Help Brighten the Holidays for Clients at EMO's HIV Day Center

Holidays are a time for giving, especially for those who are less fortunate than you! If you are looking for a charitable opportunity, why not help brighten the holidays for clients at the HIV Day Center, here in the Concordia Neighborhood, by contributing to the Giving Tree or donating needed clothes or hygiene items.

The HIV Day Center is a non-denominational project of the Ecumenical Ministries of Oregon (EMO) and is housed at the Ainsworth United Church of Christ located at NE 30th Avenue and Ainsworth Blvd. This center provides over 700 meals each month to low income people dealing with HIV in addition to providing counseling, clothing, showers, recreational therapy, access to computers and phones, and mutual support.

Two Opportunities for Giving

1) For the Giving Tree, Day Center staff then transposé those wishes onto paper ornaments and deliver to individuals who would like to fulfill these wishes.

2) If you would like to donate clothes or hygiene items to the Day Center, they are in need of the following items:
   - Men's Pants, especially Jeans
   - New socks & underwear, especially Men’s
   - Deodorant
   - Toothbrushes & Paste
   - These are wonderful opportunities to help an indigent population in the Concordia Neighborhood! It is an opportunity for the community to come together to make sure everyone has a warmer holiday season.

If you are interested in participating in the Giving Tree or donating items, please contact the EMO Day Center at 503-460-3822 or along@emorgan.org

Help Local Community Groups

Buy the Sugar Shack

Help NE Neighborhood children, families and community groups drive their own future! Living Cully, a collaboration between Hacienda CDC, Verde, Habitat for Humanity, and the Native American Youth & Family Center (NAYA), is in negotiations to purchase and re-develop the Sugar Shack Strip Club on NE 67th & Killingsworth. For more than a dozen years, the Sugar Shack Strip Club has operated in NE Portland’s Cully Neighborhood - across the street from 2 community centers, a pediatric health clinic, school bus stops, and hundreds of units of affordable family housing. Neighbors have long hoped that this block-sized complex would go away, and that something else could take its place, something that serves the children and families. Local nonprofits tried to buy it many times, but the building was never for sale.

This summer, a “For Sale” sign appeared on the building and the Cully Neighborhood finally has a chance to reclaim a piece of property at its very center. In response, Living Cully made an offer on the property. The seller has accepted their offer, and they have 90 days (Jan 25, 2015) to line up financing for the $2.75 million purchase. Most of this financing will come from loans and grants. But, they also need to bring some equity to the table to secure those large loans and grants.

Living Cully and our neighbors to our East need our help:
   - Make a tax-deductible contribution to the campaign at Indiegogo crowdfunding site: https://www.indiegogo.com/projects/letusbuythesugarshack
   - Share this information with your friends, colleagues and other networks

Any contribution, no matter how small, can help the effort to create a better neighborhood for Cully children, engage community, support local business opportunities, and reinforce the area’s long-term identity as a diverse, culturally vibrant and environmentally wealthy place.

Charitable Giving

Charitable Giving Opportunity at CNA Holiday Party

Hacienda CDC

At this year’s CNA Holiday Party on December 2nd, neighbors will have the opportunity to make a charitable contribution to a local nonprofit organization that has been serving the NE community for over 20 years—Hacienda CDC! We will be raffling off great prizes at this year’s party, and purchases of these raffle tickets will help support Hacienda CDC, whose office is located on NE 42nd Ave.

Hacienda CDC is a Latino Community Development Corporation that strengthens families by providing affordable housing, homeownership support, economic advancement and educational opportunities. It was formed in 1992 in response to the declining standard of living among Hispanic immigrants in Portland’s lower-income communities. Since then Hacienda has built housing communities on four vacant lots and renovated one run-down apartment complex – a former brothel – to combat drug activity and prostitution – in the Cully neighborhood, creating 325 units of community-centered affordable rental housing. Hacienda has also developed communities in North Portland and a farm worker development in Molalla, OR for a grand total of 381 housing units. Hacienda CDC has grown to become Oregon’s largest Latino-led, Latino-serving organization and remain a trusted name in the Latino population.

If you are unable to come to the CNA Holiday Party this year or if you’d rather give on-line, please consider making a charitable donation to Hacienda CDC through the Willamette Week Give! Guide which runs through Dec 31st. Willamette Week offers all kinds of great incentives to every donor who gives at least $10. And, thanks to Hacienda’s business partners, Scott Edwards Architecture and Bremik Construction, your donation will have double the power! They have kindly agreed to match the first $2000 in donations to Hacienda! To donate, visit giveguide.org and find Hacienda CDC under the ‘Community’ section. They could not do their wonderful work without the support of the community!
CNA BOARD OF DIRECTORS BEGINNING JANUARY 1, 2015

**Elected on November 18, 2014 to serve two-year term beginning January 1, 2015 and expiring two years hence on December 31, 2016.**

According to the CNA Bylaws, revised in the Spring of 2014, the # of At-Large Board members has changed from 7 to a maximum of 6. “The Board of Directors (herein “Board”) shall be comprised of a minimum of three (3) and a maximum of six (6) at-large positions; and a minimum of one (1) and a maximum of two (2) positions from each of the three geographic districts. In addition to the above Board positions, a Chair shall be elected by the membership.

**Beat Reporters Needed**

Do you have an interest in writing? Maybe you are a journalist at heart. The Concordia Newspaper is looking for Volunteer “Beat Reporters” to gather interesting content to share with our community.

Beat Reporters would need to either write or coordinate with others to write articles for the paper. Articles would be due each month on the 15th for the following month. Please send article submissions to: Anthony.Zoeller@portlandoregon.gov

The deadline for submissions is the 15th of the month prior to publication. Concordia News may edit for form and length.

**Advertisements/Classifieds**

Advertising/Classifieds

Please send ad inquiries to: Mary Willey (advertising) CNAbusinessManager@gmail.com

Editor

Please send article submissions to: Mary Willey (news) ConcordiaNews@yahoo.com

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

www.ConcordiaPdx.org

Visit the website of the Concordia Neighborhood Association for: Community Events & Neighborhood Information & Blog

www.Concordiapdx.org

Contact CNA Board

ContactCNABoard@yahoo.com

**Articles should be 300-500 words in length.**

Be sure to include photos or graphics if you have them.

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By Mark Ross, Portland Parks & Recreation

For the past four years, Portland Parks & Recreation and Ethos, Inc., a non-profit music-focused organization, have partnered with other local multi-cultural arts organizations to operate the Interstate Firehouse Cultural Center (IFCC), located at 5340 North Interstate Avenue in Portland. Effective December 31, 2014, Ethos will return general management responsibilities of the Interstate Firehouse Cultural Center to the City of Portland. Per Ethos’ mission, Ethos’ board and staff have agreed to redirect resources to low-income kids living in underserved communities in Portland. Portland Parks & Recreation will assume management responsibilities at IFCC moving forward.

“I want to thank Ethos for their four years of partnership at IFCC,” says Portland Parks & Recreation Director Mike Abbaté. “Supporting the arts is a key part of what makes our city so livable. We want to continue the vibrancy and tradition of the historic firehouse and to foster more multicultural, diverse programming.”

“Ethos has been honored to partner with some of Portland’s most dynamic arts organizations at the Interstate Firehouse Cultural Center,” says Jedidiah Chavez, Executive Director of Ethos. “As we refocus our mission to redirect resources to the changing landscape of arts education in Oregon, Ethos’ board and staff have agreed to redirect resources to low-income kids living in underserved communities including isolated, rural towns in Oregon.”

The Interstate Firehouse Cultural Center is a former firehouse that has been renovated into an arts facility consisting of a dance studio, art galleries, and a theater, all of which are ADA accessible. Since 1982, the IFCC facility has provided a venue for multicultural arts programming in Portland. Over the years, IFCC has served as an arts and cultural center, a theater, an event space, a summer camp location, a community center, an after-school program facility, a gallery space, a dance studio, a venue for performing arts, and an educational facility for the arts.

Portland Parks & Recreation is committed to honoring the rich tradition of this historic space and will be working closely with the public to plan programming that celebrates multiculturalism and community access at IFCC.

Merrimont on Alberta

Lit Up and Local

A Month of Merriment is a month-long series of holiday events on Alberta Street. Hosted by Alberta Main Street, Lit Up on Alberta will create a festive atmosphere, encourage visitors to experience Alberta Street this holiday season and give Alberta Street businesses an opportunity to promote local holiday shopping.

Events include a living tree lighting in the courtyard at 18th and NE Alberta Street, a special late night shopping opportunity, and the return of Gnome for the Holidays. Allison Chown of Mimosa Studios donated the gnomes for Gnome for Holidays and stated, “Gnomes are so timeless and hunting for gnomes has never been so much fun! After last years success, we are thrilled to continue this event within our community.”

Third Annual Living Tree Lighting Ceremony

Dec. 6, 4:30 p.m., Courtyard at 18th & Alberta

Visit with Santa, enjoy cookies, hot drinks and musical performances by Maverick Main Stage Productions, and join former Mayor Sam Adams as he flips the switch to light the tree. Free

Gnome for the Holidays

December 13 – 21, 2014, Alberta St Businesses

Holiday fun for all ages! Find 35 gnomes hidden in Alberta Street storefronts, ask the merchants to stamp your card, and win great prizes. Pick up a game card at any participating business. Completed game cards will be entered to win great prizes from Alberta Street businesses, including a year’s supply of candy from Candy Babel. (visit albertainamint.org for a list of participating businesses). Free

Celebrate Shop Late

December 18, 2014, Alberta Street Businesses

Alberta Street businesses are staying open until 9PM on Thursday, December 18th. Alberta Street businesses have something for everyone on your list and they are staying open late for your convenience! (visit albertainamint.org for a list of participating businesses). Free
A lot of people look at state report cards to get a glimpse of what a school is like, especially when they're considering a new neighborhood. If you looked at the state report card for Vernon Elementary, you might have been shocked or disturbed to see that our neighborhood school received a score of one, the lowest possible score.

I am writing to tell you that this score is deeply misleading; it reflects not the caliber of the school but instead the defective nature of the state's evaluation criteria.

In case you haven't spent time at Vernon lately, let me tell you a little about it. Vernon is a thriving, diverse neighborhood school. My two daughters go there, as do about 400 other children from this neighborhood. We have fantastic teachers, engaged parents, and dynamic students. We also have an International Baccalaureate program, a garden that stocks our cafeteria with greens, rich after-school offerings through our SUN school, and art, music and Spanish and Mandarin language classes during the school day.

This year, Vernon's state report card score was docked two points, dropping us from a two to a one. The reason is simple. A growing number of Vernon parents have chosen to opt out of high-stakes testing. The state's high stakes, standardized testing protocol that ranks and punishes public schools. Whether you agree or not about the value of the testing itself, parents have the right not to participate is a punishable act under the current system.

In the 2012-2013 school year, five students opted-out of testing. Last year, eighteen students followed suit. The state's response to this small protest by individual families has been to deduct a point from the state report card for each year that families opted out. It has nothing whatsoever to do with the quality of education at Vernon.

In Oregon, parents have the right to opt their children out of high-stakes testing, just as they have the right to opt their child out of any school activity they believe is harmful or inappropriate for their child.

The reasons that parents make this choice are varied and personal, but in general, parents are acting on deeply-held beliefs about education and social justice. In opting-out of high stakes testing, Vernon parents are joining a much larger national movement to reject top-down education policies that are harmful to students and communities.

High Stakes Testing Undermines Public Schools

Some parents opt-out of high-stakes testing because they don't want their child to be labeled as a child before they enroll in their child. I challenge parents to look beyond these numbers and spend time in their neighborhood school before judging Vernon or perpetuating false perceptions that Vernon or other neighborhood schools are "bad schools."

I feel so fortunate to be part of the Vernon family. It is invaluable to have a great school within walking distance, to be part of a village of parents here in our neighborhood, and to see my children thriving academically and socially in our diverse and unique community.

I am proud of Vernon parents for standing up against a system that is undermining public education. It is one more reason that I am proud to be an Owl.

Looking Beyond the Score

In our neighborhood, report card rankings are often the only information a family has about a school before they enroll their child. I challenge parents to look beyond these numbers and spend time in their neighborhood school before judging Vernon or perpetuating false perceptions that Vernon or other neighborhood schools are "bad schools."

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One reason these tests are considered "high-stakes," compared to past standardized testing, is because the fate of a school is tied to its scores. In the last decade, over 4000 public schools across the country have been closed using test scores as justification. The overwhelming majority of these closures have been to serve low-income families and students of color.

A fundamental flaw in the system of judging schools by test scores is that test scores reflect student's family income more than it reflects the quality of their schools and teachers. Across all states, and all racial and economic classes, students in poverty tend to score lower than students with more home resources, even when those same students go to schools that are "meeting" standards. Yet, test scores are often used to label schools as "failing" or "ineffective," and even to justify their closure or privatization.

High Stakes Testing Narrows Curriculum

Some parents opt-out of testing because they do not want their child to equate their learning with a single number. Beginning in third grade, new tests this year are expected to take a full eight hours per child each year. These tests create unneeded stress for young students, including the label of "meeting" or "not meeting" standards. They also take away precious instructional time from meaningful learning experiences. Because of the high stakes for schools, testing encourages schools to narrow the curriculum to the tested subjects.

Opting out of high-stakes tests is a concrete way for schools to support students to voice their disagreement with these policies.

By Elizabeth Thiel

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Dear Supporter of Faubion School:

In February of 2015, Faubion Elementary PTA will hold its first annual silent auction & raffle fundraiser. Please join us in showing the love for our great little school at “Faubion, Be Mine.”

Faubion School is a PK-8 public school right around the corner from your business, in the heart of Portland’s Concordia neighborhood. This community is rich with diversity, cultural heritage, and academic success — it deeply impacts students and their achievement. Concordia has grown into one of the most appealing neighborhoods in the region in recent years, and our school has blossomed into a welcoming community hub, with dedicated teachers, committed staff, hard-working parents, and successful students.

Faubion has achieved and maintained high academic standards for its students. At the same time, the percentage of students who qualify for free or reduced lunch meals has increased. This provision provides a wonderful education for students, but with so many families struggling, resources are stretched to the limit. The PTA aims to raise funds to supplement basic needs for student enrichment including, books and supplies, funding arts programs and transportation for experiential learning and field trips.

We ask that you consider supporting Faubion. Your donation will have a significant and immediate impact on students. In addition, your contribution will be recognized and remembered by the local resident parents who are current or potential patrons. We hope that you will help make our “Faubion, Be Mine” auction a success by becoming a sponsor, making a financial contribution, donating food for the actual auction, and/or an auction item. Enclosed is a donation form to document your contribution. Faubion PTA is a 501(c)3 non-profit organization, so your donation is tax-deductible.

Thank you in advance for your support of Faubion School. Learn more at FaubionPTA.org website.

POW Fest Young Filmmaker Program

POW Fest will host POWGirls in 2015, a unique partnership program with MetroEast Community Media, specifically designed for girls ages 15-18. Over the course of four days in January, a group of selected girls will develop, produce, edit and present a film during the Youth Shorts program at the POW Fest March 12-15, 2015.

“We want to serve girls who are passionate about creativity, leadership and technology,” said POW Fest Education Manager Barb Myers. “We will give them video equipment and training to produce their own stories and screen them in front of an audience at POW Fest.”

“Our staff is excited to work with POW Fest this year to provide the facilities and equipment needed to develop these young filmmakers,” said MetroEast Education Coordinator Jennifer Dynes. “With our six local cable channels, community media is a powerful resource for underrepresented female filmmakers to show their work to a larger audience.”

POWGirls will take place at the studios of MetroEast Community Media on January 23 and January 29-February 1. The instruction portion of POWGirls will consist of media production training, pre-production (collaborative story creation, storyboarding) camera operation, audio recording, and post-production using industry-standard equipment.

In addition, POWGirls participants will have the opportunity to attend screenings and all filmmaker events during POW Fest March 12-15, 2015 at the Hollywood Theatre.

To register for POWGirls 2015, go to www.powfest.com/powgirls/ and click on the registration link.
Street Seats; Creating & Inspiring Community Interaction

By Sara Wittenberg, Alberta Main Street

Take a ride or walk down Alberta Street and discover two new public street seats in front of the Tin Shed and Vita Café.

Two years ago the Portland Bureau of Transportation (PBOT) inaugurated its Street Seats program, which allows businesses and non-profit organizations to convert on-street parking spots into other public uses, such as café seating or miniature parks. In tandem with the city’s Street Seats program, the Portland chapter of the American Institute of Architects (AIA) and its nonprofit Center For Architecture (CFA) sponsored a juried street seats competition, themed “Active Streets.” Designers were asked to create healthy, social and playful structures. The two winning designs were built and installed in front of the CFA on national Parking Day and stayed there for the month of October.

Hoping to find a forever home for the Street Seats, the CFA donated them to Alberta Main Street (AMS). “We were elated to receive such a generous donation. At our community visioning session four years ago and in all of our subsequent community surveys, public space has been a constant request. With very few opportunities to deliver on this request, we were seeking unique opportunities to create public space, so this is definitely a win win,” said Sara Wittenberg, AMS Executive Director. AMS selected placement sites in front of the Tin Shed and Vita Café; the businesses will be responsible for maintenance and insurance.

“We are thrilled to be selected as a placement site for one of the public Street Seats. We’ve received so much love from the community over the years and it’s great to be a part of something that continues to grow. The sense of community on Alberta Street is already remarkable; we are thankful to be playing a role to further inspire community interaction,” remarked Christie Griffin, co-owner of the Tin Shed.

Getting the seats to Alberta was no small fete. As with any AMS project, the community came together to make it happen. A week-long social media fundraising effort generated funds to cover moving costs, community volunteers stepped up to disassemble, transport and reinstall the Street Seats on Alberta Street and PBOT helped navigate permitting and logistics. “We are so appreciative of the community for coming together to make this happen. The Street Seats are so unique; they will naturally build a stronger sense of place on Alberta Street,” said Michelle Ruber, AMS Design Committee co-chair.

“Log Dam,” by the team of Nick Byers, Collin Janke, and Dan Petrescu (all from Hennebery Eddy Architects) is sited in front of the Tin Shed (1438 NE Alberta Street)

Get Ready for Winter

**New! DIY Insulation Workshop**
Free - Sat, Dec 6, 1pm-4pm
NorthEast Portland Tool Library 5431 NE 20th Ave.

**Weatherization Workshop**
Free - Sun, Dec 7, 1-3pm
Community Energy Project 422 NE Alberta St
Free - Tues, Dec 9, 6-8pm
Peninsula Park Center 700 N Rosa Parks Way

Santa’s sleigh may take a back seat this holiday season to the popular Snuggle Express operated by the Oregon Humane Society. A fleet of Snuggle Express vehicles will be bringing cargoes of cuddly kittens and precious puppies to Portland-area businesses during the height of the holiday season.

Each Snuggle Express delivery (powered by an Oregon City Subaru vehicle) will include a mix of puppies and kittens that can be petted, nuzzled and cuddled by adoring employees. Businesses interested in a stopover by the Snuggle Express are urged to apply now for a visit on Dec. 10 or 11.

“There’s nothing like a cuddly, furry friend to get someone in the holiday spirit,” said OHS Operations Director Brenda King. The visits, from 15 minutes to one hour, should relieve holiday stress and brighten the day for employees.

Because of the expected high demand for a visit from the Snuggle Express, interested businesses must submit requests no later than Dec. 1. A donation of $100 will bring a 15-minute visit by the Snuggle Express, and 30-minute visits are available for $200. Businesses can guarantee a one-hour visit by kittens and puppies with a donation of $1,000.

The Snuggle Express is sponsored by Oregon City Subaru, which is furnishing all vehicles used to transport kittens and puppies. As part of the company’s Share the Love campaign, car buyers can designate OHS as the recipient of $250 when they purchase a new Subaru from Oregon City Subaru. The Share the Love promotion runs through January 2, 2015.

For more information and to submit your request for a Snuggle Express visit, go to the OHS website at: www.oregonhumane.org/snuggle

What: OHS Snuggle Express Brings Furry Friends to Area Businesses
When: Dec. 10 and 11, 2014
To Participate: Requests for visits must be made online no later than Dec. 1. Business will be selected based on location, enabling Snuggle Express vehicles to make as many visits as possible.

More Info: www.oregonhumane.org/snuggle

DIY Insulation

Thanks to funding from Energy Trust of Oregon, Community Energy Project is launching a new pilot program that teaches people how to insulate their unused attic space. “Attic” in this case refers to the space between the roof and the ceiling that isn’t being used for storage or living space. We will walk you through the process of insulating your attic step by step, covering:

- Safety best practices
- How to conduct your own energy audit / project planning
- Air sealing
- Exhaust and ventilation, for moisture control and mold prevention
- Blown-in insulation
- Incentives and tax credits to make your project more affordable

We’ve been working in partnership with Balanced Energy Solutions, who have provided us with information gleaned from years of expertise and best practices in the field. Gregg, owner of BES, has volunteered a great deal of his time to help us create the best class for you, and will be a guest presenter for the first workshop on Saturday, October 18th at CEP’s office.

This will be a great workshop for those with drafty attics who:
- Want to understand concepts and language used by home performance contractors and energy auditors
- Want to learn more about how their home works and how to prioritize energy saving activities.

Take part in this pilot project, and your feedback can have a significant impact on shaping this workshop!

Check out our calendar page for registration and info on our workshops! Community Energy Project 422 NE Alberta St www.communityenergyproject.org

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When you choose Mark Charlesworth to help sell your home, years of experience in Concordia combined with serious real estate knowledge will help you get the most money possible for your home and that's what you want right?

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charlesworthhomes@gmail.com
503.807.9911

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**FEEL THE LOVE**

*Snuggles on Demand: OHS Snuggle Express Brings Furry Friends to Area Businesses*

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Getting Through Winter

With Restorative Yoga

This time of year is hard on our bodies. Cold air and dampness outside combine with artificial heat and claustrophobia inside to really do a number on us. But it is possible to ease our way through the dark part of the year with the healing practice of yoga.

Yoga offers something for everyone. While many people think of yoga these days as an exercise for young fit people in designer clothes, this ancient science holds so much more than just a workout. There are several different styles of yoga, each with different benefits and challenges. The more active forms of the practice can be a helpful part of any healthy lifestyle. But it is the nurturing practice of Restorative Yoga that can be particularly supportive during the seasons of long nights.

Restorative Yoga is a quiet, restful experience that involves relaxing in comfortable, fully supported poses for 5 to 15 minutes. It is usually practiced in dark, warm rooms with soothing music, with an emphasis on breathing deeply and focusing the mind in the present moment. It provides a respite from the busyness of the world, and an opportunity to calm the mind and refresh the body. And while the spiritual and mental components are essential, when it comes to getting through winter the physical benefits alone would be worth making the time to try it out.

When our bodies are taxed by chronic stress at work, traffic, intense temperature fluctuations, late nights, or overindulging, the autonomic nervous system gets triggered into a “fight-or-flight” mode, basically operating as if we are in danger. This causes the release of more stress hormones and shuts down the systems that are not essential for immediate survival when we are in a crisis, but crucial for long-term health: digestion, metabolism, fertility, and immunity.

Restorative Yoga has the potential to balance the autonomic nervous system, helping to mitigate the effects of chronic stress, cold weather, and holiday headaches. Certain poses practiced in many Restorative classes can pacify and nourish the adrenal glands and other organs. It also has the potential to boost the metabolism, gently support the adrenals and other glands. It also has the potential to balance the metabolic and immune systems, helping to mitigate the effects of chronic stress, cold weather, and holiday headaches.

When the body is able to truly relax in a safe and comfortable space, everything works better. There are many ways to get there, and Restorative Yoga is just one option for inviting more spaciousness and health into your life. You can check it out at a few different studios in the Concordia Area.

Happy Holidays and Stay Safe

When Someone You Love Has Dementia

By Marian O. Hodges, MD, MPH and Anne P. Hill, JD

The holidays can be a stressful time under the best of circumstances but when someone you love has dementia, the holidays can be especially nerve-racking. However, with a little flexibility and planning you can create a holiday for your family member who has dementia that will be enjoyable for both of you.

Here are three tips for a happier holiday:

1. Avoid holiday crowds with your family member who has dementia. This means every holiday crowd, especially the shopping crowds. When people have dementia, their brains are failing. One of the areas of the brain that fails is the frontal lobe, which normally filters out the distractions we encounter every day, thus letting us focus on what we need to do. When the frontal lobe is damaged, nothing is filtered out. People with dementia have no ability to shut out any distraction: every light, every decoration, every Christmas tree, every holiday card, all the noise and crush of hundreds of people at the mall assaults their brains and quickly confuses and overwhelms them.

2. Keep your family member’s routine as close to normal as possible. Help your family member who has dementia stick to the usual routine. Changes in routine are always distracting to people who have Alzheimer’s disease and can cause a person with dementia to become more confused and sometimes agitated. Be sure your family member eats regular meals; keep the number of outings to a minimum; encourage family members who don’t live with your loved one to visit in small groups, not all together. If possible, plan small holiday celebrations for your loved one where he or she lives, instead of large family gatherings away from home. Remember, a large family gathering really is a holiday crowd and you should avoid holiday crowds.

3. Consider every event from the point of view of your family member who has disease or another dementia, even happy events can be terrifying. For example, one Christmas morning, when co-author Anne Hill visited her mother, who lived in a group home, she found her mother sobbing in the living room, and no one could explain why. Anne finally understood that families of several residents had been arriving to take their family member home with them for a holiday celebration, but her mother believed that strangers were taking people away and she was afraid that someone was going to take her away, too.

As you consider how to celebrate the upcoming holidays with your family member who has dementia, think simple. Low key, quiet celebrations will be much more fun for your loved one, and that will be much more fun for you!

Marian O. Hodges, MD, MPH, is the chair of Providence Portland geriatrics department. Anne P. Hill, JD is a retired lawyer and the daughter of one of Dr. Hodges’ patients. To learn more about Help is Here, or to order a copy, go to wwu/dementia/wheshould.org.

Happy Holidays and Stay Safe

$100 off any bike in stock
$75 off overhauls
$25 off tune-ups for DEC & JAN.

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Neighborhood Events

Portland Story Tellers
1st Friday Pokell and Story Swap
Friday, December 5, 2014 - 6:30 - 8:30 pm
McMenamins Kennedy, 5736 NE 33rd Ave
First Friday Story Circle in the COMMUNITY ROOM at Kennedy School is open to all - story listeners as well as storytellers. You don't need to be a member of the Portland Storytellers' Guild to attend. We gather and share a potluck supper and then share stories in a safe and welcoming environment. For additional information call Ken Iverson, 503-653-2190.

BOXES, COINS AND NEW NOSES: Surprising Holiday Gifts; PSG Monthly Storytelling Concert! (Second Friday of each Month)
Saturday, December 13 - 7:30 - 9:30 pm
Hilplance Studios, 1847 E. Burnside #104
"It's the season for gathering and giving! The Portland Storytellers Guild invites you for a night of stories about gifts: those given and received, those tangible and intangible, those most unusual, those cherished. Join tellers John Dashney, Eric Foxman, Ingrid Murakami, and Rob Luck for stories that will take you on a journey around the world: from the chilly North Pole to the warm, fragrant tropics and the blustery European countryside. You'll find these tales carefully wrapped with humor, mystery, passion, and love. These are stories that always fit, never need batteries, and fit your heart without cluttering your closet. You won't want to miss this holiday event!

2015 PSG Storytelling Workshops Workshop Dates: January 17, 2015 – March 21, 2015 – May 16, 2015, Community Room – McMenamin’s Kennedy School, 5736 NE 33rd Ave. These workshops designed for those who are engaged in the art of storytelling. Presenters are all professional tellers and workshop leaders who bring a depth of knowledge and experience to share. Beginning tellers will gain confidence and skills. Experienced tellers will be challenged to take their storytelling to a deeper level.

In Other Words
December 4th from 5-8pm for our Annual Holiday Open House. As 2014 comes to a close, In Other Words has a lot to celebrate and be thankful for. As 2014 comes to a close, In Other Words has a lot to celebrate and be thankful for. Enjoy some snacks and drinks while you get an early jump on your holiday shopping for the wonderful feminists in your life.

A Christmas Carol
Portland Playhouse - November 19, 2014 - A home spun, family-friendly treat. Last year Portland Playhouse presented our first family-friendly offering: a new adaptation of Charles Dickens’ A CHRISTMAS CAROL by Rick Lombardo and Anna Lackaff. Our version of this holiday classic was unlike any other performed in Portland and brought the halls of the McMenamin’s Kennedy School to life with the sounds and spirit of this beloved tale of redemption, love, and hope. This year, Portland Playhouse is proud to bring a new adaptation of Dickens’ A CHRISTMAS CAROL to the stage. Join us on a journey through the heart of Christmas as we celebrate the spirit of giving and coming together as a community.

The Portland Storytellers Guild invites you for a night of stories about gifts: those given and received, those tangible and intangible, those most unusual, those cherished. Join tellers John Dashney, Eric Foxman, Ingrid Murakami, and Rob Luck for stories that will take you on a journey around the world: from the chilly North Pole to the warm, fragrant tropics and the blustery European countryside. You’ll find these tales carefully wrapped with humor, mystery, passion, and love. These are stories that always fit, never need batteries, and fit your heart without cluttering your closet. You won’t want to miss this holiday event!

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