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New News Starts

Executive Director – Steve Mohr



Our lives experience many transitions. Transitions are defined as a change or shift from one thing to another. We transition from one season to another every year, Winter to

Spring, Spring to Summer, Summer to Fall, and Fall back to Winter. We transition from work to retirement. Well, some do. Transitions happen all the time in many ways. My health as I age is constantly transitioning.

The DAS is also changing and going through transitions. This past month our board experienced a change of leadership as one board member resigned, and another took his place. One big transition is the return of Bingo. I am calling this transition, "Bringing Bingo Back Better." We have sent in our application for a Bingo license and should have an answer by the middle of August. We also have a leadership team made up of our membership. They are working to make Bingo a better experience for all, while making Bingo more profitable for the winners and more profitable for DAS.

Announcements

July 4th, Closed for Holiday

Healthy Souls – On Summer Vacation

10 Minute Writing – New Class

Mission Statement

The purpose of the Dallas Area Seniors is to enrich the lives of mature adults by providing services and activities that sharpen their minds, improve their physical and emotional health, and help keep them active and involved in the life of the community.

Annual Membership \$20

Continued Page 5

DAS Information



DAS Board of Directors Meeting

8:30AM Monday, July 8th

DAS General Membership Meeting

11:30AM Saturday July 13th

Current Board of Directors

Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell,
Bob Brannigan,
Bob Anderson,
Rebecca Masingale

Current Executive Committee

President: Betty Sledge
Vice-President: Rose Brown
Secretary: Judy Reid
Treasurer: Judy Jones

Executive Director: Steve Mohr

Business Hours: 10AM to 3PM
Monday through Friday
Check Calendar for Closures

Contact Information

Mail:

Dallas Area Seniors Center
817 SW Church St.
Dallas, OR 97338-3103

Phone Number: (503) 623-8554

Email: DallasSeniorCenter@gmail.com

WEB Site: [Dallas Area Seniors](http://DallasAreaSeniors.com)

History

The senior center began under Opal Ladbury in 1988. In 1995 the senior center was incorporated into a non-profit organization known as the Dallas Area Seniors (DAS). For many years DAS met at the Dallas Public Library. DAS moved into the new building provided by the City of Dallas in 2021. The center has a square footage of 4,171 that includes 27x50 multipurpose room on the first floor, 2nd floor room, a prep kitchen which will serve Meals on Wheels, Senior Center Business Office, an elevator, and restrooms.



DAS Activities

- **Low Impact:** Tuesday and Thursday at 10:15AM and then a second session at 11:15AM. Great exercise for everyone. Will move all your muscles.
- **Walk with Ease:** Need a volunteer.
- **Caregivers Support Group:** Third Monday of the month 10:00AM to 11:30AM. Support group for caregivers. Sally Davies is the leader of this support group.
- **Listening Ear:** One on One support with Betty Sledge, our President, and Polk County Older Adult Behavioral Health Specialist. Call Senior Center for an appointment.
- **Healthy Soul:** Every First and Third Tuesday of every month. Lead by Steve Mohr, our Executive Director. How healthy is your soul?
- **Art Workshop:** Every Friday from 10:00AM to 12:00PM. All kinds of art or craft projects. Bring your favorite art or craft project and learn and pass on tips and tricks. Sheryl Reardon leads the group.
- **Book Club:** Meets Third Tuesday at 1:30PM to 3:00PM to discuss the book of the month. Linda Jenkins leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **Jig Saw Puzzle:** Love putting together a jig saw puzzle. There is always one to work on every day.
- **Karaoke:** First and Third Monday of each month at 4PM. If you love to sing this is for you.
- **Bingo Dinner:** On Hold
- **Bingo:** On Hold

- **Mahjongg:** Every Wednesday from 11AM till 3PM. China's great national past time is played here. Nona Springer leads the group.
- **Bunko:** Second and Fourth Tuesday of each month at 1PM. A fast-paced dice game that is a lot of fun to play.
- **Rummikub:** Every day we are open. If you love Rummy card games, you will love this tile game.
- **Bridge:** The First and Third Monday from 12:00PM to 3:00PM and every Thursday from 12:00PM to 3PM. If you know Bridge, you know the fun you will have.
- **Pinochle:** Every Wednesday for four handed single deck. Every Friday for six handed double deck. Great card game to play.
- **5 Crowns:** Played every Monday from 10:00AM to 3:00PM. Fun card game for all to play.
- **Game of 9:** Every day we play this game. A fun fast paced card game.
- **Golf:** Another fast-paced card game played every day. Come and enjoy the fun.
- **Cribbage:** A great card game that can be played 2, 3 or 4 handed. Stop by for some fun.
- **Trash:** A fun card game is played every day. Stop by for a fun card game.
- **Wii Games:** We have a Wii that is available for play by the membership. Have fun.

This is a list of our ongoing activities. We are always looking to add new activities to our list. If you would like to head an activity, please contact Steve Mohr, our executive director at the senior center.

Community Information



Statewide services for Oregonians aged 55 and older. 503-200-1633 Oregon Warm Line 1-800-698-2392 Non-judgmental support for what - ever you are going through. This is a handy telephone service provided by trained volunteers to provide you with: Support--resources—just listen.

Polk County Family and Community Outreach

1407 Monmouth Independence Highway Monmouth, OR 97361, 503 751-1644 Emergency assistance of all types from diapers to gas vouchers, and utility assistance. This is the place to go-if they don't have it, they will direct you to another source. The Salem Free Clinics, which was at the Lutheran Church, is now located here as well. Please call 503-990-8772 to schedule an appointment. This will be on the 1st or 2nd Saturday of the month. This is for uninsured people.

H2O (Hope and Help to Others) 451 S.E. Maple St. Nonprofit thrift store and drop offsite. Donation hours 9:30-4:30 Monday-Saturday

Abuse Reporting Statewide reporting line 1-855-503-7233.

Dallas Evangelical Church Community Clothing Closet the Community Clothing Closet collects clothing from the community and gives it away to anyone, no questions asked, no counting or weighing what is taken. *The clothing is for anyone in the community (not to be sold or shipped elsewhere). Free clothing!!! Open Monday - Saturday 9AM-Noon, and Thursday nights 7PM-9PM located at 783 SW Church St, Dallas, OR 97338



Mon, Tues, Thurs, 1PM-3PM Wed, Fri 9AM-11AM Food Donations: M-F 9AM-11AM Dallas Food Bank is committed to reducing food insecurity among people in the greater-Dallas community through the acquisition and equitable distribution of healthy food. 322 Main Street, Suite 180 Dallas, Oregon 97338 503-623-3578 Email: dfb97338@outlook.com

"Even if you are on the right track, you'll get run over if you just sit there."

Will Rogers

Our Business Members



312 Main St. *Hearing Aids
Dallas, OR 97338 *Hearing Test
503-420-5095
*Service and Programming most
Hearing Aids
*Video-Otoscopy & Wax Removal



967 Main Street
Dallas OR 97338
**Benefit to
Member:** 10% off
purchased
(Alcoholic
beverages not
included)

Willamette Valley Fiber

988 SE Jefferson St.
Dallas, Oregon 97338
503-837-1700 (After Hours Support
Press Option #1)

Tim's Automotive Specialties

172 SW Washington St,
Dallas, OR 97338
(503) 623-9774



170 E. Ellendale
Ave
Dallas OR 97338
**Benefit to
Member:** Free
Non-Alcoholic
Beverage W/Meal

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We are also investing in a Bingo software program that will run through our TV making it easy for the players to hear and see the numbers being called. This program has many nice features including hundreds of bingo games to choose from and automatic number selection. Our launch date is scheduled for early September after Labor Day. Over the next couple of months, the leadership team and board will be making the final decisions on all aspects of hosting Bingo including cost, night of operation, frequency, and schedule of who is in charge. If you are interested in helping, please let me know.

Another transition we are working on is the membership fees. This is just in the discussion stage right now, and a final decision must be made by the board by the end of the year. At the last General membership meeting, we presented what it should cost members if 1/3 of the budget was covered by our membership. According to Heidi Henry from Banner Non-profits, membership fees or donations should cover 1/3 of the total Budget while the remaining 2/3 should come from outside support such as donations and fundraisers. With the addition of Bingo and donations already received, we are close to reaching the 2/3 goal of our budget. **Continued Next Page**

Riddle Me This

1. A plane crashed between the border of France and Belgium. Where were the survivors buried?
2. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
3. What starts with a T, ends with a T, and has T in it?

Answers on Next Page

Riddle Me This - Answers

1. Answer: They weren't. Survivors don't need to be buried.
2. Answer: The match.
3. Answer: A teapot.

We are looking into an Easter Seals program called: "Senior community Service Employment." This program is to help seniors who want or need to reenter the work force. Easter Seals will pay for a senior to receive on the job training. We would receive a senior that will work for us under my supervision. They would gain experience and training from me, and we would receive extra help.

Another possible transition we are considering is expanding our hours of operation. By doing this we can provide more hours to accommodate more programs or events. We will keep you posted.

Finally, we would like to start an endowment fund. The board will be exploring the best way to establish this fund. The endowment fund will provide financial support for our senior center via interest on the principal. Any donation to the endowment fund will never be spent, but only the interest received. Please consider giving to the endowment fund. One way is to put DAS in your estate will. This way you will be leaving a legacy for other seniors for years to come. You could also contribute now if possible. We have our first donation to this fund. I hope others will help us this fund to grow and contribute.

I have never let my schooling interfere with my education.

Mark Twain



Lunch Bunch: July out to Lunch Bunch, are you hungry for good food and fellowship? You are welcome to join us!

Mama Gordita's Kitchen
Thursday, July 11th, 11:30 AM
156 SE Mill St., Dallas

Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come.



Book Club: We have No new book information available. All we know is that book club is on vacation.



Our New Board of Directors

Member: Rebecca Masingale has been a Dallas resident since 1997. She has worked for WaFd (Washington Federal Bank) for 17 years as

a Supervisor and Personal Banker. She's been involved with Chamber, Women in Business Networking groups, United Way and Financial Literacy. Rebecca enjoys gardening, playing at the beach and spending time with her family. As a Board Member, Rebecca will strive to add value and enhance the lifestyles of our community seniors.

10 Minute Writing: This is a new class designed to foster camaraderie and close relationships by sharing stories. Three general questions are asked. An example might be, tell about a favorite place you have visited. You have about 10 min to write about it then it is shared with the group. This is a fun and interesting way to get to know people and to remember some of the things we experienced in the past. Thursday July 25th at 11AM for the first class. **Weekly class.**



Have you been told you are at risk of developing Type 2 Diabetes?

Imagine doing more of what you love. Our lifestyle change program is helping Oregonians who are **at risk of developing Type 2 Diabetes** establish lasting healthy habits.

Participants get **one full year of support** from a certified coach and peers who are on the same wellness journey as you. Why wait?

When you participate in a **lifestyle change program**, you will learn, laugh, share stories, try new things and cultivate new habits.

New programs starting every month.

Call (833) 673-9355 or email
health.promotion@nwsds.org



Get support from a trained coach and people like you



Learn how to make healthy food choices that you enjoy



Discover fun physical activities alone or with a group



Learn to manage stress and overcome challenges



Enjoy the option to complete classes in-person or virtually



NATIONAL
**DIABETES
PREVENTION
PROGRAM**

ADRC
Aging and Disability
Resource Connection
of OREGON

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

Write your score in the boxes below

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



JULY 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	2 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise	3 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	4 Independence Day Closed for Holiday	5 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	6
7	8 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game	9 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Bunko	10 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	11 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	12 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	13 11:30AM DAS General Meeting & Potluck
14	15 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge 4PM Karaoke	16 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise	17 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	18 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	19 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	20
21	22 10AM Cards/Table Games 10AM 5 Crowns Game	23 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Bunko Deadline For Calendar and Newsletter	24 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	25 10AM Card/Table Games 10:15AM Low Impact Exercise 11AM 10 Minute Writing 11:15AM Low Impact Exercise 12PM Bridge	26 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	27
28	29 10AM Cards/Table Games 10AM 5 Crowns Game	30 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise	31 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg			