



**Do I need a counselor?**

*We all have life stressors, especially in today's complex world. Balancing your home, work, and spiritual life can be overwhelming.*

*Internal coping skills can get us through a crisis or change; however, we may not have the resources to overcome in the most effective way.*

*Deciding if counseling is right for you can be a tough decision. It may initially feel like admitting failure.*

*Actually choosing counseling can be the key to making you and your family's dreams a reality. Counseling is like adding tools to your toolbox. We can help you find better ways to overcome life's problems.*

**Services include:**

- Counseling Center Design and Development
- Finding Solutions to Life's Problems
- Substance Abuse Education
- Stress Management
- Grief Counseling
- Phobias
- Post Traumatic Stress Disorder
- Healing from Past Hurts

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Dr. H. L. Hodge, Ph. D.  
Portland Congress Center  
1001 SW Fifth Ave. Ste 1100  
Portland, OR. 97204

(503) 220-1790

hodgehspks@msn.com  
www.hodgecounseling.com

~by Appointment Only~

# Homes for Seniors Mentoring Kids

## Unique neighborhood rises on old school site

Bridge Meadows has broken ground of their new intergenerational neighborhood in the Portsmouth neighborhood of north Portland.

When finished sometime next year, the new neighborhood will offer families and children a unique intergenerational approach to traditional foster care by providing housing to seniors who want to become mentors to youth in foster care.

The program is modeled after a highly successful program in Chicago that has seen a 90 percent adoption rate for children within the program.

The neighborhood on the former John Ball Elementary School site on North Willis Avenue will consist of 36 family homes and elder living units, a community center, and gardens. Many programs will be offered at the new facility, including after-school programs, summer rec-



An artist's rendering shows the design of one of 36 housing units that will form a new neighborhood on the grounds of the former John Ball Elementary School on North Willis Avenue.

reation options as well as community gatherings to celebrate holidays, birthdays, and special events.

"We are thrilled to break ground on the new facility. This project has been a dream," said Rhonda Meadows, founder of Bridge Meadows.

The non-profit was founded in 2004 by Rhonda Meadows with the

mission of finding safe and adoptive family situations for foster children and at the same time, offering safety and meaningful purpose to the lives of older adults.

The project began with the hope of stopping the revolving door of the foster care system. The program aims to address adoption options for youth to prevent them from "aging out" of the foster care system and becoming at risk for homelessness, poverty, lack of academic opportunities and mental health problems.

Bridge Meadows will provide at risk children with not only loving, adoptive homes, but also surrogate grandparents, mentors and playmates. The program allows children of all ages and ethnic backgrounds that are separated from their biological parents the chance at stability, constancy and permanence with older adults serving as volunteers and living within the community can learn how their presence in the children's lives can make an impact.

Parr Lumber has stepped up to donate the lumber as well as time and volunteers to organize the construction of the new facility.

"We are delighted to be in a position to help the Bridge Meadows Project. It is a wonderful idea and we are confident that the new facility will help many within our community," said David Hamill, chief executive officer of Parr Lumber.

Support also comes from many caring citizens and the following sponsors: Windermere Foundation, Homer Williams, Legend Homes, Columbia Distributing, Mt. Hood Solutions, The Collins Foundation, Meyer Memorial Trust, Ann & Bill Swindell's Charitable Trust, Juan Young Trust, Rose E. Tucker Trust, Juliet Ashby Hillman Foundation, Ray Hickey Foundation and Hedinger Foundation.

The partners for the project include Guardian Management, Carleton Hart Architecture, and Walsh Construction.

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