



Thelma's Place

"A COMMUNITY OF CARING...ONE MIND AT A TIME"

What's Happening At Thelma's Place

- ◆ Tuesday's we strengthen our brains with enhancing activities.
- ◆ Tuesday at 1pm Master Jim Bailey teaches the art of Tai Chi.
- ◆ Thursdays we celebrate the arts with crafts and music.
- ◆ Once a month we venture out & see some exciting and new place.



Thelma's Place accepts car donations.

Donate on line at www.thelmasplace.org or call Erik Berkey: 503-310-8004

- ◆ Free Towing
- ◆ Any Auto or Truck
- ◆ Pick up in 24 to 48 hours
- ◆ Tax Deductible
- ◆ Email & Paper receipts

Why Volunteer?



People volunteer for a wide variety of reasons, especially wanting to help others. But it's also OK to want some benefits for yourself from volunteering.

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well.

Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but

tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the service cycle: maybe you are a tutor for someone who can't read, while last month the volunteer ambulance corps rushed you to the emergency room. Volunteering also includes "self-help." So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes, too. Adding your effort to the work of others makes everyone's lives better. As long as you are truly serving through your volunteer work, isn't it wonderful that such an exchange occurs? In fact, it tends to strengthen your commitment to volunteering when you can see the benefits to both the recipient of your efforts and to yourself. And it is much more comfortable than "charity" because it upholds the self-esteem of those with whom you volunteer.

To volunteer at Thelma's Place please contact Patsy or Lindsay at 503-266-510

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." - Martin Luther King Jr.

Meet our Day Respite Program Directors



Lindsay Brady is a mother of two who enjoys sharing her creative talents with Thelma's community and has worked in the arts since 2002. Lindsay lives in Oregon City and enjoys outings to the zoo, beach, and just about any other family friendly venue in the Portland area. She loves working with Thelma's and seeing the light that it brings to our community's life.



Patsy is a fun-loving, patient, and crafty lady. When she's not planning for Thelma's Place or spending time with our patrons, she's generally embroidering, sewing, or riding her buggy at the sand dunes. Patsy lives in Canby and is a mother of two, with three grandkids. She's worked with the Alzheimer's community since 2007 and enjoys the reward of appreciation that the community brings.

Caregiver Support Groups

Canby Support Group:

4th Monday each Month
6-7:30pm
Thelma's Place
352 NW 2nd Ave
Canby

Wilsonville Support Group:

3rd Friday each Month
10am-Noon
Wilsonville Senior Center
29799 SW Town Center Loop E
Wilsonville

Woodburn Support Group:

3rd Monday each Month
2-3pm
Woodburn Health Center
1475 Mount Hood Ave
Woodburn

Minders Keepers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		9-5		9-5		
		9-5		9-5		
		9-5		9-5		
		9-5		9-5		
		9-5		9-5		

Minders keepers offers a respite program for the person with memory loss and for the Caregiver needing that much deserved break from the caregiving. We meet to participate in memory exercises, music & art therapy, physical exercise, field trips, crafts, woodworking and we provide snacks and lunch. Respite days are listed on calendar. Cost: \$50 for 4 hours and \$10 each additional hour.

What's Happening at the Minders Keepers Club



The Minder Keepers Club is always trying to find new and exciting places to visit. At the Minders Keepers Club (MKC) we experienced the Oregon City Historical tour. We visited the Willamette Falls Locks, the downtown Hobby Store and we were able to ride on the Historical Oregon City Elevator.

Our next adventure will be to Bobs Red Mill, and in April we are planning on going to the Oregon Coast for the day.

