

Maybelle's Community VOICE



Dec 2022

An Afternoon at the Improv!

A Maybelle Center Theatre Troupe Performance

Fri, December 9th | 4-5 PM
MC South Conference A and B

It's our Maybelle Center's Theatre Troupe's debut performance! Our members have been working hard to offer you a fast-paced, hilariously funny improv show. Similar to the popular TV show "Who's Line Is It Anyway," this show will allow the audience to pick characters and situations for our actors to create a scene on the spot.

Cooking Class

Mon, December 12th | 9:30-11 AM
MC Community Room



Learn how to make Chicken Sundaes at our last cooking class of the year. It's a fun build-your-own rice dish with white rice, chicken, gravy, and lots of toppings.

Meet Meredith Nagely MC Finance Director

A Portland native, Meredith graduated from Portland State University in 2004 with a degree in Accounting. She's worked in almost every sector of Oregon's economy, from agriculture (Oregon Hazelnut Industry), commercial (Team Northwest), and most recently, manufacturing (Boydston Equipment Manufacturing). Thanks to the pull of Maybelle's culture and mission, she now adds a nonprofit feather to her cap.

Meredith takes accounting seriously but appreciates a good sense of humor. Outside work, she likes long walks with friends and her German Shepherd, Jack.



Free Clothing Boutique

Wed, December 7th | 10 AM-noon
MC Community Room

Old Town Clothing Market will set up a free clothing boutique with a variety of styles, sizes, and accessories. Each member will receive a voucher for three articles of clothing. Come enjoy this fun shopping experience!

ONGOING OPPORTUNITIES



Arts and Crafts

Wed | 10:30 AM–noon, dates vary
(Resuming in January)

Community Room

Try a new project each class, or bring your own art projects to work on!



Birthday Celebration

Last Thurs each month | 2 PM
(Dec date: 12/29)

Community Room



Bring a Neighbor Day

3rd Mon | 1-3 PM
(Dec date: 12/19)

Community Room

Bring someone from your building who may be interested in being a member!



Community Choir

Mon | 11 AM-12:30 PM
(On break after Dec 5th)

In-person & online



Link: maybellecenter.org/choirzoom

Have fun and meet new friends while practicing your singing skills. No experience is necessary!



Community Room

Mon | 1-3 PM
Tue/Thu | 10 AM-noon (*vaccinated-only*)
Tue/Thu | 1-3 PM
Fri | 10 AM-noon & 1-3 PM

- Bingo every Fri at 10 AM 
- Movie every Fri at 1 PM 



Karaoke

2nd Tues each month | 1-3 PM
(Dec date: 12/13)

Community Room

Pick out your favorite songs and come sing with us, or just enjoy the show!



Member Forum

Once per quarter (4x/yr) | 11:45 AM
(Next date: Jan 13, 2023)

Classroom

Join us for pizza as we brainstorm new ideas and discuss any concerns.



Men's Group

Thurs | 11 AM-noon | *Meditation Rm*



Theater Class

Fri | 3-5 PM (Sept through Dec 9th)

Community Room

A great way to build self-confidence and community while learning the basics of acting and theatre. No experience needed.



'Too Blessed to be Stressed' Women's Spirituality Group

Fri | 1-2 PM | *Classroom*

Weekly Social Chat or Social Visit with a Student

Mutually agreed upon time & location

Spiritual Support

Mutually agreed upon time & location

Resource Navigation

Schedule an appointment:
971-202-7453 (call), 971-222-7249 (text),
ruhl@maybellecenter.org

As of 12/1/2022, all events and activities at Maybelle Center are open to all members regardless of vaccination.

***Exception:** Members visiting the Community Room on Tuesday & Thursday mornings must show proof of vaccination.*

Maybelle Center is open to everyone, starting Dec 1st

Inside the decision-making process to drop our vaccination requirement & new safety measures

Starting 12/1/22, Maybelle Center will be open to everyone, regardless of vaccination, including members, volunteers, and students. Many of you may have strong feelings about this change, one way or the other, so we want to be transparent about how the decision was made. We'll also outline new safety measures we're implementing ASAP to ensure everyone feels safe and welcome.

Note, if you visit Macdonald Residence: All visitors to Macdonald Residence are still required to be masked per state order.

WHAT WE CONSIDERED

1. **Looked at the science.** When vaccines were first rolled out in early 2021, evidence-based research showed that being vaccinated significantly reduced the chance of spreading the virus to others. So, if a person was trying to avoid getting the virus, it was much safer to be in spaces with other vaccinated people.

Unfortunately, as the virus has mutated and new strains have become dominant, both vaccinated and unvaccinated people are getting COVID-19. The vaccines still prevent people from getting very sick, but vaccines no longer prevent us from spreading the virus.

2. **Looked at other businesses' and organizations' current policies.** During 2021, many businesses and organizations started requiring guests to show their vaccination cards. However, we've observed that as of mid-2022, most organizations have abandoned these policies, likely because the science no longer supports vaccination as a way to prevent the spread.

3. **Feedback from members at Member Forum in October.** There were some very strong feelings from members at our last Member Forum when we discussed the possibility of opening our Community Room and other activities up to unvaccinated members. Some members felt it was important to maintain vaccinated-only spaces. However, others thought we should open it up because there are people who need access to Maybelle services and spaces that may not be vaccinated.

It is important to note that only vaccinated members were present for the Forum due to Maybelle's existing policy requiring building visitors to be vaccinated. You can see more of the conversation in the notes from our Member Forum included in this newsletter.

4. **Looked at attendance data.** Many of our long-term members have not been able to engage in Maybelle activities for several years.

5. **Aggregated Member Feedback.** We've had numerous calls, letters, and follow-up conversations with members who have been excluded due to vaccination.

6. Feedback from Staff.

7. **Acknowledgment of unvaccinated presence.** As an assisted living provider, it's illegal to require residents at Macdonald Residence to be vaccinated (though many choose to be vaccinated). Because many of our events are in conjunction with Macdonald Residents, there have likely been unvaccinated residents at our activities throughout the pandemic.

THE DECISION

After considering all these things, we've made a choice to open Maybelle Center and its activities to everyone. The bottom line is we've always strived to be an inclusive community that welcomes everyone.

Because we all come with different life experiences, there will always be people in our community we don't agree with or personalities and behaviors that we find annoying. But we cannot tolerate anything that violates the safety of our community. For instance, members cannot be part of the Maybelle Center community if they use hate speech or violence.

Early in the pandemic, requiring vaccination was another way to keep our community safe. However, because the science has changed, vaccination has now moved from the safety category into the category of things we may not agree with. With newer virus strains, vaccination no longer prevents us from spreading it to others. It's now an individual decision to protect themselves with vaccination.

Special vaccinated-only Community Room hours: Everyone needs spaces to gather with friends where they feel safe and welcome. A few members expressed strong feelings about the importance of vaccinated-only spaces at our member forum. In response, Tuesday and Thursday mornings in the Community Room will be reserved for members who are vaccinated for now. All other Community Room hours and Center activities are available to everyone, regardless of vaccination.

SAFETY MEASURES WE'VE IMPLEMENTED

1. **New supplemental Community Room air purifier.** While we have some filtration in our building HVAC system, we'll be supplementing that with a Community Room stand-alone air purifier. We already have purifiers in all Southside rooms.
2. **Electrostatic Sanitizer (our "Ghostbuster machine").** We will spray all surfaces in the Community Room with a commercial sanitizer at the end of each day.
3. **Special Cleaning Protocols.** As we have throughout the pandemic, we wipe down the tables and high-touch areas with disinfectant after each activity.
4. **Masks.** We've purchased a stock of KN94 and surgical masks. They're located in the Community Room under the TV - feel free to grab them anytime.
5. **Just a reminder to please stay home if you are sick.** One of the great things about our community is how everyone freely shares support, conversation, advice, and even food with each other. But germs are something we don't want to share if we can help it.



Members, staff, and volunteers gather in costume at our Fall Party on October 31st. Can't wait 'till next year!

Member Forum Notes

10/21/22, Noon-1 PM

Names have been removed for privacy.

► Meeting guidelines reminder

► Acknowledgment of staff changes

- 3 open positions
- An update on the hiring process.

► Vaccination Status Discussion

Should we allow all members in the Community Room regardless of vaccination?

- The Holiday Party is already open to everyone.
- It might not make sense anymore to keep vaccinated and unvaccinated people separated. The data doesn't support vaccinations as being beneficial to prevent virus spread.
- What data? And what do you mean by beneficial? If we open it up to unvaccinated people, I'd choose not to come in to protect people I love.
- I vote absolutely not; I do not want anything to do with anti-vaxxers. They want to cause harm, and I don't want them to be a part of our community. A lot of members are older and immunocompromised, and I feel bullied into letting unvaccinated people into the Community Room.
- I think we should open it up because there are people who need Maybelle services even though they are unvaccinated. Vaccination is to protect yourself more than others.
- Maybe we can check people's temperatures before coming in since some people come in when they're sick. For a lot of us, COVID could be our last. I wouldn't want to get COVID in the Community Room.

- We are responsible for vaccinating ourselves, and if we feel uncomfortable, we can mask.
- I don't think unvaccinated people should be allowed to come in since they could be contagious.
- I like the idea of having personal responsibility at this point. A lot of people haven't had their boosters, so their vaccines might not even be effective anymore.
- When the Center was created, they formed it for everyone who has been isolated. I know what it feels like to have nowhere to go. Because of the Center this year, I celebrated 26 years clean. Everyone deserves to come here. Unvaccinated or vaccinated, we are all human and deserve to have space.
- Can't we all just get along?!

► Sexual Harassment *(submitted by member)*

- Sexual harassment comes in many forms. We all want to have personal space, a bubble. Touching and speaking to people we do not know in an inappropriate way is choosing to harass that person. We have to meet people where they're at—sometimes, people don't want to speak up even if they're uncomfortable. To touch people without permission or call people pet names without permission is harassment. I've been listening to this constantly in the Community Room, and it really bothers me. When we see someone harassing another person and don't do anything, we agree to allow that person to be harassed. We should take ownership of who we are and support each other in respecting our boundaries.

- I agree with everything you said, and this is written into the Relationship Agreement - we've talked about it before. It's important to respect each other. Even if I don't like what someone has to say, I don't have a right to inflict my anger on someone. Sometimes it feels like there isn't conflict resolution.
- If someone keeps coming up behind you and saying "boo" in your ear, is that harassment?
- That sounds like an invasion of your personal space—a good time to use "I" statements.
- It's important to consider that not everybody wants to be touched—I have an invisible bubble where I don't want people to be. It's pretty simple to ask—"Would you be okay with a hug?" "Is it alright if I sit here?"

► **Behavior Issues** *(submitted by member)*

- We are all grown adults. Even though we sometimes do adventurous things here, we need to pull ourselves back a bit during activities so that everyone can enjoy the activities. If you're having an issue, you can quietly talk to staff and try not to disrupt others.
- Some people have a harder time calming down. Staff can take people outside - if they can't calm down, maybe they shouldn't come back that week.
- We have policies on what behavior is acceptable and what is not. We try not to ban people, but sometimes the best option is to ask someone not to come back for a little while.
- Sometimes it's hard to remember everything in the Relationship

Agreement. And sometimes, some conflicts regularly occur that are disruptive but also predictable. There should be a way to deal with these conflicts so that it isn't so disruptive to everyone else. What can conflict resolution look like at the moment?

- Talking to your peers is very helpful.
- When you signed the Relationship Agreement, you took ownership. You've got to take ownership when you do disruptive things.
- We're all trying to learn together. I've learned from each and every one of you. We communicate as friends, family, and neighbors.
- Recognize that we all have different abilities and disabilities-some people are constitutionally incapable of controlling their behavior. I think it's good to ask yourself, "Would I act this way in a movie theater?" When people are being very disruptive, it makes it hard for everyone to enjoy our activities and time at the Center. Especially in choir and theater classes, it's really important to let the instructors do their thing.
- Standing outside of the Center, there are often outside forces causing people to come into the building and occasionally causing conflict. Would it be appropriate to let people into the Community Room early?
- I try to be aware of what's happening outside and am not opposed to opening the doors early if we have enough staff.

► **Feedback on Member Forum**

- People like this format.
- Next Forum Fri, Jan 13th at 11:45 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Get the calendar on your phone</p> 				<p>1</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>11 AM-noon Men's Group</p>	<p>2</p> <p>10 AM-noon Bingo</p> <p>1-2 PM Women's Grp</p> <p>1-3 PM Movie</p> <p>3-5 PM Theatre Class</p> <p>7:30 PM Choir Concert</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>11 AM-12:30 PM Choir</p> <p>1-3 PM Community Rm</p>	<p>6</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>1-3 PM Community Rm</p>	<p>7</p> <p>10 AM-noon Free Clothing Boutique</p>	<p>8</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>11 AM-noon Men's Group</p>	<p>9</p> <p>10 AM-noon Bingo</p> <p>1-2 PM Women's Grp</p> <p>1-3 PM Movie</p> <p>4-5 PM Improv Theatre Performance</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>9:30-11 AM Cooking Class</p> <p>1-3 PM Community Rm</p>	<p>13</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>1-3 PM Karaoke</p>	<p>14</p>	<p>15</p> <p>Noon-3 PM Maybelle Center Winter Party</p>	<p>16</p> <p>10 AM-noon Bingo</p> <p>1-2 PM Women's Grp</p> <p>1-3 PM Movie</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>1-3 PM Community Rm</p> <p>1-3 PM Bring a Neighbor Day</p>	<p>20</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>1-3 PM Community Rm</p>	<p>21</p>	<p>22</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>11 AM-noon Men's Group</p> <p>1-3 PM Community Rm</p>	<p>23</p> <p>Center closed</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Center closed</p>	<p>27</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>1-3 PM Community Rm</p>	<p>28</p>	<p>29</p> <p>10 AM-noon Community Rm <i>(vaccinated-only)</i></p> <p>11 AM-noon Men's Group</p> <p>1-3 PM Community Rm</p> <p>2 PM Birthdays!</p>	<p>30</p> <p>10 AM-noon Bingo</p> <p>1-2 PM Women's Grp</p> <p>1-3 PM Movie</p>	<p>31</p>



MAYBELLE

CENTER FOR COMMUNITY

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MEMBER & VOLUNTEER NEWSLETTER

Dec 2022

Maybelle Community Singers Choir Concert



Fri, Dec 2nd | 7:30 PM | *No cost*
First Christian Church
(1314 SW Park St, Portland, OR 97201)

Join Portland State Social Justice Choirs for an evening of winter holiday and cultural celebrations from across the globe to listen, learn, and celebrate with each other.

Believe is a collaboratively curated concert experience developed through a season of giving, grieving, and growing. With guest artists and performances by the Portland State University Choirs, Maybelle Community Singers, Bravo Youth Orchestra, and many more, this concert will surely have something for all. 'Tis the season for community!

Maybelle Center Winter Party



Thurs, Dec 15th | Noon-3 PM
MC Southside A and B

Join us for holiday festivities, lunch, and entertainment at our annual Winter Party! Food will be served at 12:30 PM, and the Oregon Symphony will play holiday song requests from 2-3 PM. Plus, you can pick up your holiday gift before you leave.

Note, there's no Community Room or Men's Group on December 15th.