Crafts/Card Making	Table Games	Billiards
Dominoes/Billiards	Billiards	Billiards	Billiards	Happy Hour
<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>	<b>2:30 PM</b>
Floral Arranging	Groove & Fit	Tea Time	Groove & Fit	Groove & Fit
Social Circle	Creative Fiction	Wii	Book Club	Social Circle
<b>3:00 PM</b>	<b>3:00 PM</b>	<b>3:00 PM</b>	<b>3:00 PM</b>	<b>3:00 PM</b>
Magazine Club	Scrabble	Collage Club	Scrabble	Pamper & Polish
Ellen show	Ellen show	Ellen show	Ellen show	Ellen show
<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>	<b>4:30 PM</b>
News Headlines	News Headlines	News Headlines	News Headlines	News Headlines

## REFERRAL & PLACEMENT SERVICES

Mt. Hood Adult Day Center can assist with referral and placement services.

Our Community Relations Director Cathy Fallon-Weeg is here to help you understand your options and guide you through at no charge to you.

Contact Cathy today!

Direct: 971-400-7030

Office: 503-512-7373

Email: [Cathy@mthoodadulthoodcenter.com](mailto:Cathy@mthoodadulthoodcenter.com)

***We are here to help!***



## UPCOMING SUPPORT GROUPS & TOPICS

1st & 3rd Thursday **CAREGIVER** Support Group

11am-1pm (lunch provided)

Topic: March 8th - Guest Speaker-Christy Turner  
"Rebuilding your life after being a care partner"

2nd Thursday **TRANSITIONS** Support Group

11am-1pm (lunch provided)

Topic: Taking care of you. What does that look like?

MT. HOOD CAREGIVER SOLUTIONS OFFERS SUPPORT GROUPS FOR ANY FAMILY CAREGIVER  
NEEDING A KIND WORD AND UNDERSTANDING. PLEASE CALL TO LEARN MORE. 503-512-7373

## TRANSITION SUPPORT GROUP



Guest Speaker

Christy Turner March 8, 2018

11am-12pm

Christy is the go-to local expert for families living with a dementia diagnosis and the challenges that come with it. Christy is a speaker, founder of DementiaSherpa.com (CTC Dementia Care Management), and a community education instructor at Chemeketa Community College in Salem, OR.

Using her 16 years of experience in working with over 1,100 people living with dementia and their families, she's developed a system that helps families move from crisis management to confidence. Christy helps her clients stop losing precious time to stress, worry, and arguments and start feeling joy again. (Yes, joy!)