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January 2025

~~ UpRiver Village *Currents* ~~

- Helping Older Adults remain living in their own homes and engaged in their communities as long as possible by
- Providing social activities and extensive volunteer services in
- Gresham, Troutdale, Fairview and Wood Village

**Happy New Year to our
UpRiver Village Supporters!**

We hope you're active, happy and ready for 2025!

Here's what we have for you this month:

"Volunteerism and Jimmy Carter" by Leslie Louderback

and

***Watch for this!* Habitat for Humanity Home Repair Program**

TRAILBLAZER Lunch and Trailblazer Memberships

Upcoming Events

Community Opportunities

Seniors and Technology—Keeping up with the Times

Emergency-ready - Note re ALERTS which ones are best?

FAQ

Recipe~~Neil's Easily-Roasted Chicken

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["Volunteering and Jimmy](#)

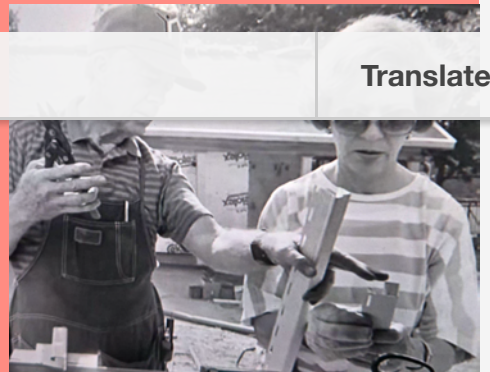
[Carter"](#)

by Leslie Louderback

[Habitat for Humanity Home Repair Program](#) – opens again in SPRING!

If you need repairs done in your home, keep your eyes on this program!

["How do I qualify for the Home Repair](#)



Program?" or sign up for Habitat for Humanity's Newsletter.

Upcoming UpRiver Village Events

UpRiver Village invites you to join us for the following activities and you are always welcome to invite your friends or family members to join you!

Click on the link for more information about each event!

Wed. Jan 15 from 3-5:00PM ~~ Happy Hour

at **Spinella's Restaurant** UpRiver Village invites you to buy a beverage and tasty treat at this great location, then meet and converse with other area seniors! Please let us know if you plan to attend so we grab the right table(s) by **clicking here**.



Mon. Jan 20 at 12:00 PM ~~ Flying Pie Pizzeria,

1600 NW Fairview Dr, Gresham. Join Steering Council Chair Jane for UpRiver Village's Monthly Pizza Lunch Get Together. Please bring a friend and let us know how many seats to save! **RSVP**



Mon. Feb 3 at 9:30AM ~~ UpRiver Walkers

(weather permitting). Meet at Main City Park (Powell and Main Ave.) See our EVENTS page for more info. and let us know if you are coming by **clicking here**. Friends and friendly dogs welcome.



Thurs. Feb. 6 at 10:30AM ~~ Coffee at Sweet Betty's Bistro

Join Leslie and the rest of us for a monthly coffee get together at Sweet Betty's Bistro. Meet other friendly seniors and enjoy each others company.

Please [click here by Feb 5](#), so we know what size table we need.

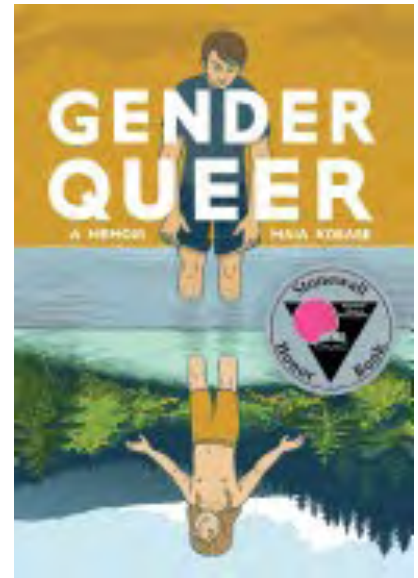


Sat. Feb. 8 at 10:30AM ~~ Banned Book Club

This is a Members-only Event. The Upriver Village Banned Book Club will discuss the highly rated graphic novel Gender Queer: A Memoir by Maia Kobabe. [RSVP \(required\) by Feb 4](#). You can read more about the books on our EVENTS page by [clicking here](#).

Next on the BBC reading list will be **“The Absolutely True Diary of a Part-Time Indian”**

If you’d like to suggest a Banned Book to read, let us know by [clicking here](#).



Mon. Feb 17 at 12:00 PM ~~ Flying Pie Pizzeria,
1600 NW Fairview Dr, Gresham. Join Steering Council Chair Jane for UpRiver Village's Monthly Pizza Lunch Get Together. Please bring a friend and let us know how many seats to save! [RSVP](#)



Trailblazer Lunch

Last week the Steering Council treated our current Trailblazers to lunch at Boccelli's as a “Thank you!” for the support, loyalty and trust in the work

of UpRiver Village.



Trailblazer opportunities still available

Read about your discount and purchase an early membership.

[Click here and join the rest of the Trailblazers!](#)

EVENTS Hosted by Other Villages

Click on links for more information about each event!

Hosted by Viva Village

Healthy Aging and Top Tips for Brain Health - Viva Village Forum

Monday, January 20

2:00 pm - 3:30 pm

United Methodist Church Wesley Room, 12555 SW 4th Street, Beaverton, Oregon

There will be time for questions. Refreshments will be served. No charge. RSVP

recommended. Register on Viva's [website](#) calendar or contact the Viva Village office, 503-746-5082 or vivavillageor@gmail.com.

Hosted by Viva Village

Envisioning my Future

Wednesday, February 12 from 10:00 am to 2:30 pm at the

Vancouver Innovation Center. Time to carpool!

RSVP link, <https://evite.me/p6xvqQrCJu>,

SAVE THE DATE

February 12, 2025

10:00-2:30

Envisioning My Future: 'From Here to Eternity'

Join us for an opportunity to learn more about

END-OF-LIFE ISSUES AND PLANNING

at

The VIC

(VANCOUVER INNOVATION CENTER)

18110 SE 34 th Street

Vancouver WA 98683

<https://thevicwa.com/>

Questions abound regarding Death with Dignity, death doulas, palliative care and hospice, final disposition options, and more! Let's get some answers and reduce the pain of final planning when pressured by changes or crisis.

Start making carpool plans now!

A car full of participants discussing relevant issues will be more interesting – and fun -- than solo travel! Shuttle arrangements from the Vancouver Transit Center for those who prefer to travel by bus or light rail.

Learn about Sages & Seekers here.

Their mission is to develop empathy, combat social isolation and dissolve age-related segregation within our communities, while meeting the universal and compelling need of both young adults and older adults to make sense of their lives. This is achieved by creating a sense of *intergenerational community* in their programs, through the art of authentic conversation. **[Click here for more.](#)**



Community Opportunities

**Can we avoid a trip to the ER by first talking with a nurse?
[Click here to read more.](#) about the **Nurse Navigation Program.****

Gresham Senior Center

Wellness Resource Fair — Tuesday, Jan 28 from 10a-2p

WELLNESS RESOURCE FAIR



**JANUARY 28, 2025
10:00AM-2:00PM**

**GATHER NEEDED INFORMATION TO BE ABLE
TO MAKE INFORMED DECISIONS.**

Gresham Senior Center

**See their newsletter for activities and events such as Foot Care
Clinics and CPR Training**

“Emergency Preparedness”

Are you signed up for Emergency ALERTS?

Let us know if you need help signing up.

If you lose power and internet, do you have a plan? This might be a good time to talk with your neighbors about you checking on them or vice versa.

Join Troutdale's Emergency Response Team! Calling all licensed medical professionals! For more information or to register, contact Kimberly Carl at 503-674-7256

[Read more here.](#)

[Click here to view Multnomah County Emergency Preparedness](#)

Seniors and Technology - Keeping up with the Times

We've been hearing from a lot of seniors that they feel they're being left behind in a society that is increasingly saturated with and dependent upon technology. There are several resources available to educate seniors ([check out Senior Planet!](#)) on the use of technology for emails, doing Internet searches, uploading and downloading, etc.

Please [email us at contact@uprivervillage.org](mailto:contact@uprivervillage.org) if you're interested in a series of classes on Seniors and Technology - Keeping Up with the Times.

FAQ

This month's FAQ: "When will UpRiver Village be fully operational and able to provide services to its members?"

UpRiver Village may be fully operational and able to provide services to seniors as early as this July if we are able to recruit volunteers for the remaining key positions! [Click here to see available positions.](#)

This month's RECIPE:

Neil's Easily-Roasted Chicken

Do you have a favorite recipe you'd like to share? Just let us know!



We know that many of our area's large employers encourage their employees to volunteer and contribute to the community. Some employers have formal employee volunteer programs which provide incentives to those employees who volunteer.

Send us a note if you can connect us with the volunteer program manager at your current or former workplace.

You can help us launch by suggesting:

- Places to present
- People or organizations to talk to
- Event ideas and event leaders (or become one yourself!)

We're still accepting donations! Please see the Donate page on our website for information on how to donate and help us become fully operational as soon as possible!

Click Here to Contact Us





www.UpRiverVillage.org

A member of Villages NW and the Village to Village Network

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Phone: 503-489-8813

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