

Free conference set up for family caregivers on November 16

November is National Family Caregivers Month, a time to pay tribute to individuals who ensure the health and well-being of their relatives and loved ones.

A one-day conference called "The Heroic Work of Caregiving" will take place on Friday, November 16, from 9:00 a.m. to 2:30 p.m., at Tuality Health Education Center, 334 SE 8th Ave, Hillsboro. This conference is free for unpaid family caregivers. Morning refreshments and a boxed lunch will be provided.

This year's conference will focus on providing care while caring for yourself; determining the best housing options at home or in the community; legal considerations and financial decisions in caregiving; caring for someone who is losing their ability to communicate; plus a panel of represen-

tatives from various agencies will discuss how to find help in the community. There will be special emphasis on services and support for veterans.

Keynote speaker, Rev. Bruce Rumsch, a veteran and family caregiver, will share a message of hope and encouragement. A brief ceremony recognizing all veterans in attendance will be led by Liz Fischer of Hospice and Palliative Care of Washington County.

A resource fair with community service agencies and organizations will be held in the lobby throughout the morning.

This event is sponsored by Washington County Disability, Aging and Veteran Services (DAVS) Family Caregiver Support Program, OSU Extension Service and Tuality Healthcare.

Reservations are required and space is limited. Call 503-846-3089.

Some get two property tax notices

Due to a printing error, approximately 2,000 Washington County Taxpayers have received duplicate property tax bills. The Washington County Department of Assessment and Taxation apologizes for any inconvenience this may cause to these taxpayers.

Any property owner who does not receive their tax statement by November 1 is asked to contact the Washington

County Department of Assessment and Taxation at 503-846-8801. To receive applicable discounts and avoid interest, payments must be received or postmarked by November 15th.

Help Curves at "Give a Gobble" event

Thanksgiving is just around the corner. Traditionally, this is a time to collectively give thanks. And most celebrate this holiday by gathering for a meal with family and friends. The traditional meals vary from turkey and wild rice dressing in northern U.S. and Canada to turkey and cornbread dressing in the south. Very different traditions, with one commonality – turkey.

But, not everyone will have a turkey. And Curves of Banks wants to help by hosting a Give a Gobble event on Thursday, November 15 and Friday, November 16. During this event,

the Banks Curves will waive the initial service fee for any new member who brings in either a turkey or a \$30 contribution, all to be donated to Sonrise Shelter Food Bank.

Curves owner Kathy Douglas says, "We chose this organization because it serves families in need in our immediate area and we want them to be able to enjoy a turkey dinner with their families this Thanksgiving. Our goal is to donate 10 turkeys and I think we can do it."

The Give a Gobble event will be a time for members and

new members alike to have fun, get to know each other and help the community simultaneously. The festivities will include a healthy recipe exchange for using leftover turkey after the big meal!

Douglas also said, "Give a Gobble is just a great way for us to get into the giving spirit and to also help those in need at the same time."

To participate in the Banks Curves Give a Gobble, contact Kathy Douglas at 503-324-9262 or curves.banks@gmail.com.

Oregon Humanities calls for theme submission

Oregonians who have something to say about how fame, celebrity, infamy, and pageantry shape American culture are invited to submit an essay or article for Oregon Humanities magazine's spring 2013 issue on the theme "Spectacle."

Contributors are encouraged to visit oregonhumanities.org to review the guidelines, download the complete call for submissions, and familiarize themselves with the publication. No phone calls, please.


Submit a proposal or draft by November 13, by email to k.holt@oregonhumanities.org or post to Kathleen Holt, Editor, Oregon Humanities magazine, 813 SW Alder Street, Suite 702, Portland, Oregon, 97205.

Oregon Humanities magazine, a triannual publication, welcomes all forms of nonfiction writing, including scholarly essays, journalistic articles, and personal essays. We accept proposals and drafts of scholarly and journalistic features, which generally range between 2,500 and 4,000

words in length. We accept drafts only of personal essays that consider larger thematic questions in well-developed, nuanced ways; essay submissions should run no longer than 2,000 words. All contributors receive an honorarium. Currently the magazine is distributed to more than 12,000 readers. Essays from Oregon Humanities have been reprinted in the Pushcart Prize anthology, Utne Reader, and Best American Essays.

More information can be found at oregonhumanities.org.

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