



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

May 2020

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Canby, OR 97013

Welcome from the Director

Dear friends,

Here we are, with round #2 of a COVID-19 newsletter. While we are missing you, please know that our kitchen and MOW teams are working very hard to get meals out the door for those who need them, while office staff are making wellness calls to the homebound. Now more than ever, its so important that you stay home to stay well, and help our first responders and medical community get this virus under control.

As we enter week #6 of social isolation, I am amazed every day by the generosity of the Canby community. We have received many offers of support, from volunteer time to homemade face masks to food and cash donations. We are so very grateful. Our federal funding sources have been increased to help us meet the additional needs posed by COVID-19, and our private donations are holding steady, so we are on a relatively solid financial footing, although donations are always welcome and appreciated. If you are looking for additional ways to support initiatives to alleviate the effects of COVID-19, please also consider the Canby Center and the St Vincent de Paul Food Bank—like us, both organizations have seen a huge increase in demand for food boxes and other essential items. Thank you.

A word on volunteering: We have taken many calls from people who are looking for opportunities to volunteer their time. While we appreciate these offers, volunteer opportunities are limited at this time, for several reasons: First and foremost—our regular kitchen and MOW volunteers continue to serve, sometimes more than one day a week—hooray! Second, with the closure of the building to the public, our need is reduced. We are currently using volunteers ONLY for food prep and meals delivery. Finally, meals delivery volunteers must clear a background check, which can take six weeks or more, so we are not able to put new volunteers to immediate use.

Please take care of yourselves, and each other - we will see you again!

Kathy

Polling all exercisers!

Don't let COVID-19 get in the way of your good health! For those of you who are missing Mindy's BB and B or Geri-Fit classes, we MAY have an option for you—see page 7 for more details!

American Red Cross Blood Drive—May 13th, 1:00—6:00 pm.

The Adult Center will host this blood drive on May 13th, regardless of whether or not we are open to the public. The ARC has seen a significant drop in blood donations, so we feel called to help. Sign up to give on the ARC website, or call the Adult Center to book a time. 503.266.2970.

Are you a Golden Anniversary Couple? Let us know if you've been married 50+ years!

While we don't yet know when we will physically be open for lunch again, that doesn't mean that we can't celebrate our longest-married couples! For now, we ask that couples who have celebrated 50 or more years of marriage, reach out to us to let us know.

If you have a digital photo of yourselves, please send it in to Kathy at cacdir@canby.com. Otherwise, let us know if you have a nice hard copy photo and we'll make arrangements to get it copied and back to you.

Let's have some fun with this!

Wishing all Mothers a very Happy Mothers Day!

While we won't likely be together to celebrate in person this year, we wish to send our very warmest regards to all of the moms out there—you're the best!

Board News and Announcements

Board Report—Update

BOARD OF DIRECTORS 2019—2020

CHAIR

Debbie Jewell

dlijewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupteam.com
(Term ends Sept 2022)

TREASURER

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2020)

SECRETARY

Ruth Howard

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(Term ends Sept 2020)

Dave May

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(Term ends Sept 2022)

Millie Reser

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(Term ends Sept 2022)

Mary Bosch

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(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.

Due to the Corona virus, no board meeting was held during the month of April. The Center has been officially closed effective March 16, 2020, however the kitchen staff, volunteers, and Meals on Wheels Coordinators have been working diligently to provide more than 800 meals per week. We have received numerous unsolicited donations for meals on wheels—and our community has really stepped-up to ensure that our seniors have what they need!

Around Town—COVID-19 edition

Other ways to support Canby safely – sometimes from your own home or car!

The Book Nook - 181 North Grant Street
Need new reading material? Order your book online through [Canby Book Nook](http://www.canbybooknook.com) website: <https://www.booknookcanby.com/browse/book>. Books ship directly from warehouse (faster) for a shipping fee, or ship to store for Free Shipping. Ship to store orders come in once a week and they will deliver to Canby, Aurora and Wilsonville. If you don't like to shop online, just call Book Nook at 503.776.8999 for assistance.

Canby Cinema 8 –252 NE 2nd Avenue

Missing movie night? If you have a DVD player, you can still enjoy a good movie with theater popcorn and other goodies, with Canby Cinema 8's "Mystery Movie Night" box!!! You let them know what rating you'd like. Movie genre is part of the mystery!

COMBO #1: Mystery Movie Box will come with 2 large (32 oz) drinks and 1 tub of popcorn, 2 candies, and of course, your movie all for \$20.00. You get to keep the DVD!

COMBO #2: Small Combo- 1 medium (22oz) drink, 1 candy, 1 small popcorn, and your mystery movie all for \$10.00

ALL orders are picked up curbside; let us know when you're going to pick up and we will bring it outside to you. Call (503) 266-8488 to place your order, pick up between 3 – 8:00 pm.

PLEASE INCLUDE:

- * Which combo you want to order.
- * Which drink(s) slushies are also offered at no extra cost!!
- * Would you like butter on your popcorn?
- * What candies you want?
- * RATING! (PG, Pg13, R, and if you specifically want a kids movie just say kids movie)
- * Good call back number and name
- * Date and time you'll be picking up

Canby Farmers Market is still on, starting Saturday May 9th! It will look a little different this year, with a new drive-through service from 9 to 10 a.m., and new safety protocols for market shopping from 10 to 1 p.m. In the age of COVID-19, the physical aspects of farmers markets may actually make them safer than grocery stores. Open-air markets allow for greater social distancing, and temporary booths grant flexibility and enhanced cleaning capabilities. Lots of vendors signed up, so visit the market on May 9th – at NW 1st and N Ivy.

Itching to get gardening? You have a couple of local options:

Margie's Farm and Garden: 503 866-6123
12814 Arndt Rd. NE Aurora, OR.

You may call ahead and they will pull your order, or you can drive up to the greenhouse and shop through the side walls. This is such a great time to work in your yard!! Monday - Saturday: 9:00 am - 4 pm,
Sunday: 10:00 am - 4 pm

Wilco Farm Store – 503 266 2213
197 SE Hazeldell Way, Canby

Time to start your garden? Wilco can still meet all your gardening needs. Order on-line and they offer curb-side pick-up. Visit their website at: www.farmstore.com—**choose the Canby store location**. Search for the item you wish to purchase, add it to your cart and when finished check-out! It's that easy! If you want the sale price, however, you will need to have an account (or open an account) but you can do that on-line too, as long as you have an e-mail address. They also offer **Senior discount program each Tuesday**, for all seniors (**age 55+**). It offers 10% off regular price merchandise. [Some exclusions include pet grooming, gift cards, etc].

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 4:00pm 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. 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! We can accommodate curbside service—just call us!
- **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.
- **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.
- **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.

Healthy Body—Healthy You!

Hellooooo from home! I hope everyone is staying HEALTHY through all this pandemic craziness. This month we're talking about both Women's and Men's health. I've also included a bit of information about meditation. It can be so good for relieving stress, just taking some time to sit and BREATHE. Check it out! I can't wait to get back to class soon.

- Mindy

Tips For Good Health for Women and Men In Later Life

See your healthcare provider regularly. Even if you feel perfectly healthy, you should see your provider at least once a year for a checkup.

Eat a rainbow. In later life, you still need healthy foods, but fewer calories. Your healthcare provider and the USDA's updated Choose MY Plate for Older Adults can help you make good choices. Experts recommend eating at least **five servings of fruits and vegetables daily**—but less than a third of older adults do this. Don't miss out.

- ◆ Choose a variety of fruits and vegetables; go for deep colors: dark green, bright yellow, and orange choices such as spinach, collard greens, carrots, oranges, and cantaloupe are extra nutritious.
- ◆ Choose fiber-rich whole grain bread, rice, and pasta instead of the white stuff. Pick less fatty meat, like chicken, and low-fat milk, cheese, and yogurt.
- ◆ Eat heart-healthy fish, like tuna or salmon, twice a week.
- ◆ To help keep your bones strong, include sources of calcium and Vitamin D—two daily servings of milk, yogurt, or cheese are a good bet—in your diet.
- ◆ Use healthier fats, such as olive and canola oils, instead of butter or lard.

Take medications and supplements only as directed. When you visit your provider, bring all of the pills you take, including medicines, vitamins, herbs, and supplements, even those you buy without a prescription. Always check with your provider before taking any new pills and tell your provider right away if a medication or other pill seems to be causing any problems or side effects.

Get screened. Certain screening tests can help diagnose health problems early. Ask your healthcare provider which tests are right for you.

◆ **Screenings for colorectal cancer:** People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the **age of 75**. For people **ages 76 through 85**, the decision to be screened should be based on a person's preferences, life expectancy, overall health, and prior screening history. Talk to your healthcare provider if you have any concerns about these screenings.

◆ **Depression screening:** If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed. Don't try to "tough it out." Untreated depression is bad for your mental and physical health. Talk to your healthcare provider and get the treatment you need.

◆ **Sexually transmitted disease screening:** If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex.

◆ **Hearing and vision screening:** Every year.

◆ **Cholesterol test for high blood cholesterol levels:** Cholesterol screening should be done after consulting with your physician. Screening frequency depends on your age and general health.

◆ **Diabetes check:** At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, get checked every three years.

◆ **Blood pressure check:** At least once a year

◆ **Dental check-up:** As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities. If you wear dentures, they should be checked to make sure they still fit properly.

Get vaccinated. Check with your healthcare provider to make sure you're up to date on all of your vaccinations. Consider getting an annual flu shot.

Lower your risk of falls and fractures. Be sure to get plenty of bone-healthy calcium and vitamin D daily. Do weight-bearing, bone-building exercises such as walking and jogging. Weightlifting and other strength training exercises are also good for your bones. If you've fallen in the past, ask your healthcare provider about local exercise programs that include strength training as well as balance, flexibility, and stretching exercises.

Bone health evaluation: Periodically. Your healthcare provider should evaluate your risk of osteoporosis, or "thinning of the bones." (It's not just a woman's disease.) Your healthcare provider should evaluate your risk and possibly recommend further testing. *Remember: exercise strengthens the bones at any age.*

Use sunscreen daily. Aging skin is more susceptible to sun damage, which increases the risk of skin cancer; use sunscreen year round and, for added protection, wear a wide-brimmed hat.

Quit smoking. Don't smoke; quit if you do. Tell your healthcare provider if you smoke; he or she can help you stop. For additional help, call 1-800-QUIT NOW. It's never too late to quit.

Spend time with others. Spending time and doing things with other people, of all ages, can help keep you mentally, physically and emotionally fit. It can also give your brain a boost and lift your mood. So volunteer, or join community or other groups and get involved in activities you enjoy.

Healthy Body—Healthy You (Continued)

Exercise your body. Regular exercise is important for good health, no matter how old you are. Along with a healthy diet, exercise helps you reach and maintain a healthy weight. It tones up your heart, circulation, and muscles; strengthens bones; increases brain function; lifts your mood; and can help prevent and ease depression. If you exercise with others you also get the fun and benefits of their company.

Exercise your brain. Join a book club, sign up for a class at the local library, senior center, or community college (some offer free classes for older adults). Do word puzzles, number puzzles, jigsaw puzzles – whatever interests you. Make sure you challenge your brain by trying new things, and playing against the clock rather than just repeating the same exercises over and over again. AARP provides free games of all kinds, to play alone or with others.

Source: HealthInAging.org

Tips Specific for Older Women

Older women are more likely than men to have chronic, or ongoing, health conditions—such as arthritis, high blood pressure, and osteoporosis. Older women are also more likely to have memory or other “cognitive” problems, and difficulty carrying out daily activities such as dressing, walking or bathing without help.

Fortunately, there’s a lot you can do to increase your chances of staying mentally and physically healthy as you age. Here’s what the experts with the American Geriatrics Society’s Health in Aging Foundation recommends specifically for women:

Drink in moderation. Older women should drink no more than 1 drink on a given day or 7 drinks total in a week. (One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.) If you have health problems or take certain medications, you may need to drink less or not at all.

Bone health evaluation: Medicare pays for a screening test for osteoporosis every 2 years. Consult your healthcare provider to evaluate your risk for osteoporosis and their recommendations for screening and possible therapy

Tips Specific for Older Men

Americans are living longer than ever, but American men still aren’t living as long as American women. The average life expectancy for men in the US is now roughly 75 years. For women, it’s more than 80.

Research suggests that a leading reason for the “longevity gap” between men and women is that men don’t take care of themselves as well as women do. Men are also more likely to engage in “risky” behaviors – like smoking and drinking heavily – than women. Experts agree that by taking better care of themselves, men can increase their odds of living healthier, longer lives.

Call your healthcare provider when you’re feeling sick. Men are less likely than women to see a healthcare provider when they’re not feeling well. Prompt medical care can make a big difference - sometimes, the difference between life and death. Don’t wait.

Get checked out! Screening for early signs of certain health problems can help diagnose them early. The following screening approaches are generally recommended for older men; ask your healthcare provider if they’re right for you.

Screenings for **prostate cancer and colorectal cancer:** Geriatrics experts now do not recommend screening for either colorectal or prostate cancer without first considering life expectancy. Studies have shown that the short-term risks may not be worth the benefits if life expectancy is under 10 years. You should talk to your healthcare provider if you have any concerns about these screenings.

Abdominal aortic aneurysm screening: once between the ages of 65 and 75 if you’ve ever smoked. An abdominal aortic aneurysm is an enlarged or swollen blood vessel in your abdomen that can be dangerous. If your healthcare provider finds you have an abdominal aortic aneurysm, it can be treated.

Drink only in moderation. Check with your healthcare provider to make sure that drinking alcohol—in light to moderate amounts—is alright for you. For older men, moderate drinking means no more than 2 drinks on a given day or 14 drinks total in a week. (One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.) If you have a health problem or take certain medications, you may need to drink less or not at all.

Source: HealthInAging.org

WHY LEARN TO MEDITATE???

Source: Mindful.org

When we meditate, we inject far-reaching and long-lasting benefits into our lives. And bonus: you don’t need any extra gear or an expensive membership. Here are five reasons to meditate:

- 1—Understand your pain
- 2—Lower your stress
- 3—Connect better
- 4—Improve focus
- 5—Reduce brain chatter

How to Meditate: Meditation is simpler than most people think. Read these steps, make sure you’re somewhere where you can relax into this process, set a timer, and give it a shot:

- 1) Take a seat ~ Find a place to sit that feels calm and quiet to you.
- 2) Set a time limit ~ If you’re just beginning, it can help to choose a short time, such as five or 10 minutes.
- 3) Notice your body ~ You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.
- 4) Feel your breath ~ Follow the sensation of your breath as it goes in and as it goes out.
- 5) Notice when your mind has wandered ~ Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6) Be kind to your wandering mind ~ Don’t judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
- 7) Close with kindness ~ When you’re ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

That’s it! That’s the practice. You go away, you come back, and you try to do it as kindly as possible.

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



Resources to help you through COVID-19

These are challenging times. Call the numbers below if you need help.

- ◆ **Unemployment & Workforce**
Employment Departments
Claim System 1 877 345 3484
- ◆ **Housing**
Renter Assistance Fannie Mae
1 800 2FANNIE

Clackamas Housing Rights
and Resources- 503 650 5750
- ◆ **Domestic Violence**
A Safe Place Family Justice
Center 503 654 2288
- ◆ **Mental Health/Peer Supports**
Suicide Prevention Hotline
1 800 273 8255



Coronavirus FAQ: Answers from Across the US Government

What are symptoms of coronavirus (COVID-19)? The most common symptoms in humans include:

- Cough
- Shortness of breath
- Unexplained loss of taste or smell
- Fever
- Sore throat
- Diarrhea
- Headache
- Muscle aches

How long does it take to develop symptoms after you have been exposed to COVID-19? According to the CDC, symptoms can appear two days to 14 days after exposure. A new study led by researchers at the John Hopkins Bloomberg School of Public Health shows that the median time for symptoms to show up is about five days, which is why the CDC uses the 14-day quarantine period for people with likely exposure to the new coronavirus.

Can coronavirus symptoms come and go? Yes. During the recovery process, people with COVID-19 might experience recurring symptoms alternating with periods of feeling better. Varying degrees of fever, fatigue and breathing problems can persist for days or even weeks.

Can you have COVID-19 without symptoms? Yes. Some people who are infected do not develop symptoms or feel ill.

How are coronavirus symptoms different from allergy symptoms? What about colds and strep throat? Allergies are common in the spring months, and can cause itchy eyes, stuffy nose and sneezing. The common cold can show up with these symptoms and others, such as a low-grade fever or cough. Strep throat is a bacterial illness with symptoms that include a sore throat and fever. COVID-19 shows up most often with fever, shortness of breath and cough.

How do I know if it's COVID-19 or the flu? It is not always easy to tell these two disease apart without a test. Your doctor may recommend a test for the flu if you have symptoms; as of April, flu transmission has tapered off in most areas of the U.S.

When should I contact a doctor about my symptoms? If you have a medical emergency such as severe shortness of breath, call 911 and tell them your symptoms. Otherwise, call your doctor's office and discuss your symptoms over the phone. Your doctor will discuss next steps, including if you should have a COVID-19 test.

Can I get COVID-19 from my pets or other animals? At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low; a small number of pets have been reported to be infected with the virus that causes COVID-19, mostly after contact with people with COVID-19.

Am I at risk for COVID-19 from mail, packages, or products? There is still a lot that is unknown about how it spreads. Coronaviruses are thought to be spread most often by respiratory droplets; although the virus can survive for a short period on some surfaces, it is unlikely to be spread from domestic or international mail, products or packaging. However, it may be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Do your part to stop the spread of rumors by doing three easy things:

1. Find trusted sources of information.
2. Share information from trusted sources.
3. Discourage others from sharing information from unverified sources.

To find trusted sources, look for information from official public health and safety authorities. You can find many official sources at [coronavirus.gov](https://www.coronavirus.gov). Check state and local government or emergency management websites and social media accounts for trusted information. On social media, be sure to check for a *blue verified badge* next to the account name. This tells you it's an official account.

Sources: <https://www.fema.gov/coronavirus/rumor-control>
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>

Bits & Pieces

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



Living Well with Diabetes Workshop

Originally set for May 14—June 18

Has been **Cancelled** due to unpredictability of scheduling around the Covid virus. Stay tuned on if it will be rescheduled later in the year.

CANCELLED



PLEASE NOTE:
The presentation below is **TENTATIVE** based on **If the Center is Open for regular activities.**

Relationships and Staying Engaged in Later Years Clackamas Behavioral Health Division May 20th 1 pm

Come join Kim Whitely, the Older Adult Behavioral Health Specialist with Clackamas County for a short presentation about why it is important to stay engaged in later years. Whether you're an introvert or extrovert come learn about a variety of health benefits and creative ways to stay engaged. The presentation will be followed by a game of Jeopardy (in teams) to learn more about this topic and win prizes!

No Fee

Sign-up required

Call 503 266 2970 or sign up at the front desk

2020 Census Update: You can complete the Census Questionnaire with an Assistance Representative over the Phone!

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.

Get back to exercise—Live with Mindy!!

We've heard from many of you about missing Mindy's exercise classes. One option that we're considering is to offer live online classes using the Zoom application—some of you may have already used this to have some face time with your loved ones.

The class, at least initially, will be a more basic, general class—we don't want anyone falling at home! In order to participate, you must have an e-mail address and either a smartphone, Ipad or computer with internet connection.

Our first step is to gauge interest and access: **If you have an e-mail address and the necessary equipment, and you're interested in trying out an online class, please send an e-mail to Kathy at cacdir@canby.com.** Please do this by May 10th; we will get back to you with instructions.

Fun, Fun, Fun!!!

Q&A About the Economic Impact "Stimulus" Payment

If I receive Social Security Benefits, do I need to file a tax return to receive my Economic Impact Payment?

The Department of the Treasury and the IRS announced that Social Security beneficiaries who are not typically required to file tax returns *will not need to file an abbreviated tax return* to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits.

Will the IRS email me or call me to get bank information to receive my Economic Impact Payment?

No, the IRS is not going to call or email you asking to verify or provide your financial information so you can get an Economic Impact Payment. You should also watch for text messages, websites, and social media attempts to get your money or personal information.

If I did not file a tax return in 2018 or 2019, how do I send the IRS my banking information so I can receive an Economic Impact Payment?

You can submit your information to the IRS through a secure web portal on [IRS.gov](https://www.irs.gov). You will need to provide your full name, date of birth, social security number, and bank account information to use this system. After you submit your information, you will receive your payment through direct deposit.

How can I check the status of my Economic Impact Payment?

The IRS has a free web app called "Get My Payment" that you can use to check the status of your Economic Impact Payment. The app also allows you to securely send your banking information to the IRS, if you would prefer to receive the payment through direct deposit instead of waiting for a paper check. Use the app at [irs.gov/coronavirus/get-my-payment](https://www.irs.gov/coronavirus/get-my-payment).

I need to file a tax return. How long are the economic impact payments available? For those concerned about visiting a tax professional or local community organization in person to get help with a tax return, these economic impact payments will be available throughout the rest of 2020.

See page 9 for sources on this article.

May 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!

Try out these home adventures!

If you have a computer, Ipad or smart phone, pull up your web browser:

1. Type in: **Thank You Frontline** by Chris Mann for an encouraging song to recognize the efforts being taken for our communities, nation, and world.
2. Type in: **COLLETTE TRAVEL – WE WILL TRAVEL AGAIN** (This is not an advertisement for Collette travel, but instead, a short video clip of some beautiful tourist destinations!)
3. Type in: **UTUBE THE OLDEST MAN:** this clip is “THE DOCTOR FROM THE CAROL BURNETT SHOW” and will give you a giggle!
4. Type in: **UTUBE True COLORS IN DADDY DAUGHTER DUET—** This is a heart warming look at a daddy loving his daughter!
5. Check out the “**Good News Network**”, an American online newspaper that publishes positive and uplifting stories. We could all use a little good news!

Other things to do when you “gotta” stay home:

Write a Letter, Text, or make Phone Calls: When you were more independent, you may have only checked in via phone on a monthly basis with your kids and old friends. However, now that we all have to practice social distancing, it is time to bump up the frequency of your contact, both by phone and text. A simple phone call or letter contact can go a long way in reducing the effects of loneliness.

Use Technology to Stay Connected: You might not be the most tech-savvy person, but that doesn't mean that you can't learn how to use something that can make it easier to stay connected with friends and family members. Ask your grandkids about the basics of working a computer and programs like Skype or Zoom and learn how to use Google.

Music: Music nourishes the brain. A study by Brenda Hanna-Pladdy, PhD, and Alicia MacKay, PhD, found that seniors who played musical instruments performed better on cognitive tests than those who did not play an instrument. Just listening to music also stimulates and exercises the brain.

Reading and Writing:

* Work on your memoir or learn to write poetry—or prepare some writing to join our memoir writing group when it resumes!

*Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Reminiscing Time: Get out those old photos of past vacations and family times and enjoy thinking about all the wonderful memories associated with them. Who knows, it may spark a memory that leads you to reach out and write or call that person and tell them you are thinking of them today.

Spring Cleaning: Tackle your pantry or your refrigerator by getting rid of old foods, clean out that junk drawer, go through your closets and pack up anything that you haven't worn in more than year. Eventually, the local thrift stores will be happy to receive your donated clothing.

“Simply acknowledging that we're all in this together (and not alone) feels huge, doesn't it?”

~Teresa Swanson Anderson

A Favorite Way to Spend a Lazy Day!

B. Isom

Many years ago, probably in the 60's, when the Greyhound bus station was in the heart of downtown Portland, I drove into the City from the suburb of Lake Oswego, to meet my mother's bus arriving from Eastern Oregon, for a visit. I had allowed plenty of time because of parking conditions, so it turned out I was quite early for the scheduled bus.

The bus terminal at that time wasn't the best place for a lone woman to just stand around, so I went into a nearby respectable watering hole. I purposely sat alone at a small table and ordered a drink. It wasn't long before another woman asked if she could join me and I responded positively. After she ordered a cool drink and relaxed a bit, she was anxious to tell me her story. "I'm running away from home," she said. I must have looked rather surprised at her pronouncement as she continued to say, "Oh, not permanently, only for a couple days. I left a note for my family so they wouldn't be worried about me. I'm only going as far as Salem. I have reserved a motel room; I have a couple books; some of my favorite musical tapes and movies and some snacks with plans for a few naps. I'm not mad at anyone, I just desperately need some 'me time'. I have been under a great deal of pressure and overwhelmed by family demands. I just decided this morning that I needed this break so I have been busy preparing only now to wait 45 minutes for my bus." Shortly thereafter I realized it was nearly time for my mother's bus to arrive so I bid farewell to my new friend and wished her a pleasant weekend.

I didn't wait long before my mother arrived and we were soon headed to my home and engaged in conversation. However, as you can see I never forgot this woman and her declaration of some 'me time', especially when I found myself completely engulfed with family demands. Indeed I was tempted many times to follow her example. Is 'me time' a lazy day?

It took many years before I discovered what even Einstein meant when he supposedly said, "Sometimes it's okay to just sit back and chill." But, how do you go about that when you are so occupied? I suppose back in the years when I enjoyed an awesome holiday the two weeks we went camping each year with friends at Wickiup Reservoir in Central Oregon, would have qualified. Most of the time there we spent daylight time on the beach chatting, joking, reading, sunbathing or napping with an occasional spin in the boat or a dip in the water. Meal time was simple and shared. At night many times after enjoying time around the campfire we adjourned back to the beach with a blanket to lie upon and observed and counted the stars, a passing satellite now and then and maybe a shooting star. Sometimes there was a lightning storm which was far more entertaining than a fireworks show. We all slept very well after such a busy dull day. A sip of Yukon Jack didn't hurt anything either.

My husband was never anxious to eat out as he ate lunch out at work during the week. To a woman at home, it is a real treat. Even ordering food at home instead of cooking maybe on a Friday night was a real treat. In early marriage sometimes as young couples we would gather with another couple or more and share some Dungeness crab and a cheap beer or two and chill out enjoying each others' company. Later we gathered sleeping children and carried

them to the car for the ride home. When the children grew too large to be easily carried, we had to find something else for entertainment.

Now my family is raised and I live alone so some of my favorite things to do on a lazy day would start with enjoying what passes through my thoughts while lying awake in bed in the morning after turning off the alarm. Instead of tearing around doing chores and organizing events, it's nice to just sit and look out the window with a cup of coffee in hand and do nothing but watch a bird or squirrel with perhaps some music in the background. I don't have the need to leave home like my long ago bus depot friend and I no longer go camping, but I enjoy many hobbies such as scrap booking, quilting, reading, writing, knitting and maybe a walk around the neighborhood once in a while. There's never enough time to do all the nothings you want to do.

I have given some thought to arranging bon bons around the perimeter of my bath tub to enjoy as I soak in a nice hot tub validating the false assumption some have about women at home. Do you think that people who blow kisses are hopelessly lazy? Oh well, yesterday I did nothing and today I'm probably going to finish what I did yesterday; one of the privileges of sporting "white hair".

"Odd or Even"

A. Allen

I had several errands to do over the weekend; more than one involved waiting in a line. However, the place where there wasn't a line was at the service station. Now-a-days we rarely wait in line for gas but that was much different in the early 70's.

October of 1973 there was an oil embargo in response to the U.S. support of Israel during Yom Kipper War. It seemed like in the "blink of an eye" gasoline became in short supply. Long lines that went around the block were common. Not only was there a shortage but the price of gas went up dramatically. In some cases service stations ran out of gas.

Systems were put in place to let customers know about availability. A green flag for "available", yellow flag for "limit on gallons" and a red flag for "no gasoline". Rationing became common place.

The best system though was the "odd and even" days. If your license plate ended in an even number you could buy gas on an even numbered day. The same held true for odd number plates and days. That simple solution cut down on panic.

Additional solutions emerged such as reducing the freeway speed to 55 MPH. There was a campaign called "Don't be Fuelish" to raise awareness of gas efficiency. Cars became much more fuel efficient.

I was living in Bend, and teaching second grade when the gas shortage began. My strategy was to get in line by 6 am to make sure there was time to get to work by 7 am. Bend was a small town in the 70's and everything was close by.

Those lines taught me a valuable lesson that I practice to this day; fill-up when the gas gauge is on the half-way mark. Year round day light savings time was also implemented but was not successful; it required children to line up for the bus in the dark. This was also the beginning of interest in renewable energy.

Lines may come and go; some are worthwhile and some are out of necessity. They will always be with us but it's how we use them that counts.

Just for Fun!

A "Couple Chuckles..."

- Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem!
- I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.
- I need to practice social-distancing... from the refrigerator.
- PSA: every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone
- This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.
- Quarantine Day 5: Went to this restaurant called **THE KITCHEN**. You have to gather all the ingredients and make your own meal. **I have no clue how this place is still in business!!**
- I'm so excited --- it's time to take out the garbage. What should I wear?
- **Home-schooling** is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.
- **Day 5 of Homeschooling:** One of these little monsters called in a bomb threat.
- **Day 6 of Homeschooling:** My child just said "I hope I don't have the same teacher next year".... I'm offended.

- **Classified Ad:**
Single man with toilet paper seeks woman with hand sanitizer for ... good clean fun.



Your Mind is Amazing!! Take a look at the paragraph below. Can you read what it says? All the letters have been jumbled (mixed). Only the first and last letter of each word is in the right place:

I cnduo't bvlieie taht I culod aulacly uesdtannrd waht I was rdnaieg. Unisg the icndeblire pweor of the hman mnid, aocdcnig to rsecrah at Cmabrigde Uinervtisy, it dseno't mttar in waht oderr the lterets in a wrod are, the olny irpoamtnt tihng is taht the frsit and lsat ltteer be in the rhgit plae. The rset can be a taotl mses and you can sitll raed it whoutit a pboerlm. Tihis is bucseae the huamn mnid deos not raed ervey ltteer by istlef, but the wrod as a wlohe. Aaznmig, huh? Yaeh and I awlyas tghhuot slelimgp was ipmorantt! See if yuor fdreins can raed tihis too.

Turn the page upside down to read the paragraph with all the letters in the correct order.

I couldn't believe that I could actually understand what I was reading. Using the incredible power of the human brain, according to research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be in the right place. The rest can be a total mess and you can read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole. Amazing, huh? Yeah and I always thought spelling was important! See if your friends can read this too!

1938 COST OF LIVING		
LIVING		
New House		\$3,900.00
Average Income		\$1,731.00 per year
New Car		\$860.00
Average Rent		\$27.00 per month
Tuition to Harvard University		\$420.00 per year
Movie Ticket		25¢ each
Gasoline		10¢ per gallon
United States Postage Stamp		3¢ each
FOOD		
Granulated Sugar		59¢ for 10 pounds
Vitamin D Milk		50¢ per gallon
Ground Coffee		39¢ per pound
Bacon		32¢ per pound
Eggs		18¢ per dozen

Getting outside SAFELY during nice weather

Although the weather is starting to warm up, we are still being asked to stay home and limit travel to essential trips. Here are a couple of Do's and Don'ts for spending time outdoors SAFELY during nice weather!

- Do...** Enjoy outdoor areas of your residence if you're able to maintain social distancing!
- Enjoy solo physical activities or those with members of your immediate household such as walking, biking and running.

- Have a virtual picnic with friends.
- Get things done at home such as gardening or washing your car.
- Open doors and window to get fresh air while remaining inside.

Don't...
Participate in group sports
Visit crowded parks
Attend social gatherings
Travel
Go out if you're sick
For more information visit healthoregon.org/coronavirus or call 211

Center Services Suspended for May

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!

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.

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 May

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 May

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 Ripstix®, 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
10 am. Drop-ins welcome; no fee.

THE POWER OF
Writing

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!

Donors, Renewing Members & Hometown Heros



May Birthdays!

- | | | |
|---|---|--|
| 1—June Ball | 13—Jone Drury, Dwight Knapp, Ron Berg, Darla Walker, Donna Gould | 22—Janet Hill |
| 2—Ruthella Bauer, Dixie Isom, Evelyn McKee | 15—Debbie Schauer, Kathryn Henderson | 24—Marian Larson |
| 6—Kay Parish, Elverna Parkins | 16—Helen Dobak | 25—Ron Lindland |
| 7—Cindi Moody | 17—Juda Hesse, Laura Sattler, Katharyn Wells | 26—Paul Troyer, Mary Ann Kocher |
| 8—Don Benson, Roy Harvey, Chris Parno, Donna Woodward, Maria Valdez | 18—Keith Jensen | 27—Sylvester Pavlicek |
| 10—George Schmidt, Terry Taggart | 20—Kathy Hanson, Carol Booker, Linda Michaelson, Phyllis Thompson | 27—Dorothy DeHackbeil, Patti Busse |
| 11—Yvonne Hepler, Jody Nave | 21—Lorraine Garrison, Mary Isaksen | 28—Dennis Hardy, Marie Riley, Shirley Simi |
| 12—Jeanette Blancie, Jerry Gobet | 21—Reta Beam | 29—Georgia Deetz |
| | 21—Joyce Peters | 30—William Tibbils |
- Thanks to Chris Boon/Regence for sponsoring monthly birthday cake!*

March/April Donors

Financial Donors: Anonymous, Dean & Helen Basinger, Jeff & Pam Barrow, Nancy Bayer, Carolyn Brown, Canby Methodist Church, John & Linda Calvert, Douglass Harmon CPA LLC, Steve & Joanne Duncan, Mary Eastman, Roberta Elders, Mel Farrington, Dale & Beverly Friedemann, Al & Linda Geddes, Bruce Gehrke, Rose Gunn, Patty Hatfield, Toni Hvidsten, William & Linda Kinman, Jan Kluth, Darline Kraxberger, Mary Ann Kropf, Beth Lucchini, Wendy May, Dale Nordlund, Micki Paul, William Patton, Marilyn & Rod Pentico, John & Sylvia Pigott, Howard Thomas, Rackleff Place, Vicki Smith, Nancy Sullivan, Lawrence & Mary Weber, The Estate of Randall Stewart Pitchford

In-kind Donors: Judy Berkey, Virginia Brelin, Canby Fire Department, Susan Doney, Kerry Harpster Darlene Kraxberger, Richard Van Hoomissen

New and Renewing Members
Richard & Viola Park, Don & Beverly Purvis
Jeanne Sweet, Linda Tasker, Tom Duffy

Home-Town Heroes

We are always so grateful for the generosity and community spirit shown by so many in Canby. The arrival of COVID-19, however, has really given some individuals and organizations an opportunity to shine! We wish to acknowledge the following friends who have helped the CAC community in one way or another during this crisis:

- Jane Dahl, front desk volunteer—for making lots and lots of masks for us
- Susan Rudolph Sessions and her LDS Church ladies—for masks!
 - Susan Hull – answered our Facebook call for more masks
 - Melissa Haskell with Haskell family dentistry – yay, more masks!

I know that these are many masks, but they are ALL being put to good use—we started with our volunteer home delivered meals drivers, then were able to offer masks to our clients as more of them became available. We thank you all!

- DirectLink leadership and staff—for tulips donation. We were able to send a small bunch out to ALL of our home delivered meals (HDM) clients!
 - Connie & Joe Kalinowski—tulips for our front desk
 - Maureen Whitman—tulips for our front desk
 - Vickie Breitbarth—dog food donation for HDM pets
 - Dave Stenzel—shopping for a homebound client
 - Virginia Brelin—toilet paper for HDM clients
 - Jenny Hickman—toilet paper for HDM clients
 - Anonymous—toilet paper for HDM clients
 - ST Vincent de Paul Food Bank AND the Canby Center, for continued collaboration to ensure food security for the Canby community, and for creative thinking to most effectively use resources available.
- Clackamas County Sheriff's Office, Oregon Food Bank and County Commissioner Martha Schrader—for food boxes
- Canby Fire Department—for N95 masks for kitchen staff, forehead thermometer for staff/volunteer checks, and for frequently checking in with us
- Last but not least: We thank, from the bottom of our hearts, our HDM and kitchen volunteers—without you, we couldn't make things happen!



Thank you 2019—2020 Annual Appeal Donors

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The Estate of Randall Stewart Pitchford

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