



Creating a community that embraces the opportunities and challenges of older adulthood

April 2020

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Welcome from the Director

Dear friends,

All of our big April plans have been put on hold because of COVID-19, so we're switching up this month's newsletter to help educate our community on the virus and how you can take care of yourself.

Please know that, as of this writing, the Center is closed for all activities. While we don't yet have official word from the State of Oregon or Clackamas County Social Services, we are moving ahead on the assumption that we will be closed through most or all of the month of April. For this reason, we have not included a monthly menu or calendar of activities. We continue to provide home-delivered meals service, and most of our staff are still at their desks, checking in with people and responding to calls. So, if you have a question or a concern, please feel free to give the Center a call at 503.266.2970—we're here to do all that we can to keep the older adult community safe.

Thank you for your continued support—hope to see you soon!

Kathy

So What IS a Corona-virus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. This is what we are dealing with now. As it is a new coronavirus, humans have not developed any immunity to it. See inside for more information.

From the Oregon Health Authority:

Do:

- Stay home as much as possible
- Stay at least 6 feet away from others
When you are out
- Go out only for essentials
- Get regular exercise, keeping your distance

Don't:

- Gather in groups
- Get together with friends
- Make unnecessary trips

Open:

- Grocery stores
- Banks
- Pharmacies
- Restaurants (takeout, delivery only)
- Some other stores –stay 6 ft apart!
- Gas stations

Closed:

- Malls and retail complexes
- Fitness centers
- Barbershops, hair and nail salons, spas
- Theaters, museums
- Concerts, sport events
- Pools, playgrounds

Stay home, Save lives!

Board News and Announcements

BOARD OF DIRECTORS 2019—2020

CHAIR
Debbie Jewell
dljewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR
William Reif
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(Term ends Sept 2022)

TREASURER
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(Term ends Sept 2020)

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(Term ends Sept 2020)

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(Term ends Sept 2022)

Millie Reser
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(Term ends Sept 2022)

Mary Bosch
mbosch40@canby.com
(Term ends Sept 2020)

Jim Davis
jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer
johnit1940@gmail.com
(Term ends Sept 2021)

A word about our Board ~

We are grateful to our board members! Our nine-member board is filled by volunteers who have been elected (or in some cases, appointed) to sit as our board of directors, generally for a term of three years. They meet monthly, usually the second Wednesday of each month, and members and guests are always welcome to attend.

Board Minute Excerpts from Meeting March 11, 2020

Submitted by Ruth Howard

Directors Present: Debbie Jewell, Jim Davis, Johni Thayer, Mary Bosch, Brenda Mootz, Millie Reser and Ruth Howard **Directors Excused:** David May and Bill Reif

Staff Present: Kathy Robinson

City Liaison: Excused

The meeting was called to order at 1:00 pm by Debbie Jewell and a quorum was established. February 12th board meeting minutes were unanimously approved and accepted.

City Liaison Report: Greg Parker gave updates to Kathy to share with the BOD on quiet zones and the splash pad.

Treasurer Report: Detailed report available upon request.

Directors Report: Available upon request. Kathy has been invited to join the local Suicide Committee Task Force and is also on the Chamber Diversity and Inclusion Committee; she will be working to create awareness on the 2020 Census for our adult community.

New Business: The BOD approved moving forward with retro-fitting the fire alarm system in the kitchen.

It was discussed that fundraisers, activities and planned events would be subject to change based on government recommendations regarding COVID-19. Kathy has weekly calls with Clackamas County Social Services. Jim reported that Canby Fire has been proactive in educating vulnerable members in our community regarding COVID-19 and will continue to provide support. Daily briefings with immediate updates come to Canby Fire. Precautions are being taken to protect our community. Kathy will prepare for procedural changes and inquire with Marquis regarding their protocols for entry into the facility.

Old Business:

Bylaws: Kathy presented the revised bylaws. The board recommended several additional changes before circulation to the full membership

Nominating Committee: Brenda will chair the committee and Kathy will provide the committee with a clear list of criteria.

The meeting was adjourned at 2:10pm. The next meeting will be April 8, 2020. (**since suspended**)

New faces at the Center!

Once COVID-19 is behind us—and it WILL be put behind us—we will be happy to welcome two new members to our team:

- Jim White—will join our kitchen crew as Assistant Cook. Jim comes to us with many years' experience cooking for older adults. Jim has a particular passion for sauces:).
- Frank Hosford - will join our transportation team as an additional driver. Frank already serves as a MOW driver volunteer, so we're happy to bring him on board as staff.

Please join us in welcoming Jim and Frank to the CAC community!

Our Kitchen is Looking for an “Early-Bird” Volunteer: We are looking for several people who would like to volunteer as **table setters** for the dining room. This takes about an hour, and can be done with a partner or alone if you'd like. Table setters need to be early birds, so the tables are set by 9:00 am. If you're interested in being a “table-setter” please see Hurley.

Be Cautious—Please Don't leave Valuables in your vehicle

A car was recently broken into at the Swim Center parking lot. This occurred during the early evening hours, when the pool still had traffic. Unfortunately the person broke the car window and stole a purse that was inside.

We have learned that there was a similar break-in of another vehicle in a church parking lot the same evening. Please **do not leave valuables in your vehicle** and let us know if you see suspicious individuals in our parking lot; or contact Canby Police Department.

Report suspicious activity!

April Trips Suspended—Armchair Travel for your Enjoyment!

TRIPS GUIDANCE :

Please take note of the following procedures:

Trips sign-up begin the last Monday of the month prior, **except as noted.**

Phone Bookings accepted **only** for trips **without prepayment**. Bookings phoned in on the first Monday of sign-ups are processed AFTER all travelers who have come into the Center to book a trip in person.

You may sign up only yourself and **one other family member**.

Clearly note any mobility device needed, i.e., walker, scooter, wheelchair, etc.

Trips involving advance ticket booking by the Center, or a required bus fee **MUST** be paid in advance before your name goes on the list.

If you must cancel on a prepaid trip, we will reimburse any transportation fee collected; we will reimburse for prepaid tickets ONLY if we have another traveler ready to take your place.

Seniors (age 60+) and caregivers receive first priority for trips. Under 60 travelers may attend if space permits.

Travelers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (Tuesday and beyond) to sign up for trips that still have open spots.

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs

Thank you for your cooperation!

So, you're stuck at home for a while? Let's make the best of it and do some touring online or catch up on some favorite TV instead of all that laborious physical tromping to and fro!!! :)

Here are some ways of learning and amusing yourself on the computer while we wait at home for the all clear signs:

If you enjoy listening to music or dancing, go online and **type in “You Tube”** and then type in what you want to watch:

- a. New Intentions For The World - Michael Allen Harrison on Piano
- b. Square dancing demonstrations
- c. You can literally listen to any kind of music here (even actor Steve Martin playing the banjo)
- d. You can also watch dance videos, tutorials for anything, even learn how to crochet! (DON'T FORGET TO TURN YOUR SOUND ON)

For “virtual tours” visit the following websites:

- a. Oregon Zoo Animal Tour - <https://www.youtube.com/>
- b. Virtual museums tours online
- c. Portland Pittock mansion virtual tour
- d. <https://artsandculture.google.com/>
- e. And this isn't a virtual tour but an interesting “place to visit” www.mthoodmuseum.org



For all you Directlink Members: TV viewing has been a popular activity while more people are at home practicing social distancing efforts to help slow the spread of the coronavirus. No action is required on your part to activate these channels. They will automatically appear in your guide and other areas of the EZVideo app within the next couple of days if they haven't already and will be available for up to 8 weeks. Any content recorded on the channels will be able to be kept after that timeframe. More channels may join in on this offer in the near future. Check back on our [company news feed](#) for more information.

Some channels offering special programming during this time include:

The Sportsman Channel (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

The Outdoor Channel (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

Hallmark Channel (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

Hallmark Movies & Mysteries (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

Hallmark Drama (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

Fox News (EZVideo live, EZVideo Replay TV, watchTVeverywhere)

CNN (EZVideo live, EZ Video Replay TV, watchTVeverywhere)

So, once you've found a good link you really enjoy, send us a copy to the Canby Adult Center Website so we can share with others.

Getting tired of watching TV? Do you remember any of these old TV favorites?

Gilligan's Island—Ran for just three seasons, September 1964 to April 1967, remember the theme song? Hard to forget that tune... “Just sit right back and you'll hear a tale, ...”

What about Sonny & Cher—August 1971 to May 1974—

Remember, “I Got You Babe” →

Perry Mason—9 years, 1957 to 1966, Raymond Burr and Barbara Hale, as his lovely assistant “Della Street”.



Healthy Body—Healthy You!

April showers bring May flowers. Spring is HERE, trees are blooming, daffodils are sprouting up! Soak up that sun! This month our focus was going to be Alzheimer/Dementia Awareness, however, since we are home-bound, here are some good exercises you can do at home!

Take care of yourself, Mindy

Even though we've been ordered to stay home/stay inside, that doesn't mean we can't TRY to stay active. It's more important than ever that we keep moving and keep our physical strength up as best as we can. If you're able to get out for a walk around your home, go for it! It's not safe to meet up and socialize, but you are still able to take short walks around your home/neighborhood. Do something active EACH day. Unfortunately, we aren't able to work out at gyms or at the Adult Center....but that doesn't mean you can't do some simple, safe exercises from your living room or kitchen! Below are some basic, beginner exercises you can do at home. Don't worry if you don't have handheld weights. You can do these motions empty handed or even hold a can of chicken soup!

Wide Leg Squat: this is just a basic "sit to stand" exercise. Try starting from a seated position, feet positioned directly under your knees. Stand up slowly, keeping your posture/chest up. Once you're up, slowly lower yourself back to a seated position. Be sure your chair hasn't scooted out from under you. Repeat 5-10 times.

Standing Leg Curl: position yourself standing directly behind a sturdy chair. While using the back of the chair for balance, bend one knee at a time into a curled position (as pictured). Repeat on the same leg for 5-10 curls, then switch to the other leg.

Knee Extension: Sit upright with straight posture in your chair. Extend (or straighten) one leg at the knee. If you're able to lift your thigh off the chair, that will increase your workout! Repeat one leg 5-10 times, then switch to the other leg.

Side Leg Raise: Position yourself standing directly behind a sturdy chair. While using the back of the chair for balance, lift one leg out to the side (not too far, just a slight lift). Repeat one leg 5-10 times, then switch to the other leg.

Bicep Curl: You can do these either standing, or sitting in your favorite chair. Make sure you're sitting up straight, shoulders are back. You'll glue your upper arms to your sides and just curl/bend at the elbows, raising the weight or your can of soup or empty hands!) up towards your shoulders. You can either alternate right, left, right, left for a count of 10 OR you can do both arms at the same time for a count of 5-10.

Overhead Press: Have a seat in your kitchen chair, sit up straight, shoulders are back. Lift the weights (or cans or empty hands) up to your shoulders as pictured below. Raise your arms straight above your head (don't drop the weights!) either alternating right, left, right, left for a count of 8 OR both arms at the same time for a count of 6-8. These are more difficult than bicep curls, reduce the number you try the first time.

Seated Row (or Dumbbell Row): Have a seat in a sturdy chair. Begin sitting up nice and tall, then lean slightly forward. I prefer these done ONE arm at a time. You can rest your opposite arm across your lap for support. Row the weight up along your side, keeping your elbows in. Try 8-10 times with one arm, then switch to the other arm.

Toe Stand (or Calf Raises): Position yourself standing directly behind a sturdy chair. While using the back of the chair for balance, simply rise up onto your toes as HIGH as you can. Lower back down onto your heels. Repeat 8-10 times.

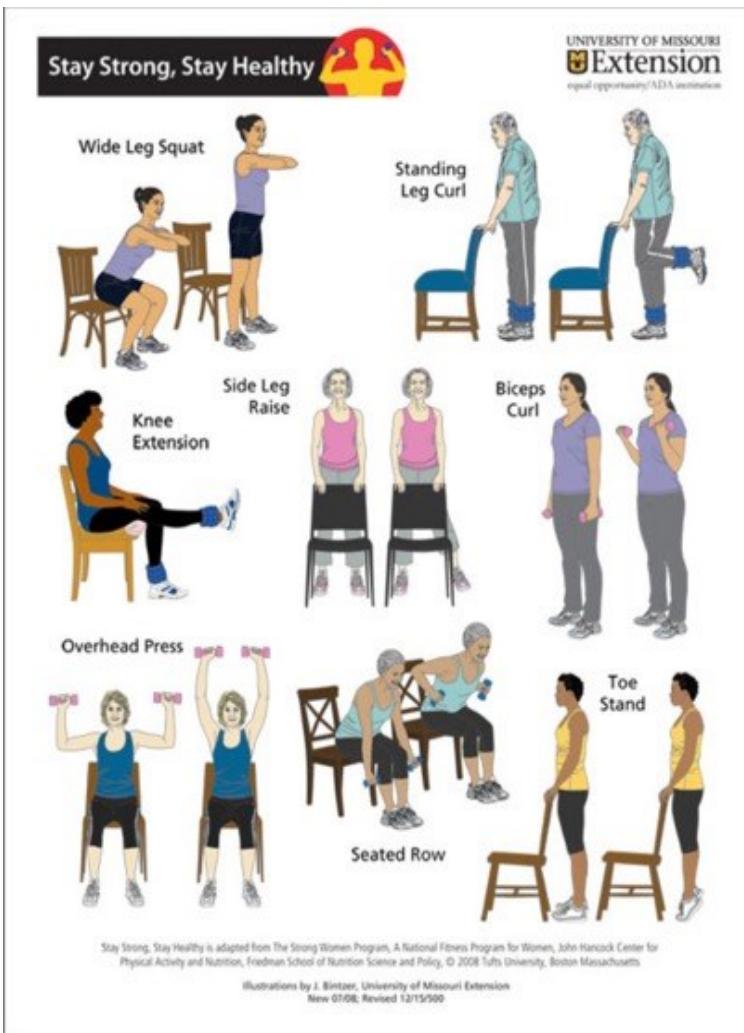
***These are just a FEW exercises you can safely do at home to get you started.

Always remember to breathe through the workout (don't hold your breath!) and make sure you drink lots of water.

If you're new to exercising, you might have some muscle soreness afterwards. That's a GOOD thing! Take a day to rest, then get back to it. Water, water, water!!!!

I look forward to seeing you all back in classes once this all settles. Stay healthy!!

Mindy



Around Town—COVID-19 edition



SPECIAL STORE HOURS FOR SENIORS

Thriftway – Monday-Friday from 7- 8 am for seniors.

Fred Meyer - Monday-Thursday from 7-8 am, for senior citizens (ages 60 and above) and other at-risk customers, as defined by the CDC. Order online www.fredmeyer.com.

Safeway - 7:00 am to 9:00 am. The set hours are available for senior citizens, and other at-risk members of our community such as pregnant women or those with compromised immune systems. Order online www.safeway.com.

Costco – Starting 3/24-4/28, every Tuesday & Thursday from 8 – 9am for seniors age 60 and over.

DELIVERY SERVICES FOR RESTAURANTS

www.doordash.com
www.ubereats.com

FOOD PROGRAMS

St. Vincent de Paul Food Bank - is open every Wednesday from 3:00pm until 8:00 pm. St. Patrick Catholic Church, 498 NW 9th Ave, Canby, OR 97013. For more information, please contact Gretchen McCallum 503-701-9135.

The Canby Center – 503.266.2920, 681 SW 2nd Ave, Canby info@TheCanbyCenter.org.

Options for receiving food amid COVID-19 concerns:
Ongoing Help: You may sign up to become a Thriving Together Program Member accessing 4 food pantry shopping times per month. Most families save hundreds of dollars a month. The food is picked up via drive up with your car either Tuesdays or Saturdays. Walk-up pick up is also available.

One-Time Help: If you only need one-time help with food, you can stop by the Canby Center for a food box.

LOCAL CANBY RESTAURANTS PROVIDING TAKE OUT SERVICE

- **Backstop Bar & Grill** - Phone: 503-263-6606 Address: 211 N. Grant St. www.backstopbarandgrill.com/menu-3/. Take-out and curbside delivery 11:30 a.m. to 7:30 p.m. every day.
- **Baker's Prairie Bakery** - Phone: 503-266-2253 Address: 1385 SE 1st Ave. www.bakersprairiebakery.com/. Baker's Prairie Bakery will be open 8 a.m. to 3 p.m., take-out only! If you need curbside, call us and we can accommodate you!
- **Biscuits Café** Phone: 503-263-3287 Address: 1477 SW 1st Ave. www.biscuitscafe.com/breakfast/.
- **Burgerville** Phone: 503-266-2658 Address: 909 SW 1st Ave. <https://order.burgerville.com/menu/burgerville-canby>. Drive-thru only, open 10 a.m. to 9 p.m.
- **Ebner's Custom Meats** Phone: 503-266-5678 Address: 272 N Grant St. <https://www.ebnerscustommeats.com/menus>

LOCAL CANBY RESTAURANTS PROVIDING TAKE OUT SERVICE

- **Pappy's Greasy Spoon** Phone: 503-266-5452 Address: 243 NW 2nd Ave. <https://www.zomato.com/canby-or/pappys-greasy-spoon-canby/menu>. Offering take-out and curbside pick-up from 7 a.m. to 1 p.m.
- **Puddin' River Chocolates** Phone: 503-263-2626 Address: 1438 S Ivy St. <https://www.puddinriverchocolates.com/>. Offering take-out and delivery.
- **Wayward Sandwiches** Phone: 503-266-3100 Address: 117 NW 2nd Ave. <http://waywardsandwiches.com/>. Open regular hours for take-out or curbside. Free delivery in Canby on orders of \$25 or more.
- **Wild Hare Saloon** Phone: 503-651-4273 Address: 1190 SW 1st Ave. <https://thewildharesaloon.net/menu/>. Hours 11:30 a.m. to 7:30 p.m. No breakfast.

PIZZA

- **Fultano's Pizza** - Phone: 503-266-1444 Address: 715 SE 1st Ave.
- **Lone Elder Pizza** - Phone: 503-266-1888 Address: 207 SW 1st Ave.
- **Odd Moe's Pizza** - Phone: 503-263-8444 Address: 1017 SW 1st Ave.
- **Pizza Schmizza** - Phone: 503-263-2300 Address: 851 SW 1st Ave.

CHINESE

- **The Gold Dragon** - Phone: 503-263-1877 Address: 204 SW 2nd Ave.
- **Happy Teriyaki** - Phone: 503-266-3445 Address: 1477 SE 1st Ave.
- **Joy Kitchen** - Phone: 503-266-8898 Address: 314 NW 1st Ave.
- **Rice Time** - Phone: 503-266-2623 Address: 356 NW 1st Ave.
- **Wally's Chinese Kitchen** - Phone: 503-266-2221 Address: 679 SE 1st Ave.

MEXICAN

- **Chapala Express** - Phone: 503-951-4126 Address: 919 SW 4th St.
- **El Chilito** - Phone: 503-266-4966 Address: 403 SW 1st Ave.
- **Los Dorados** - Phone: 503-263-3940 Address: 1011 SW 1st Ave.
- **Los Dos Agaves** - Phone: 503-266-1441 Address: 102 N Ivy St.
- **Nuevo Vallarta** - Phone: 503-266-1782 Address: 1385 SE 1st Ave.

SUSHI

- **Momiji** - Phone: 503-263-1150 Address: 1477 SE 1st Ave.

THAI

- **Thai Corner** - Phone: 503-263-2442 Address: 1109 SW 1st Ave.
- **Thai Dish** - Phone: 503-263-9898 Address: 108 N Ivy St.

A True Story from SE Asia...

Running from the Corona Virus Dragon in SE Asia

Wade Porter

47 years ago this true story begins. Wade was travelling around the world and heard wondrous tales of fabulous temples in the jungles of Cambodia, but the country was closed to outsiders. It was civil unrest and brutal Pol Pot and killing fields. True history.

Forward to August 2019, after marriage and kids and jobs, and mortgages and countless daily living, we signed up to take a guided tour of Vietnam, Cambodia and the temples of Angkor Wat, now a UNESCO World Heritage site.

Imagine our consternation when, in early February 2020, the coronavirus started to erupt in Wuhan, China. We watched and read with horror wondering how this could impact our trip scheduled for March 10-24. It was a daily vigil to review what was new with corona virus news. Vietnam seemed well managed. 16 cases. Not much change. But our airline reservations to get there ended up being changed three times to skirt the outbreaks: from going via Shanghai, China; then via Seoul, Korea; then finally via Tokyo, Japan. Just the same, we decided to go. 47 years is a long time to wait.

We arrived in Saigon, Vietnam (now properly called Ho Chi Minh City) late in the evening after about 28 hours of airplanes and airports. Upon arriving at the hotel, staff took our temperature with a forehead thermometer before allowing us to enter. Welcome to the Asian Corona Virus Dragon. It would set the tempo and it chased us our whole trip. Most everyone wears a facemask covering the nose and mouth. Antibacterial lotions and/or alcohol sprays are commonplace everywhere: at entrances to businesses, restaurants, on bathroom and hotel counters. Public service announcements are common on TV, billboards and everywhere reminding you to wash your hands.

Saigon, a city of 13 million, is a whirlwind in motion. People on motor bikes going every which way on the streets. It is frightening to watch compared to our orderly driving. And yet, the traffic flows; they drive at a slower speed; they expertly merge at intersections without stopping and they dodge pedestrians like carnival game pins.

After two days of sight seeing we flew half-way up the country to our next city. After a day of sight seeing, we checked into our hotel. Deserted! A five-star hotel. Eerie. Then the news hit. A guest in a Hanoi hotel had come down with corona virus. Authorities quarantined guests and shut down restaurants. We were scheduled to stay at that hotel in three days.

Our tour guide then made a decision. We would fly to Cambodia that evening as Cambodia announced that it would close its borders to all incoming Americans in two days. The Dragon had reared its head. But once we were in Cambodia, we could stay for 30 days on our visa if we had to.

Angkor Wat was fabulous. Built about the same time as the Notre Dame Cathedral in Paris, the 12 century, it is the crown jewel of an empire that ruled from about 900 to 1200 A.D.

But the corona virus was changing the whole world. Countries were closing their borders and restricting movement. Even the U.S.

In the end we cut short our trip by 5 days and flew home leaving Cambodia 1 day before they closed their borders. Our trip was exciting but edgy...staying one step ahead of the Corona Virus Dragon.

The rest of the story: You know it. We are experiencing it right here in Canby.

Are you learning something new? Here are some benefits of trying something new!

- 1—Your brain chemistry changes...
- 2—Your learning speed increases...
- 3—You make connections between skill areas...
- 4—It fights boredom ...
- 5—You adapt better to change...
- 6—You could stave off dementia!

Ideas for things to do inside at home:

- 1—Solve a cross-word puzzle;
- 2—Put together a puzzle;
- 3—Read a book;
- 4—Play cards;
- 5—Read a magazine;
- 6—Try preparing a new recipe;
- 7—Call a friend!

Stay safe—stay home!



"April Showers Bring May Flowers"...

There are 14 pictures of umbrellas in this edition of the newsletter... can you find them all?



Circle all the umbrellas you find as you read through the newsletter.

DISCLAIMER: *In the normal course of our Center activities and events, there may be times when your likeness may be caught on video and/or camera. In addition, your likeness may be inadvertently used in, and or placed on a variety of media, i.e., YouTube, Twitter, Facebook, Instagram and the many others that exist. If you are not comfortable with this and/or you find that by chance your likeness has been used and want it removed, please contact the Center and we will gladly do all we can to remove you and/or your family's likeness.*

Memoir Writing—Sharing

We meet 1st & 3rd Thursday of each month at 10 am for discussion and writing. A prompt is provided to get you started! Class Facilitator: Barbara Isom

How Old Would I be if...

Gloria Randolph~

My friend asked me recently how old I would be if I didn't know what year I was born. I would probably say the answer varies from one day to the next now a days. Sometimes I feel young and ready to accomplish a lot; other days I don't feel ambitious at all and prefer to laze about and watch the clouds puff themselves across the blue sky!

But, one year of my life stands out that was really a bright and shining star! It was my 45th birthday year and the summer was hot in the Willamette Valley, so we went to the beach almost every Friday night after work to our little trailer house down at Newport at the seashore.

Let me tell you about this trailer...One of our neighbors had this crummy little 17 foot "tin teepee" he wanted to sell and when I saw it, it spoke to my heart big time! I thought it would solve the problem of sleeping in bed bug motels for us to have our own accommodations and park it near the fishing dock where we had a boat in the water for the summer months. It was cheap...had a good frame, newer axle and tires, a good roof and a brand new mattress on a double bed and a small kitchen area. Clean as a whistle, but well worn. My husband thought it was the best idea I'd had all year and besides his faithful dog could go with us and we wouldn't have to pay the neighbor kid to feed and water him while we were gone. More money saved....

Those summer weekends at Newport were a real memory maker! While my husband and his pooch were fishing and pulling in crab pots, I was in town shopping or walking on the beach and just relaxing with no cares in the world after a busy work week at the office. Towards mid afternoon I would return to our hot little trailer and make a big potato salad or "ready-up" some potatoes for baking along with a big pan of corn bread to take to the bar-b-que that night at the dock. The other fishermen and their wives or girlfriends would all contribute to the communal dinner and we would enjoy fresh fish and crab caught that same day, along with home grown corn-on-the cob and other delights from their kitchens. Sometimes the guys would bring out a guitar and serenade us as we sat by the water and enjoyed ourselves.

Yep, life was good that year wearing old denim jeans and tennis shoes and sporting a good tan on the Oregon Coast. I am glad I lived life to the fullest and IN THE MOMENT! I wouldn't mind being 45 forever with the memories of that summer!

However, I must agree with the wise scholar who said: BEING YOUNG IS BEAUTIFUL, BUT BEING OLD IS COMFORTABLE!! And, I am so comfortable in my old age!

No Kumbaya

In 1964, we moved to Albany, Oregon, from Los Angeles, California where I had lived all my life. We were ready to begin our somewhat rural adventure. We lived in a small town and had fun exploring our environment.

We fell in love with the Willamette Valley and reveled in driving around, enjoying the trees, small towns and the miles and miles of orchards and market crops. The kids loved seeing cows and horses and we even had some Banty hens

for a while until we found out they pooped all over porches, front and back, and we couldn't get out of the house.

We made new friends and became interested in the many outdoor activities in which they participated. In a few months, summer arrived and the subject of camping came up. "You mean sleep outside?" asked the quivering voice of this city girl. Oh, sure, we would have a tent, we'd have sleeping bags—oh, such fun!! We'd be roughing it and get tough! "What? Sleep on the ground?" Oh, well, O.K. we'll get blow-up mattresses and they'll be so comfortable!

"I'm assuming there's no 'take-out' to Cascadia State Park—so I'm guessing we're going to cook something there?" Of course—we'll take cans of beans, stuff for sandwiches, steaks and bacon—and we'll fish! The Santiam river is right there with lots of fish—no problem. Actually, forget the steaks—we'll have lots of fish. We'll cook them over the campfire in bacon grease.

So, everything goes in the station wagon—and on top of it; tent, folding chairs, sleeping bags, pots, pans, coolers, clothes, extra blankets, blow-up mattresses, fishing equipment, etc. Since we had a one-year-old who was barely walking, we had a playpen, diapers, bottles, milk, toys, food for her—the usual paraphernalia needed that far exceeds the size of the child. We managed to also cram two little kids and two adults in (pre-seat belts) and off we went into the "wild."

Arriving in the beautiful Cascadia we selected a campsite and proceeded to instruct each other while installing the tent. O.K., almost level and workable, now for the air mattresses. Bicycle pump? Who knew? So, lung power and only on established fullness—that one was claimed by me. More sorting and arranging—trying to find things and finding a place for things. Finally, we're ready to start a fire!

A word about our campsite: it was dirty! There was no place to set something that wasn't on dirt. Oh, there were plenty of pine needles around, but somehow their magic didn't ameliorate the feeling of grit on everything I handled. I know you have to eat a pound of dirt before you die, but I think our baby ate her pound during that camping trip. The other thing she ate was the blueberries I had brought along for dessert.

Fire started and let's have beans. Oh — can opener? I know it got packed somewhere, didn't it? O.k. sandwiches are always good. Baby food for the baby. We'll fish tomorrow.

The fire was smoky due to damp wood, but we had our cold supper and were happy campers—until we noticed a very un-forest-like odor and noticed that our baby had blue poop escaping her diaper and running down her legs, mingling with the dirt. The blueberries she had been gobbling were coming back with a vengeance! Oh well, a new challenge—trying to find a way to heat up enough water to wash a baby's bottom.

So my first—and last—campfire experience lingers in my memory—but, Oh Lord—you'll hear no Kumbayas from me!!

Maureen Whitman

Bits & Pieces

BEWARE: Scammers may try to steal direct Payments to Americans for COVID-19

As the Coronavirus takes a growing toll on peoples' pocketbooks, there are reports that the federal government will soon be sending money by check or direct deposit to qualifying Americans. The details are still being worked out, but there are some important things to keep in mind, no matter what this looks like.

"Normally I would want to wait to know what the payment plan looks like before I put out a message like this. But these aren't normal times," said Attorney General Ellen Rosenblum. "It is just inevitable that scammers are gearing up to exploit vulnerable Oregonians to try to steal their government relief checks. We can prevent this from happening by being on high alert now"

Three tips to keep you safe:

- 1. The government will not contact you to ask you to pay anything** up front in order to get this money. No fees. No charges. Nothing. Anyone who asks for fees up front is a scammer.
- 2. The government will not contact you to ask for your Social Security number, bank account, or credit card number** to confirm your identity. Anyone who asks for this type of information is a scammer.
- 3. Keep in mind that, as of today - March 26 - Congress has not yet approved these payments and it could easily be another week or so. They are still working out the details. Anyone who tells you they can get you the money right now is a scammer.**

The bottom line: "No matter when or how much this payment winds up being, only scammers will ask you for money in order to get it."



Free: Living Well with Diabetes Workshop
May 14—June 18
Thursdays
1 pm to 3:30 pm at Canby Adult Center

Living with diabetes or caring for someone with diabetes? Join us for a **free six-week workshop** to discover tools to improve healthy, and outlook on life. These small-group workshops are fun and interactive and consist of 10-15 adults. Leaders share ways to help people take charge and feel better.

Participants receive a free "Living a Healthy Life with Chronic Conditions: resources book to keep. This evidence-based program was developed by Stanford University. Sponsored and provided by Clackamas County Social Services, Family Caregiver Program and Senior Corps.

For adults Ages 18+, Registration required
To pre-register call 503 266 2970
Please register by the first class in the series.
Questions? Call 503 650 5777 or email
livingwell@clackamas.us



With senior living communities and the public trying to limit exposure to COVID-19, many seniors may be feeling more isolated than usual.

Our call-takers are available 24/7 for friendly conversation and resources - call us anytime!
503.200.1633

SeniorLonelinessLine
A SERVICE OF CLACKAMAS COUNTY + linesforlife

The Senior Loneliness Line... Is a partnership between Lines for Life and Clackamas County. Our team of volunteers and staff are specially trained in working with older adults. Any aging adult who is experiencing loneliness, isolation, depression or anxiety can benefit from a confidential phone call with our Senior Loneliness specialists.

Sometimes knowing there is someone who cares and wants to listen can be of great help. **We are here for you. 503.200.1633**

2020 Census Update!!

To complete the **2020 Census over the phone** with a Census Questionnaire Assistance representative, **call 1-844-330-2020** with your ID card in hand. You should have received a mailing with an ID number unique to you!

If you would like more information about the **2020 Census**, please visit the **2020 Census Contact Us** page.



Wednesday, May 20th at 1 pm

Kimberly Whitley- Clackamas County Older Adult Behavioral Specialist. Her presentation will address the importance of social relationships and engagement in older adults. Don't miss it!

Are you Missing Kathy's daily lunch jokes?
Here are a few of her favorites!

Did you hear the one about the Turtle that got mugged by the two Snails?

When the Police asked him to describe the incident, he replied
"I don't know, it all happened so fast!"

What do you call ten rabbits marching backwards?
"A receding hairline"

A weasel walks into a bar. The bartender looks up and says "Wow! In all my years tending bar, I've never served a weasel. What can I get you?"
"Pop!" goes the weasel.

Client Services—Resources & Support Groups

If you have questions, contact Wendy May, Client Services Coordinator, 503-266-2970.



Clackamas County Crisis Line & Clinic: 503 655 8585

Senior Loneliness Line
503 200 1633 or
www.SeniorLonelinessLine.org

Clackamas County Aging & Disability Resource Connection
Information and referral:
503 650 5622

TAX UPDATE

AARP Tax Clinics—SUSPENDED
No Updates yet on if AARP will offer make-up clinics.

Both Federal and State agencies have EXTENDED the DEADLINE to file and pay taxes to July 15, 2020.

Here is one option for filing:
If you are tech-savvy, have home access to a computer, and make less than \$75K, you can file federal and state taxes online using Turbo-Tax. This is a **free service** and very user friendly. You can file both State & Federal returns for FREE!

For more information on State taxes, check the following:
<https://www.oregon.gov/dor/Pages/COVID19.aspx>.

Twelve Steps for Self-Care:

1. If it feels wrong, don't do it
2. Say exactly what you mean
3. Don't be a people-pleaser
4. Trust your own instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say no
8. Don't be afraid to say yes
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama and negativity
12. Love



"Well Connected" A Community For seniors

a phone and on-line program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home.

This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online.

CONNECT FROM ANYWHERE: Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.



5-4-3-2-1 Coping Technique for Anxiety

Anxiety is something most of us have experienced at least once in our life. Public speaking, performance reviews, and new job responsibilities are just some of the work-related situations that can cause even the calmest person to feel a little stressed. This five-step exercise can be very helpful during periods of anxiety or panic by helping to ground you in the present when your mind is bouncing around between various anxious thoughts.

Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground your self:

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

SOMETHING FOR EVERYONE:

Whether you like art or zoology, music or meditation, there is a program for you.

Each [Well Connected session](#) offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect.

HOW DOES IT WORK? Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

READY TO GET INVOLVED? If you're ready to register, please contact us at 877.797.7299, or coviaconnections@covia.org

Source: <https://covia.org/services/well-connected/>

4: Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

This technique is one of many options you could use if you are feeling anxious or overwhelmed. If anxiety is something that you struggle with regularly, and you continue to have trouble refocusing or coping with these feelings, please talk to your doctor.

Source: rmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx By: Sara Smith, BSW

Center Services Suspended for April

Canby Adult Center prepares and serves nutritious hot meals in our kitchen each Monday, and Wednesday thru Friday. Meals are served in our dining room and lunch guests must be seated by noon.

NUTRITION

Dining Room Meal: Our menu is prepared each month using county standards for meals and diabetic and low sodium alternatives are available. Suggested meal donation is \$3.50. Musicians provide musical entertainment occasionally; check the activity calendar for specific dates.

Meals on Wheels: Volunteer drivers deliver freshly prepared, nutritious meals four days each week, following the dining room menu. Additional frozen meals are available to cover weekend needs as well. Call 503-266-2970 to sign up!

TRANSPORTATION

Daily Transport: Call between 8:30—9:00 a.m. Mon/Wed/Thurs/Friday if you need a ride to the Center and we will pick you up in our bus or van in time for exercise classes. We also offer a late morning pick-up time for those who want to join us for lunch. Call between 8:30 and 10 am if you are coming for lunch only. We also offer a second run to take you home in the afternoons at 3 pm on Wednesday/Thursday/Friday.

Transportation Reaching People - TRP

Volunteer drivers transport seniors to destinations in Clackamas, Washington and Multnomah counties for important pre-scheduled appointments. 5 to 7 business days notice is required (we have a limited number of volunteer drivers). Call Wendy at 503-266-2970 to schedule a ride.

Recreation and Trips: Day-trips are pre-planned and offered each month. Trip sign-up is the last Monday of each month unless otherwise noted. Trips offered may be free of charge, include a bus donation and/or an entrance fee. Often a meal-stop is included as part of the trip. Usually you can find the monthly trip schedule and a detailed trip summary of trips on page 6. Trip fees vary and bus donations are always gladly accepted.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs ranging from:

- * Better Bones & Balance Geri-Fit®
- * Tai Chi Pound Class
- * Walk With Ease— Advance sign-up required.
- * Line Dancing (this is an informal, volunteer-managed group)

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. See inside for the schedule of guest speakers, which change monthly.

The activities and classes listed on the following pages are currently suspended because of COVID-19. We are including them in this month's newsletter so that first-time members can see what you have to look forward to, once we are back open for business!

RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. Scheduled recreation includes:

- * Bingo
- * Bridge, pinochle and canasta
- * Mahjongg
- * Memoir writing
- * Crafting group/Quilting group
- * Woodcarving Workshop

Activities and resources available on a drop-in basis include:

- | | |
|----------------------|----------------|
| * Ping Pong | Pool |
| * Exercise equipment | Books/library* |
| * Puzzles* | |

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.



CLIENT SERVICES

Home Visits

Client Services Coordinator regularly visits clients in their homes to determine eligibility for Meals on Wheels, as well as assess and educate them on other services or programs that may be useful to clients.

Information and Referral

The Client Services Coordinator has extensive knowledge of community resources that are relevant to older adults. Clients can schedule an appointment with the Client Services Coordinator to learn about resources and how to access them.

Senior Companion Program

Volunteers visit seniors weekly, providing companionship, transportation and independence. If you are interested in volunteering, or if you need a companion, contact Client Services!

Canby Adult Center Tours Available

Schedule your personal tour of the Adult Center with Client Services Coordinator, Wendy May. She will give you a full tour of the Center as well as share with you all the resources and services we have to offer.

To schedule your tour, contact Wendy May at 503 266 2970 Monday through Friday.

Center Services suspended for April

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

Legal Assistance—

Generally the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. Appointment required: call 503-266-2970 to schedule your appointment.

Senior Health Insurance Benefits

Assistance S.H.I.B.A.

SHIBA volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. They also provide occasional workshops to assist you in choosing the right plan for you. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. Call 503-655-8269 to request an appointment.

Free Blood Pressure Checks

Usually the 1st and 3rd Monday of each month, 10 am to noon!
Walk-in only.

Foot Clinic Choices

Call **503.266.2970** to schedule an appointment for your foot care needs. Service providers are LaVerne Lind, retired RN, and Patty Calcagno, RN. Appointment required.

LaVerne Lind, No appointments for April. This service includes a foot soak, nail trim and callus removal. \$15

Patty Calcagno, first Wednesday each month. No appointments for April. No foot soaking tub is needed; service includes nail trim and callus removal. \$30

Tilly's Mobile Hair Salon Right Here at CAC

Tilly's service fees:

\$17 Haircut for women \$15 Haircut for men

You can schedule your appointment in person at the front desk or call 503.266.2970.

Fort Kennedy-Veteran's Assistance and Information

A representative at CAC on the first and third Wednesdays each month from 1 pm to 3 pm. Provide information and services to homeless veterans. No sign-up needed, drop-ins welcome! Check in at the front desk to find their location in our building. Donations accepted for vets include:

Toiletries such as: razors, shaving cream, denture cream (adhesive & cleaner), and deodorant.

Clothing: jeans only, waist sizes 30 – 34 only.

Please give donations directly to Wendy May.

TOPS Group Meetings (weekly)

Tops (Taking Off Pounds Sensibly) meet each Tuesday. Membership is \$32 per year. Weigh-in each Tuesday, 8:30 am to 9:45 am; Meetings run 10 am to 11 am.

AARP Free Tax Clinic (Seasonal)

This service is provided through AARP volunteers. Appointments are taken beginning in mid-January for tax services that run February through mid-April.

Lions Club Glasses & Hearing Aid Collection

We offer a collection box for your used eye glasses and hearing aids. A Lions Club representative maintains the box and delivers it to its destination where your donations can be re-used.

Bulletin Board

We offer a bulletin board for the community where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. We make every effort to update our answering machine for closures but cannot always make it to the Center. If in doubt check the news!

Center Donations: We are not accepting donations at this time.

We gladly accept your donations of books (especially large-print books), puzzles, and small items for our bingo raffle.

We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home.

A food collection barrel is available year-round and located in our outer lobby to benefit Canby Center.

Unfortunately we are not able to accept:

Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs).

Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or styrofoam peanuts) on our benches. We cannot use those items.

Thank You!

On-going Classes and Activities—Suspended for April

Exercise Classes Open to Everyone!!!

Geri-Fit (Seated Exercise): Class meets Monday and Thursdays at 10:30. A great choice for focusing on strength training with light weights (provided) all performed from a seated position. The new class has an in-house instructor—meet Mindy!

No fee—donations appreciated.

Better Bones & Balance— Class meets Monday at 9:30, Wednesday and Friday at 10:30 AND 11:30 Monday, Wednesday and Friday. Get a great work-out involving light cardio, and lower body strengthening with the goal of maintaining existing bone strength and density. Join this class with our experienced instructor, Mindy Tilden.

No fee—donations appreciated.

Senior Tai Chi—Walk-ins welcome!

We are pleased to offer Tai Chi classes twice each week. Class meets every Wednesday and Friday from 9 am to 10 am. Check out this class—a great way to increase mobility and balance!

Instructor, Nick Hancock

No fee—\$2 donation suggested



“Let’s Dance” Line Dancing Classes: Monday, Tuesday & Thursday at 1:00

No partner needed for these popular and fun line dance classes! An early class Thursdays noon—1:00 focuses on learning new dances and review of old ones. New dancers welcome!

No fee—Donations accepted

Beginner Clogging Class (Appalachian Tap Dancing) Every Tuesday at noon



Every Tuesday, noon to 12:50pm

Loaner shoes available

Instructor: Ann Skoe 503-266-1321

No fee. No sign up - Just show up!

POUND— Every Thursday at 2:30 pm

You become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Riptstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective work out. Designed for all fitness levels, it provides the perfect atmosphere for letting loose, toning up and rockin’ out! The workout is easily modifiable for men and women of all ages and abilities.

No fee—Donations accepted

Quilting Class— Monthly on Wednesday,

9am – 12pm.

Suzie Voss facilitates a monthly class for quilters—all levels welcome! You need a portable sewing machine to get started. Come to class with either your own project or participate in the group project. Always happy to see new faces!

MONDAY at 10 am—Woodcarving Workshop

Come join our woodcarving workshop every Monday at 10 am. The facilitator, Mel, will let you know what you will need to bring to the next workshop the following Monday. See Wendy if you have questions.

TUESDAY

TOPS: Take Off Pounds Sensibly

Meet every Tuesday: Weigh-in 8:30 to 9:45 am
Membership \$32 per year Meetings 10 am to 11 am

Handiwork Group Meets at 10 am: Bring your own projects to work on while socializing with friends. Everyone welcome!

Beginning Clogging at Noon: (Appalachian Tap Dancing) - Loaner shoes Available; no fee, No sign-up Instructor—Ann Skoe

BINGO” Doors open at 12:15, games begin at 1 pm
Regular games: 1 packet \$5,
2 packets \$8,
3 packets \$10



Special games: \$2 for four games, 3 cards to a game, and payouts vary by number of games purchased.

Minimum Payout: \$5 per game for 7 – 11 players, \$7 per game for 12-18 players & it keeps going up!

Black-out Bingo: 1 number added every week!
Maximum pot \$200, weekly \$20 consolation prize

WEDNESDAY

Mahjong - every Wednesday at 2:00 pm!

Join our group for a fun afternoon of mahjong—we supply the tiles, you have the fun! Beginners always welcome!

No fee

THURSDAY

Memoir Writing Group at 10 am: If you enjoy writing, this group is for you! Participants are given a topic to write about at home and share their work at the next meeting. Topics often involve recording memories—a great gift to your family!

Class meets first and third Thursday at 10 am.
Drop-ins welcome; no fee.



WEEKLY CARD GAMES

Bridge:	Mondays 1 pm— 4 pm
Canasta:	Tuesdays 1 pm— 4 pm
Pinochle:	Tuesday & Friday 1:00
New players are always welcome!	



Just for Fun

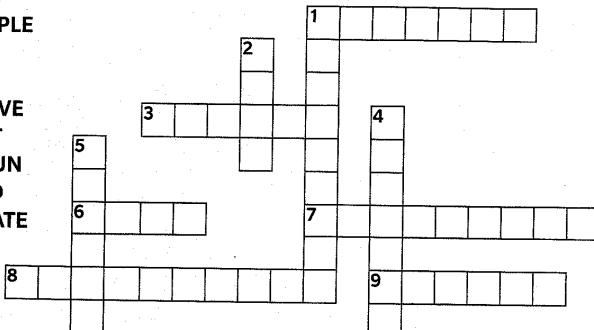
Place the words in the correct spaces in the puzzle below.

Source: Reader's Digest

BRAIN GAMES

Quick Crossword

ADVERB
PARTICIPLE
VERB
CLAUSE
ADJECTIVE
SUBJECT
PRONOUN
GERUND
PREDICATE
NOUN



ANIMAL WORD SCRAMBLE



1. earbve _____
2. uagrco _____
3. lwaurs _____
4. utrlte _____
5. lgroali _____
6. occriolde _____
7. luffboa _____
8. grite _____
9. osmopus _____
10. oirocsrnhe _____
11. lrtoalgai _____
12. penheatl _____
13. macle _____
14. lworvenie _____
15. yoctoe _____
16. riefgaf _____
17. myoekn _____
18. nkaoaoogr _____
19. nccaroar _____
20. daaakrvr _____

PrintableParadise.com

Finish the Sentence!

I always carry _____ in my bag.

I wish I could _____.

Sometimes I _____.

I'd eat _____ every day if I could!

A talent I have is _____.

Everyone says I am _____.

Today I will _____.

A talent I wish I had is _____.

Currently I am _____.

My favorite dessert is _____.

My favorite season is _____.



And finally, the best of Kathy's jokes...

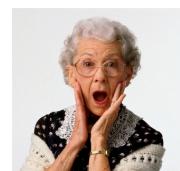
The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

On the first day at the new seniors complex, the manager addressed all the new seniors pointing out some of the rules.

"The female sleeping quarters will be out-of-bounds for all males, and the male dormitory to the females. Anybody caught breaking this rule will be fined \$20 the first time."

He continued, "Anybody caught breaking this rule the second time will be fined \$60. Being caught a third time will cost you a fine of \$180. Are there any questions?"

At this point, an older gentleman stood up in the crowd inquired: "How much for a season pass?"



Donors and Renewing Members

New and Renewing Members

Gayle Acker
 Ron Burn
 Alice Clark
 Jeff Denbo
 Irene Dietz
 Verda Gillick
 Larry & Yvonne Hepler
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 Sheila Isaacson
 Ron Johnson
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 Bev Mitchell
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 Allen & Janet Thiessen
 Magel Wetmore
 Cathy Whiting
 Sylvia Wiegand
 Donna Woodward

February/March Donors

Financial Donors:

Janet Adrian, Advanced Flight Systems,
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 American Legion Ladies Auxiliary Unit 111,
 Joseph & Geraldine Ballas, Robert & Vicki Brietbarth,
 Ron Burn, Canby Kiwanis Foundation
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 Nancy Sullivan, Johni Thayer, Howard Thomas
 Jim & Marilyn Thompson, Wilcox Arredondo
 Deb Williams

In-kind Donors:

Vicki & Robert Brierbarth, Dennis & Judy Elvey,
 Jen Hickman, Pat Schauer

Canby Girl Scout Troop #45168 and Victoria Simms, & Canby Girl Scout Troop #40947

for donating girl scout cookies to Meals on Wheels clients!



April Birthdays!

- | | |
|----------------------|-----------------------|
| 1 Tom Doudistel | 14 Joe Freeman |
| 2 Larry Lund | 15 Dale Williamson |
| 2 Anna Chesser | 15 Mary Jean Pedersen |
| 2 Judith Stone | 16 Abby Miles |
| 3 Marguerite O'Brien | 18 Alice Lyman |
| 4 Jeanne Dinnel | 19 Louise Doney |
| 5 Patricia Williams | 19 Linda Hickman |
| 5 Wanda Herman | 19 Patti Lucht |
| 5 Marjorie Irving | 19 Geni Pittelkau |
| 6 Luellen Fife | 21 Judy Adams |
| 6 Dave Fife | 22 Ron Tatone |
| 6 Gwen Reymore | 23 Sue Goetchius |
| 6 Nancy Sebastian | 24 Monna Hodge |
| 7 Rod Ruger | 25 Linda Schmidt |
| 9 Joyce Holmes | 26 Suzanne Marshall |
| 10 Dorothy Barich | 26 Cynthia Wales |
| 10 Violet Burley | 27 Caleb Lyman |
| 10 Dixie Loper | 27 Jan Kluth |
| 10 Anne Permenter | 28 MaryAnn McCann |
| 11 Marylee Dobbes | 28 Jeanne Sweet |
| 11 Marlene Dopp | 29 Galen Recknor |
| 12 Michael Monahan | 29 Maria Cox |
| 12 Marlene Benson | 29 Jan Gaige |
| 12 Kathy Levy | |



AND SOME THANK YOU'S!

Thanks to Canby American Legion Ladies Auxiliary for hosting a breakfast for CAC, and thanks to many members for attending. Thank you American Legion Ladies Auxiliary for your generous gift of \$516.00

Connie Bilton-Smith for decorating our display case!
AARP tax clinic volunteers for this free service.
Wade & Sunya for keeping our garden perfectly groomed.
Dennis Elvey for repairing our cabinets & table.

Meals on Wheels Drivers AND Kitchen Volunteers who are continuing to help us prepare and deliver home delivered meals.

Volunteers who have helped us call home-bound clients.

Thank you: **Jane Dahl/Smyrna Church**
Susie Rudolph Sessions and her LDS Church Ladies
Victoria Hannaman
Canby Fire Department

for making and providing face masks for CAC!



Thank you 2019—2020 Annual Appeal Donors

Gold Donors: Donations of \$101—\$250

Tom & Anna Adams
Robert & Janet Adrian
Abbie Allen
Gloria Altenhofen
Jeanette Blancic
Tina Borges
David Bolton
Laurel Boone
Marjorie Brood
Bob Cullison
Jim & Linda Dippman
Driver Family
Doris Eide
Eddie Evans
Merrill Farrington
John & Maggie Fouts
Judy Gardner
Hari Garg
April & Jared Gensman
Fred & Nancy Gill
Emmett Gray
Carmen Hamilton
Madeleine Henderson
Larry & Yvonne Hepler
Darrel & Shelly Herman
Charles and Roberta Hibbert
Hickman Family
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Name _____ Birth Month _____ Birth Day: _____
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