

"Connecting People of All Abilities to Outdoor Recreation"

Happy Holidays!!!



'Tis the season to enjoy the sights and the sounds of the holidays!

Newsletter Highlights

- Project Coordinator's Update
- Recent Trail Visits
- Our Latest Video - Steigerwald Lake National Wildlife Refuge
- Holiday Events
- Beyond Accessible - Winter Blues? Grab Your Hiking Shoes

Project Coordinator's Update



Georgena Moran - Project Coordinator

Access Recreation [AR] is halfway through its projected completion date for the current 2016 Metro Nature in Neighborhoods grant. The AR team is completing the web information on each park reviewed to date, that will be a part of the final 12 for the grant.

At this writing, seven of the 12 trails have been reviewed and put on the AccessTrails.org website. Two others have had preliminary reviews. One of these is the Tualatin River water trail which will be a fun "trail" to review in the spring. (To read the full update click the link below.)

[Read More](#)

Recent Trail Visits



Champoeg State Heritage Area



Jackson Bottom Wetlands Preserve

AccessTrails Latest Video

[Click Here!](#)



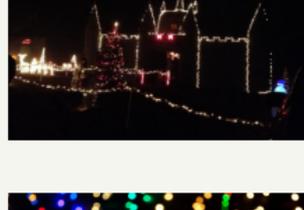
Steigerwald Lake National Wildlife Refuge. To view more videos visit our website at: acesstrails.org

Holiday Trails

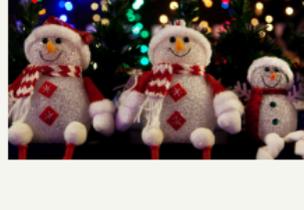
The holiday season is upon us. Christmas lights are burning bright. If you're looking for a way to take in all of the twinkling lights and enjoy the outdoors at the same time, we have a few suggestions for you. Take the family on a magical hike through the woods... or experience the Oregon Zoo in a festive fashion.



ZooLights - Oregon Zoo's annual winter festival. A dazzling display of more than a million and a half lights! Now through January 1st, 2017
ZooLights hours: 5-9 pm
Value night hours: 5-8 pm
oregonzoo.org/visit/zoolights



Christmas Fantasy Trail at Wenzel Farm
Take a Christmas walk through a lighted, wooded fantasy trail decorated with thousands of lights for your Christmas enchantment. A 40 foot castle with Christmas scenes and more!
Monday thru Saturday - Now through December 29th
fantasytrail.com/



Lighting of Maddox Woods - West Linn, OR
Enjoy a magical walk down a lighted, accessible path through the woods and to the viewing platform on the Willamette River. FREE
4-9 pm daily - Now through December 31st
westlinnoregon.gov/parksrec/lighting-maddox-woods

Beyond Accessible



Winter blues? Grab your hiking shoes!

By Kyla Laraway
MS, OTD, Occupational therapist at OHSU Center for Health and Healing

As the fall foliage makes its final descent to the ground, and the days continue to shorten, many people experience uncharacteristic feelings of sadness and lethargy. Seasonal affective disorder, or SAD, is a type of depression that many people deal with when the weather starts to change. Though we may not be able to control the weather, there are strategies that people can do to (hiking in nature can be one of the most effective ways) help fight off symptoms of SAD to be able to have a happier, healthier winter.

What is SAD?

Seasonal affective disorder is a type of depressive mood disorder that occurs with seasonal changes. In the United States 6% of the population is affected by SAD, and another 14% suffer from a more mild form known as "winter blues." Most people with SAD experience normal mental health throughout most of the year, but experience depressive episodes beginning in fall or winter, and fade in spring. Experts aren't sure what exactly causes SAD, but they think it may be caused by a lack of sunlight. Lack of sunlight may interfere with your "biological clock" which controls your sleep cycle and other circadian rhythms. People with decreased exposure to sunlight may also experience irregular levels of serotonin, a brain chemical (neurotransmitter) that affects our mood. (To read the full article click the link below.)

[Read More](#)



Mark Your Calendar

AR Quarterly Meeting
Wednesday January 25, 2017
1:30 pm - 3:30 pm
Independent Living Resources
1839 NE Couch St.
Portland, OR 97232
For More Information
info@accessrecreation.org

