



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

**June 2020**

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## **Welcome from the Director**

Dear friends,

We hope that this June 2020 newsletter finds you and your loved ones safe and healthy. Unfortunately, it looks like COVID-19 will be around for awhile and, with it, a very slow and careful phased reopening of activities in Canby and beyond.

Because large group activities will only be authorized in Phase 3 of the State's plan, and because we serve an older adult population that is identified as more vulnerable to serious illness with COVID-19, the Board of Directors has authorized us to move forward with plans for a "virtual summer" - unless something significant changes, the Center will be closed to regular activities through at least the end of August:(.

While this is very sad news, an official decision does allow us to plan. Accordingly, we are in discussion about ways to take more of our activities online. Our first experience, with Mindy's exercise class, is going great (more on that below), so we are looking next at bringing one or more of the following activities to the internet and into your home: memoir writing, bingo, speakers, coffee hour or lunch, additional exercise.

If you would like to be included on an eventual e-mail list to know more about our plans, please send me a message at cacdir@canby.com. If you really want to see one of activities listed above—or something else—turned into a Zoom meeting, please let me know.

If the State of Oregon decides to open up more quickly, then we will obviously take another look at our current plans but, as always, your safety is our first priority. We WILL get through this—and think of the stories we'll have to tell!

Take care—Kathy

### **Celebrating our "Goldens" online!**

In cooperation with Willamette Falls Media Center, CTV5, CCSS and several fellow senior centers in the county, we are thrilled to participate in a virtual service to celebrate couples together for 50 years or more! You can tune in on channel 5 on Friday, June 19th, at 11:00 am. There, you will find a non-denominational minister to lead a renewal of vows and some great music, as well as a slideshow of all of the participating couples in the county. We will even deliver a special lunch to our long-lived couples, but you must sign up in advance!

Please call the Center if you would like more information. 503.266.2970.

### **Virtual speaker—staying engaged!**

Tuesday, June 23 at 1 pm. Learn more about the importance of staying engaged, especially in this time of COVID-19. This will be a Zoom meeting, see page 4 for more information.

### **Get back to exercise—Live with Mindy!!**

Our first Zoom exercise class is off and running! We've had over 30 people ask to sign up for Mindy's live, online exercise class, but there is always room for more! What you need:

- 1) A computer with monitor, or an iPad, with internet access. Smartphones will work in a pinch, but the screen is very small.
- 2) Sound/video - Your computer/laptop/ipad needs to have sound, otherwise you won't be able to hear what's going on!

This live class is offered Monday, Wednesday and Friday at 10:00 am. For those of you who have exercised with Mindy before, the class is a blend of Geri-Fit and Better Bones and Balance, with an emphasis on safety since you're working out at home.

**If you're interested in trying this live class, please send an e-mail to Kathy at: cacdir@canby.com.**

**Fun, Fun, Fun!!!**

# Board News and Announcements

## BOARD OF DIRECTORS 2019—2020

### CHAIR

**Debbie Jewell**

[dlijewell2@canby.com](mailto:dlijewell2@canby.com)  
(Term ends Sept 2021)

### VICE-CHAIR

**William Reif**

[billr@equitygroupteam.com](mailto:billr@equitygroupteam.com)  
(Term ends Sept 2022)

### TREASURER

**Brenda Mootz**

[mootzb@canby.com](mailto:mootzb@canby.com)  
(Term ends Sept 2020)

### SECRETARY

**Ruth Howard**

[frhoward6680@gmail.com](mailto:frhoward6680@gmail.com)  
(Term ends Sept 2020)

### Dave May

[dmay@utep.edu](mailto:dmay@utep.edu)  
(Term ends Sept 2022)

### Millie Reser

[softballlady63@gmail.com](mailto:softballlady63@gmail.com)  
(Term ends Sept 2022)

### Mary Bosch

[mbosch40@canby.com](mailto:mbosch40@canby.com)  
(Term ends Sept 2020)

### Jim Davis

[jimmik7@canby.com](mailto:jimmik7@canby.com)  
(Term ends Sept 2021)

### Johni Thayer

[johnit1940@gmail.com](mailto: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.

## Excerpts from Board meeting for Wednesday, May 13, 2020

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

**Directors Excused:** Mary Bosch and Bill Reif

**Staff Present:** Kathy Robinson

**City Liaison:** Greg Parker excused

**The Virtual Meeting** was called to order at 1 pm by Chair, Debbie Jewell; it was established there was a full quorum. Minutes from the March 11, 2020, board meeting were unanimously approved. The BOD did not meet in April due to the COVID pandemic.

**Treasurer Report:** Brenda Mootz noted that investments were much improved. Detailed report available upon request.

**Directors Report:** Full report available upon request. MOW program is doing well keeping up with the increased demand and volunteers are remaining healthy. The Center has adapted well to the new protocols and continues to pursue safe ways to provide services to the CAC members. CAC has started a virtual exercise class and will look at additional virtual programming options going into summer.

**New Business:** Kathy reminded the Board that it is budget season; the Finance committee should expect a first draft in the next 2 weeks..

Jim Davis reminded the BOD that community updates on the COVID virus are held every Tuesday at 5pm and can be found on the Four Square Church Facebook page or the Chamber website.

**Old Business:** Bylaws will undergo final revision and circulation prior to sending out with newsletter. Kathy to secure at least one more quote for fire suppression system upgrade in the kitchen. Also seeking additional quotes to strip and polish floors.

At 1:45 the meeting was adjourned. The next meeting will be held via ZOOM on June 17<sup>th</sup>.

*Submitted by Ruth Howard, Secretary*

## COVID-19 Re-opening Update

As most of you know, the State of Oregon Governor's office has issued a three-phase plan for reopening Oregon. As of this writing, 33 of 36 counties have been approved to enter Phase I. Clackamas County will submit its plan before the end of May.

In order to be approved to enter Phase I, counties must show satisfactory progress in meeting 7 prerequisites, that deal with declining prevalence of the virus, testing, tracing and medical facility capacity, and access to personal protection equipment. Assuming that Clackamas County's plan to enter Phase I is approved, you might look for the following:

- \* Restaurants will be allowed to reopen for dine-in service, following strict physical distancing guidelines that allow for a minimum of 6 feet distance between dining parties. You will also notice that all restaurant employees are wearing face masks—this is a requirement to reopen. They may ask you to wear a mask as well, while you are not eating.
- \* Personal care services (hair salons and barbers) as well as gyms, will be allowed to reopen, again with physical distancing requirements. The service provider may be required to get contact information for you, in the event someone in the salon later tests positive for COVID-19. You will see an increased focus on sanitation—cleaning between customers, use of hand sanitizer, etc.
- \* Local gatherings: MAY be increased to up to 25 individuals, again with social distancing. Further guidance specific to church services is expected to be forthcoming. If in doubt, check with your pastor.
- \* Independent of the three phase plan, you will see a gradual reopening of local parks and other outdoor recreational facilities.
- \* Unfortunately, regardless of which phase we are in, please keep in mind that vulnerable populations—the elderly and the immunocompromised—are still strongly advised to stay home unless an outing is really necessary.

# Healthy Body—Healthy You!

Another month staying home / staying healthy! I'm glad we are able to do our part to help flatten the curve and keep ourselves (and others!) healthy, but I'm ready to come back to work! We've started our online workouts, and it's amazing! So great to see some familiar faces. Hope to see the rest of you all SOON.  
Stay healthy! ~ Mindy

## What is melanoma?

Melanoma is a kind of skin cancer. It isn't as common as other types of skin cancer, but it's the most serious. Melanoma usually looks like a flat mole with uneven edges and a shape that is not the same on both sides. It may be black, brown or more than one color. Most melanomas show up as a new spot or skin growth. But they can form in an existing mole or other mark on the skin. Melanoma can affect your skin only, or it may spread to your organs and bones. As with other cancers, treatment is best when found early.

**What causes melanoma?** You can get melanoma by spending too much time in the sun. Too much UV radiation from sun exposure causes normal skin cells to become abnormal. These abnormal cells quickly grow out of control and attack the tissues around them. Both melanoma and nonmelanoma skin cancers are caused by the sun

## Other types of skin cancer

**Basal cell carcinoma** is the most common nonmelanoma cancer. It can damage deeper tissues, such as muscles and bones. It almost never spreads to other parts of the body.

**Squamous cell carcinoma** is less common and often develops from a small rough spot that grows in sun-damaged skin. It sometimes spreads to other parts of the body.

## What are the ABCDE's of moles?

Skin cancer pictures are helpful, but this is a tried and true way to answer, "what does skin cancer look like?" The method of identifying cancerous moles is called the "ugly duckling sign" because you're looking for the odd one; the mole that is a different size, shape, or color than the surrounding moles. The ABCDE's of moles will teach you how to spot skin cancer, the "ugly ducks" if you will. You can visit the American Academy of Dermatology website ([AAD.org](http://AAD.org)) for images of how to spot the suspicious moles.

**A — Asymmetry:** If you could "fold" a mole in half, both sides of an irregular one would not line up evenly.

**B — Border irregularity:** Border irregularity is when a mole has a crooked or jagged edge rather than a round, smooth edge.

**C — Color variation:** Some moles are dark, some are light, some are brown, and some are pink but all moles should be the same color throughout. A darker ring or different colored splotches (brown, tan, white, red, or even blue) in a mole should be monitored.

**D — Diameter:** A mole should be no larger than 6 mm. A mole larger than 6 mm, or one that grows, should be checked by a dermatologist.

**E — Evolving:** A mole or skin lesion that looks different from the rest or is changing in size, shape, or color.

**Any other warning signs of skin cancer?** Skin lesions and moles that itch, bleed, or won't heal are also possible alarm signals of skin cancer. If you notice the skin is bleeding (for instance, while using a washcloth in the shower) and does not heal on its own within three weeks, go see your dermatologist, says Dr. Crutchfield.

**How often should you check for skin cancer?** Yearly skin exams are typically recommended as a preventative measure, says Dr. Crutchfield. In addition to a head-to-toe exam, they can also take photos of any suspicious moles. A monthly skin-check at home is recommended to check for new lesions or to monitor any changes in atypical moles. Do the skin-check by standing naked in front of a full-length mirror, in a room with good lighting, holding a hand mirror, says Dr. King. (Don't miss forgotten spots like your scalp, between your toes, and nail beds). Get a friend or partner to do a check of hard to see places like your back.

Bottom line: There are many types of skin cancer, which can look different person to person— see your doctor if you notice any marks on your skin that are new or changing or worrisome. When it comes to reviewing skin cancer pictures and identifying the big C, Dr. Crutchfield's best advice is "see spot, see spot change, see a dermatologist."

**Prevention is key! SUNSCREEN, SUNSCREEN, SUNSCREEN!** Sun protection starts with sunscreen (EVERY SINGLE DAY). Then a big hat, extra points for UPF clothing. But what else can you do to safeguard your skin?

Some skin safety advice: everyone should wear broad-spectrum sunscreen on their face, neck, chest, and hands every day and reapply it every two hours when outdoors; whatever you do to shield your skin from direct sunlight is a good thing.

While experts say we've come a long way since the days when SPF 8 was considered adequate, they stress that staying healthy and smooth-skinned is about more than just diligent sunscreen use.

"For now, I recommend mineral sunscreen, which the FDA has already cleared. I also tell my patients that SPF is only one piece of the sun-safety puzzle," says *Shape* Brain Trust member Mona Gohara, M.D., a dermatologist in New Haven, Connecticut, and an associate clinical professor of dermatology at Yale University. "We need a 360-degree strategy that takes into account what we put into our body, our lifestyle, and all forms of light exposure."

Science also has a better understanding of how light-induced skin damage occurs—and more importantly, how to halt it. Here are a few simple sun protection tips to maximize your efforts:

**CONSIDER SUPPLEMENTS**—A 500-milligram supplement of a form of vitamin B3 (niacin) called niacin amide twice/day may reduce the risk of non melanoma skin cancers by 23 percent.

**EAT YOUR SUN PROTECTION**—Not exactly, however, a diet rich in fruits and vegetables, legumes & whole grains helps lower the risk of all cancers and that includes skin cancer.

**AVOID CERTAIN FISH**—While the healthy fats in fish may offer sun protection and lower your skin cancer risk, overdoing it on high-mercury types (like swordfish) could have the opposite effect. It's smart to stick to lower-mercury varieties like salmon and shrimp.

**STAY SAFE BEHIND THE WHEEL**—Over half of all skin cancers in the US occur on the left side of our body, the driver's side of the car. Research published in *JAMA Ophthalmology* shows that while the average percentage of front-windshield UVA blockage is 96 percent, side windows offer far less.

# Around Town—COVID-19 edition

## GUEST SPEAKER JOINS US VIA ZOOM ON June 23rd at 1:00 pm

Staying engaged in later years virtual presentation. Join Kim Whitely for a virtual workshop on the Importance of Relationships and Staying Engaged in Later Years. Learn about how engaging with others impacts your physical well-being and can help in preventing and easing anxiety and depression as well as cognitive decline.

We will talk about how to do this during the COVID-19 crisis and safe ways to engage when things re-open. We will also talk about the differences between introverts and extroverts and how this affects social engagement.



**Never done Zoom before?** All you need is a smartphone, i-pad or computer and an internet connection. If you'd like to join this meeting and learn more about Zoom send Kathy an email at: [cacdir@canby.com](mailto:cacdir@canby.com)

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**Below are a few LOCAL businesses you can support while staying safe!**

**The Book Nook** - 181 North Grant Street Need new reading material? Order your book online through the website: <https://www.booknookcanby.com/browse/book>. Books ship directly from warehouse (faster) for a shipping fee, or ship to store for Free Shipping. 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! Call Canby Cinema at (503)266-8488 to learn more and to place your order!

**Canby Farmers Market is back!** Saturdays, 9:00 am—1:00 pm, at NW 2nd and Holly, in front of Gwynn's coffeehouse. Fresh produce, baked goods, veggie starts, flowers, food and more! While social distancing is practiced at the market, you can also phone in an order starting at 9:30 am: (503) 347-7916

**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.

**Wilco Farm Store**— 503 266 2213

197 SE Hazeldell Way, Canby  
Order on-line: [www.farmstore.com](http://www.farmstore.com), choose the Canby store location. Search for the items you wish to purchase, add them to your cart and "check-out"! If you want sale prices you will need to have an account; they offer curb-side pick up; **Senior discount program (age 55+) each Tuesday,**

## Cutsforth's Market Curbside Shopping:

Monday—Friday, 8 am—4 pm. At-risk customers who need to stay out of the store qualify for this (temporary) service until an online shopping program is available.

How to order:

- 1) **Send us an e-mail** with your name and phone number;
- 2) **Email your shopping list** to [office@cutsforths.com](mailto:office@cutsforths.com);
- 3) Or call (503)266-2016 Mon-Fri 8:00 am—4:00 pm.
- 4) Orders need to be placed a day in advance;

If your list is organized by department, that is much appreciated. There is a \$5 shopping fee per order.

**Shop Fresh—Shop Local!!**

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## LIBRARY

- ◆ **Book Drop Open every Monday 8 am - 8 pm**
- ◆ **Fun Activities with Peggy to Do at Home**  
Boredom busters and creative things to do at home! follow this link:  
<https://www.canbylibrary.org/watch-online.html>
- ◆ **Library Staff Available by Phone**— Weekdays 10 am to 4 pm to help with: online resources to help with kids' homework, online meeting tools like Zoom, Ebooks, how to find and print tax forms and unemployment forms, and more. Call 503.266.3394 to talk to a staff person. Need a library card? Get an Ecard that allows immediate access to all LINCC online resources, including Ebooks and eAudiobooks. Visit [https://lincc.ent.sirsi.net/client/en\\_US/lincc/search/registration/\\$N/SYMWS/true](https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/$N/SYMWS/true)

**Senior Online Games.** A huge selection of on-line games for seniors is available, ranging from those that sharpen your cognitive skills to those that are simply an easy and enjoyable way to pass time. Popular and free online games and coloring pages listed below:

<https://guideforseniors.com/blog/senior-online-games/>

<http://www.supercoloring.com/collections/coloring-pages-for-adults>

<https://www.crayola.com/free-coloring-pages/adult-coloring-pages/>

AARP features a collection of online games such as chess, puzzles, card, brain and word games. They also have multi-player games, where you can play against other people who are currently playing online.

# 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 seniors (60+) and at-risk customers, as defined by the CDC. Order online [www.fredmeyer.com](http://www.fredmeyer.com).

**Safeway** - 7 am - 9 am. for seniors and at-risk members of our community such as pregnant women or those with compromised immune systems. Order online [www.safeway.com](http://www.safeway.com).

**Costco** – Every Tuesday & Thursday 8 – 9am (seniors 60+)

## FOOD PROGRAMS

**St. Vincent de Paul Food Bank - open every Wednesday** 4 pm to 8 pm. St. Patrick Catholic Church, 498 NW 9th Avenue. To protect your safety, this is now a drive-through service—you just pull up in your car and volunteers will bring your food box to you. For more information, call Gretchen McCallum 503-701-9135.

**The Canby Center** – 503.266.2920, 681 SW 2nd Ave, Canby [info@TheCanbyCenter.org](mailto:info@TheCanbyCenter.org). Options for receiving food amid COVID-19 concerns:

**Ongoing Help:** Sign up to become a Thriving Together Program Member accessing 4 food pantry shopping times per month. 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.

**Zoar Lutheran Church Community Meals**— 503.266.4061 190 SW 3<sup>rd</sup> Ave. Zoar Lutheran offers the community free hot meals, boxed to-go, twice per week on **Tuesdays and Sundays** 5 pm – 6:30 pm. Drive up to order and pick up. Call for more information.

## LOCAL CANBY RESTAURANTS PROVIDING TAKE OUT SERVICE

- **Backstop Bar & Grill** - Phone: 503-263-6606 Address: 211 N. Grant St. [www.backstopbarandgrill.com/menu-3/](http://www.backstopbarandgrill.com/menu-3/). Take-out and curbside delivery 11:30 a.m. to 7:30 p.m.
- **Baker's Prairie Bakery** - Phone: 503-266-2253 Address: 1385 SE 1st Ave. [www.bakersprairiebakery.com/](http://www.bakersprairiebakery.com/). Baker's Open 8 a.m. to 3 p.m. Curbside service available.
- **Biscuits Café** Phone: 503-263-3287 Address: 1477 SW 1st Ave. [www.biscuitscafe.com/breakfast/](http://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

- **Gwynn's Coffee House** Phone: 503-263-0200. 190 NW 2nd Ave. Back open for take-out coffee, breakfast items, soups and sandwiches, Monday—Saturday, 6:00 am—3:00 pm.
- **Pappy's Greasy Spoon:** Phone: 503-266-5452 Address: 243 NW 2nd Ave. <https://www.zomato.com/canby-or/pappys-greasy-spoon-canby/menu>. 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/>. Take-out and delivery.
- **Wayward Sandwiches** Phone: 503-266-3100 Address: 117 NW 2nd Ave. <http://waywardsandwiches.com/>. Open regular hours, 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.

# 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](http://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



affected by mental health challenges. **NAMI Family Support Group** is a FREE support group for persons with loved ones experiencing mental health issues. Facilitators with lived experience navigating in times of stress and anxiety.

Care about someone with mental health challenges?  
Support for those with loved ones

**This Support Group Now online!**  
1<sup>st</sup> Monday from 6:30 – 8 pm  
**Register here for access:**  
(<https://tinyurl.com/Molalla> FSG)

## Warning: "Sextortion" Scam

According to Oregon Attorney General, Ellen Rosenblum, Oregonians have reported to the Oregon Department of Justice new waves of the 3-year-old "sextortion" email scam. The email will likely provide the reader one of their passwords, obtained through data breaches, and use fear tactics and threats unless the reader pays them money.

Recent reports indicate the current emails state the sender has collected "evidence" of the reader's frequenting of adult websites and will share the information with the reader's email and social media contacts unless the reader pays.

**"If you receive one of these emails, please do not panic!"** says Attorney General Rosenblum, **"It is highly unlikely that the cyber-blackmailer has actually invaded your computer."**

The emails are sent in large batches of email addresses and associated passwords (usually obtained through large corporate data breaches). The scammers are

hoping to "snag" a few people who do not regularly change their passwords or are scared into paying the money.

Below are a few warning signs:

1. The email contains a password you use online or have used in the past.
2. The email is generic, not citing any specific websites the sender claims you've visited
3. The email is poorly worded and contains grammatical errors
4. You are given a short deadline to respond

If you've received one of these "Sextortion" email scams and are currently using the password they list, you should change that account's password immediately.

If you have been a victim, contact the Oregon Department of Justice online at [www.oregonconsumer.gov](http://www.oregonconsumer.gov) or call 1-888-877-9392.

## Housing Authority of Clackamas County Waiting list Opening ... Postponed

The Housing Authority of Clackamas County has postponed opening the Public Housing and Housing Choice Voucher Section 8 Waiting Lists; waiting lists will open June 15, 2020 at 8 a.m. The deadline to apply is 6 pm on June 18, 2020.

**Eligibility requirements:** Apply online at [www.waitlistcheck.com/OR47](http://www.waitlistcheck.com/OR47). To qualify for a waitlist, a household must **not** make more than the following percentage of the area median income:

- 80% for Public House
- 50% for Section 8

Applications will be placed in a random lottery drawing; about 1,700 applicants will be added to the Public Housing waitlist and 700 will be added to the Housing Choice Voucher Section 8 waitlist. Applicants will be notified within 90 days as to if they were selected.

**Need help with your electronic application?** Computers and personal assistance will be provided Monday, June 15 through Thursday, June 18, between 8 am and 6 pm at the following locations:

- The housing Authority Administrative Office: 13930 South Gain St, Oregon City, OR 97045, Spanish and Russian interpreters/translators onsite.
- Hillside Property Management Office: 2889 SE Hillside, Milwaukie OR 97222

To find out the qualifications for the housing programs and which one best fits your needs, visit the Housing Authority website at: [www.clackamas.us/housingauthority](http://www.clackamas.us/housingauthority). You can also email questions to: [hacc@clackamas.us](mailto:hacc@clackamas.us)

# Bits & Pieces

## Books on Tape Now Available!!

We have received a generous donation of books on tape. They are all cassette tapes. If you are interested in getting your hands on these books, call us and we will periodically put some out on the bench to be picked up at your convenience. **Authors include but are not limited to:**

Mary Higgins Clark  
Elizabeth Lowell  
Steve Martini  
Michael McGarrity  
Judith McNaught

Belva Plain  
Harold Robbins  
Rosemary Rogers  
Nora Roberts

**Thanks to Canby's Book Nook and Karen Brennan with the Wilsonville library,** we now have a small stock of large print books. Please give a call if you'd like a book or two to be set out for you, or if you'd like to arrange a time to come in to look them over.

## How to Prevent Foggy Glasses With a Face Mask

As more Americans don face masks to venture outside during the [COVID-19 pandemic](#), many of those who wear glasses are finding that their lenses fog up. It's a problem that bespectacled surgeons, as well as goggle-wearing skiers, have long experienced.

To stop the fogging, you need to block your breath from reaching the surfaces of your lenses.

Before wearing a face mask, wash your spectacles with soapy water, shake off the excess and then allow the lenses to air-dry. Another tactic is to consider the fit of your face mask, to prevent your exhaled breath from reaching your glasses. An easy hack is to place a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air, preventing it from reaching your glasses. Also, make sure the top of your mask is tight and the bottom looser, to help direct your exhaled breath away from your eyes.

If you are using a surgical mask with tie, tie the mask criss-cross so that the top ties come below your ears and the bottom ties go above. It will make for a tighter fit.

Source: [aarp.org](#)

## 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—Response Time Extended

Due to the Coronavirus there have been changes to the timeline of the 2020 Census. The most relevant change is that it extends the window for field data collection and self-response to October 31, 2020. **The safest and most efficient way for you to respond to the Census is online at [2020census.gov](#).** To complete the 2020 Census over the phone with a Census Questionnaire Assistance representative, simply call 1-844-330-2020 with your ID card in hand. You should have received a mailing with an ID number unique to you!

Field representatives will resume contacting the community beginning in June. If **you** would like more information about the **2020 Census**, please visit the **2020 Census Contact Us** page.

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

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

## National Dairy Day is Monday, June 1st

**Dairy is good for your bones:** Calcium is crucial to the growing and strengthening of your bones. A simple glass of milk, some yogurt, or a piece of cheese helps to fight off brittle bones and osteoporosis.

**Dairy reduces blood pressure:** Diets rich in potassium help maintain healthy blood pressure. Dairy products, especially yogurt and milk, provide potassium and can greatly reduce the risk of heart disease and strokes.

## Looking to try something new and different?

Check out local **TMK Farm and Creamery**  
**27221 South Dryland Road.**

They offer cheese curds, toasted cheese sandwiches and soft serve ice-cream.

Hours: Wednesday thru Friday,  
4:30 pm to 7:30 pm,  
Saturdays 10 am to 3 pm

## June Events:

June 1st— Dairy Day; try a new dairy product!  
June 14th—Flag Day; display your U.S. Flag  
June 20th—Summer begins!  
June 21st—Father's Day; Honoring "dads" past & present  
June 23rd—Zoom speaker at 1 pm— The Importance of Relationships and Staying Engaged in Later Years with Kim Whitley. You need to provide us with your email address prior to June 23rd, in order to participate in this zoom presentation

# June Trips Suspended—Armchair Travel for your Enjoyment!

Lynne has put together a few ideas to get “out and about” from the comfort of your home!! Check out these Armchair Travel opportunities:

## Virtual Tours:

San Diego Zoo: Type or copy and paste this address into your browser:

<https://www.youtube.com/watch?v=2Z07UxjzCoo> to view a one hour virtual tour of the San Diego Zoo on Utube.

Hoover Dam: Type or copy and paste this address into your browser:

<https://www.youtube.com/watch?v=YHg2tTo5Zlo> For a VIP tour of the Hoover Dam! Some say it's one of the seven wonders of the world! It's a massively important piece of engineering and U.S. history! It powers parts of three states and holds back the largest man made reservoir in the USA!

## AAA TRAVEL EVENTS FROM YOUR COUCH:

<https://magazine.northeast.aaa.com/daily/life/technology/virtual-tours-see-world-from-couch>

**A Utube video for laughs!** A funny from Organic Farms: Type or copy and paste this address into your browser for a fun video:

<https://www.youtube.com/watch?v=kyYgFBHuKE8>.

## **And Speaking of Laughs... Sometimes Laughter Really is the Best Medicine**

Laughing doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter has been clinically proven to strengthen your immune system, activate and relieve your stress response and stimulate many organs. A good sense of humor cannot cure all ailments, but there is mounting data about all the positive things laughter can do. It's also contagious and free!

**10 Benefits of Laughter:** A sense of humor is a quality well worth having. Norman Cousins' 1979 book 'Anatomy of an Illness' brought much attention to the idea that laughter could promote good health. There are so many proven benefits of laughter. It is known to:

Reduce tension	Promote cooperation
Build trust	Inspire a positive outlook
Increase motivation	Improve memory
Lower blood pressure	Enhance the immune system
Remove barriers between people	
Improve alertness and creativity	

## **And Just for Laughs...**

- ◆ Crushing pop cans is soda pressing.
- ◆ Dogs cannot operate MRI scanners but Catscan.
- ◆ I have a chicken proof lawn. It's impeccable.
- ◆ I'm terrified of elevators so I'm taking steps to avoid them.
- ◆ Cows have hooves because they lactose.
- ◆ I'm friends with 25 letters of the alphabet. I don't know “y”.

## **More laughs—continued...**

- ◆ Whenever I try to eat healthy a chocolate bar looks at me and Snickers.
- ◆ Double negatives are a no- no in English
- ◆ IRONY- the opposites of wrinkly
- ◆ I'm pining for a good tree pun I wish they were more popular.
- ◆ Afraid of Santa? You may be Claustrophobic.
- ◆ Sweet dreams are made of cheese. Who am I to Dis a Brie?
- ◆ I danced like no one was watching. My court date is pending.
- ◆ Silence is golden, duct tape is silver.

*Source: As seen on the sign for Indian Hills Community Center:*

## **Podcasts - stream them for Education and Entertainment!**

Stream a podcast on your computer or smart-phone. (Most phones come with a podcast app already installed). Once you locate the podcast app or download one from the app store, simply open it and browse podcasts, or type a term like "football" in the search box at the top next to the magnifying glass icon. Choose the podcast you want, tap on it again, this takes you to the podcast page that has all of the episodes, with the most recent ones listed first. Tap on one to play it, or click "download" to save it to your phone and you can listen to it later.

## **8 EDUCATIONAL AND INSPIRATIONAL PODCASTS FOR SENIORS - to inspire, educate, and encourage seniors ...**

- 1. TED TALKS**—Over 2,800 talks on a variety of subjects.
- 2. FREAKONOMICS RADIO**— understand basic economic principles; see how they work in daily life.
- 3. THE DAILY**—Daily news podcast by The New York Times.
- 4. STUFF YOU MISSED IN HISTORY CLASS**—fill in the spaces left behind by most general history classes! Range of topics.
- 5. THIS AMERICAN LIFE**— Produced by NPR, wide-variety.
- 6. GOOD JOB, BRAIN!** A great podcast for trivia buffs!
- 7. GUIDED MEDITATIONS**—de-stress body and mind.
- 8. LUX RADIO THEATRE**—A throwback to a simpler time.

# Memoir Writing—Sharing

## Organizations I've been involved in During my Lifetime

G. Randolph

Years ago my husband and I were asked to join the VFW and become active members to further their cause. Shortly after joining I was asked to take over the duties as chaplain when the present member became ill and died. I thought, "well, that's a No-Brainer, so why not?"

They forgot to tell me I would automatically become the "sewing director" and was in charge of the monthly sessions where we would spend time at a member's house making dish towels, embroidered doilies and various amazing items to be sold at our yearly bazaar. I was also expected to shop for any materials and supplies needed, such as fabric, threads, yarns and so forth, and deliver it to the monthly functions. Packing up all the unfinished items along with a six month old baby in a carrier became over-whelming for me towards the end of my term, and when my time was up I bid them adieu and walked into the sunset!

Another fascinating club I joined was TOPS, better known as take Off Pounds Sensibly. Three of my neighbor gals also joined and we would carpool with one car. As soon as we weighed in we would be seated for a short meeting and then enjoy some light refreshments like thinly sliced cucumbers or radish slivers with hard crackers and watered down fruit punch. It was guaranteed to make us nauseated OR ravenous!

During the short meeting it would be discovered who had lost the most weight and who had gained. The "losers" would be given a loud ovation and much praise. The gainers (if more than one) would be boo'ed and shamed! If more than one person had gained, it would be determined who was carrying most "lard" and they would have to take this large sign home to display publicly in their front yard. It was a three foot pink pig with the message, "I GAINED WEIGHT LAST WEEK AT TOPS!"

Well, after this informative meeting my friends and I would seek refuge at the local Chinese restaurant where we would pig out on salty mushrooms and pork noodles, Cashew Chicken or Fried Rice with Egg Foo Young. We thought we could eat foolishly one night and play "catch up" later in the week.

It backfired for me after one of those gastronomical events and I sadly put the big pink pig in my yard for all the heavy traffic to see and judge. Against my barn-red house it stood out like a flashy neon sign. I was humiliated the whole week it was up and gladly returned it the next meeting for another unfortunate member. We later started going to the ice cream parlor for a thrifty one scooper and tall glass of ice water. It proved to be less hazardous than Chinese food!

Another delightful organization I joined was DHS (Department of Human Services) as a volunteer case worker, calling on dependent mothers whom their case worker had not seen recently. I worked with a partner and we would drive an old county car to a long list of addresses in the county weekly.

One such trip took us to the isolated hills near Estacada in Clackamas County. The road become narrower and very

dense with over-grown trees. We were just about ready to turn back when the number we were searching for suddenly appeared on a dilapidated old mail box on the edge of the road. Pulling into a yard full of old car bodies and 6 shiny motorcycles we approached the front door to inquire of our client. A whole chorus of barking dogs was heard and a rough-looking "Harley" man bellered out, "What the hell do you want?"

We must have looked like two old church ladies selling encyclopedias to make ends meet! He told us our client was in the Oregon City Hospital from a botched abortion and he didn't know any further details. After much cussing he also told us to leave or he would "sic" the dogs on us. We couldn't get off that old porch quick enough in the direction of the car, and left in a whirlwind of dust fearing for our lives. It was safe to say we did not stop the car until we were back at the office miles away. From then on we never called on clients out that way again. We left those for the well-seasoned workers. My partner and I continued to work our lists and enjoyed ourselves immensely.

## What Makes You, You?

Maureen Whitman

Many characteristics go into making you you. Some include looks, demeanor and perspective.

There is the way you look, of course—your physical characteristics make you identifiable to those who know you. They are descriptors for anyone who wants to describe you. Among them are your hair, face, manner of dress and carriage. How do you care for yourself? How is your posture? How would others describe you? Many things go into shaping these factors, including the way you feel about yourself. If you generally feel good about yourself, chance are you will be described in a more positive way.

Your demeanor is important in making up the you others see. This is the way you feel about yourself. Are you welcoming when meeting another? Do you smile? When others speak, do you listen or are you waiting for a break in the conversation so that you can tell your story? Are you a calming influence? If you make others feel welcomed and comfortable in your presence, you have created a positive arena where others feel valued and understood.

Your perspective is your view of the world around you. Are you generally optimistic and happy about he world around you or are you usually negative and can't find the good in anything? Or are you somewhere in between, like the most of us?

Here are some pointers to consider in helping you be a stronger you!

1. Be Yourself!
2. Be Happy—you owe it to yourself and those who love you.
3. Live in the present
4. Don't feel guilty about anything!
5. Don't beat yourself up over mistakes—you did the best you could.
6. If you should get another chance, try to do it differently, if you want to.
7. You have no guarantees that if you had done differently, things would have turned out better!
8. Be confident in yourself—don't be afraid to take a risk.
9. You don't have to like everyone—by try to be nice.
10. Don't ask a question unless you really want the answer.
11. Have lots of friends.
12. Go for it! Remember, it's easier to beg forgiveness than to ask permission.
13. Have a garden, even if it's just a pot.
14. Never say never!

"I know that joy is rarer, more difficult and more beautiful than sadness. Once you make this all-important discovery, you must embrace joy as a moral obligation." *Andre Gide*

# Just for Fun!

## Chef Hurley's Recipe ... Healthy Spinach & Artichoke Dip

Prep time: 5 minutes  
Cook time: 25 minutes  
Servings: 8



### Ingredients:

1— (14 ounce) can artichoke hearts, well drained and cut in small pieces (about 1.5 cups)  
5 oz frozen spinach (about 2.5 cups)  
1 C Greek Yogurt  
1/2 C small curd cottage cheese 4% milkfat  
1 C shredded mozzarella cheese  
1/4 C grated parmesan cheese  
1/2 tsp pepper  
1/2 tsp garlic powder  
1/2 tsp onion powder

- \* Preheat oven to 400 Degree F
- \* In a bowl mix all ingredients until thoroughly combined
- \* Pour dip mixture into a glass 8x8 or medium oval pan (top with extra cheese if desired)
- \* Bake @ 400 for 25 minutes
- \* Broil for 1-2 minutes before serving to get cheese on top to brown & melt
- \* Serve with chips or veggies!



## "Bring back date night."

### Ideas for couples during the Covid-19 Quarantine!

- Have a Brainstorming Night. Talk about your goals and dreams. Brainstorm ideas. Come up with a plan to make some of them happen and put it into action.
- Picnic in the Park. Pack up a picnic and drive around. Find a park that is not crowded and have a relaxed dinner with each other. Bring a throw away table cloth so there's no touching germly surfaces!
- Move the furniture and turn your living room into a dance floor. Dance to your wedding song.
- Watch your Wedding Video and look through Wedding Photos. Grab a stack of post-it notes and write down memories about the pictures to keep with them. Reminisce and laugh over the memories!
- Dinner & Movie. Watch a movie together, cuddle, kiss like when you were dating. No other activities allowed!
- Bake Something Together. Browse recipes on line or in a familiar cook book, pick something you both will enjoy, make it and bake it together. Then enjoy it together!
- Grab some coffee or tea and drive around looking at houses. Or enjoy the drinks watching the Travel Channel at home. Daydream together about where you'd like to go!

## Fathers Day Word Search

Find the hidden words.

```

S S D S S R L G Z T X K R L B
T E F L W E A L H I I A G N A
R K U O E T X O A S P H U G S
O O N O E H U U S B T R A E H
P J N T T G D E V O T E D G V
S T Y O H U S L S U M O N M G
F V C T H A W E R O Z O O N W
V I F E G L I E H Q R L I F H
D U S I P R T C E T O R P L O
L A F H O S F N S V A J G A L
E T D M I U E A E C G U I I I
S I E D J N Z R T R W N V C D
A M T L Y Z G O I H A E I E A
F A M I L Y B R A V E P N P Y
N E R D L I H C Q B B R G S O
    
```

BBQ  
BRAVE  
CARING  
CHILDREN  
DADDY  
DEVOTED  
FAMILY

FATHER  
FISHING  
FOOTBALL  
FUNNY  
GIFTS  
GIVING  
HEART

HOLIDAY  
HOME  
HONOR  
HUGS  
JOKES  
JUNE  
KISSES

LAUGHTER  
LOVE  
MEMORIES  
NURTURE  
PARENT  
PROTECT  
RESPECT

SPECIAL  
SPORTS  
STRONG  
SWEET  
THOUGHTFUL  
TIE  
TOOLS

## June Fun Facts!

- \* In 2009, June was the 662nd most popular name for girls in the USA.
- \* June's birthstone is the pearl, the Moonstone and the Alexandrite and the June birth flower is the Rose and Honeysuckle.
- \* June is the month with the longest daylight hours of the year in the Northern Hemisphere, and is the official start of summer. The Summer Solstice is typically on June 21st. June is often considered a "summer month", whereas September is not. This is despite the fact that September has twice as many summer days as June!



# Center Services Suspended for June

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 June

## 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 June

## 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 Heroes



## June Birthdays!

- 1—Barbara Palmlblad, Hank Baker, Betty Nolz,  
Sue Sheveland, Lynn Tibbils  
4—Ethel Henderson, June Nice  
7—Joe Clarizio  
8—Junior Hodge  
10—Todd Aune  
11—Donna Sorrels  
13—Dee Chalupnik  
15—Marty Moretty, Tom  
16—Doris Schnelle  
17—Scotty Lance  
20—Vivian Carpenter, Marilyn Ruger  
21—Diana Boon, Marie Duryee, Betty Myers  
23—Pat Kuppenbender, Dianna Warren  
24—Joy Schmidt  
26—Marian Howe, Toni Lamb  
27—John Kiefel, Dale Ball, Dale Ball, Gina Henderson,  
Barbara Isom  
28—Fritse Hakkinen, Brenda Mootz  
29—Marsha Bell, Shirley Ewald  
30—Kathryn Hauser



## April/May Donors

**Financial Donors:** Anonymous, Linda Allen, Lynne Anderson, Jeanette Blancic, Dave Bolton, Carolyn Brown, Ron Burn, June Casper, Maggie & John Fouts, Bruce Gehrke, Leena Green, Patty Hatfield, Toni Hessevick, Jenny & Robert Hickman, Anne Hilley, Toni Hvidsten, Shirley Kalhar, Jan Kluth, Karen & Larry Krettler, Mary Ann Kropf, Beth Luchini, Jim & Judy Long, Wendy May, Pamela & Dave Munger, Dale Nordlund, Micki Paul, Marilyn & Rod Pentico, Joyce Peters, John & Sylvia Pigott, Geni Pittelkau, Rackleff Place, Leslie Rhodes, Vicki Smith, Carol Strode, Nancy Sullivan, Howard Thomas, Rosemary Vanderzanden, Sharon Wright, The Estate of Randall Stewart Pitchford

**In-kind Donors:** Karen and the Wilsonville Library, Kevin Goodflash, John Piggot, Jeannette Blancic

## New and Renewing Members

Lars & Elaine Aamodt, Hank & Angela Baker, Florence Ball, Rita Beam, Millie Blodgett, Carol Booker, Mary Ann Briggs, Dennis Britton, Glenn & Lois Brooks, Elizabeth Brown, Edna Buddrius, Cheryl Burgess, Burl Boren, Velma Burkert, Nora & Kirk Clark, Avonelle Dollar, Jone Drury, Gary & Marjie Guise, Marian Hada, Gina Henderson, Anna Hilley, Joyce Holmes, Marian Howe, Janet Jeffries, John & Vikki Kiefel, Bess Milhauser, , Mary Jean Pedersen, Judy Riedel, Leslie Rhodes, Jeanne Sweet

## 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 – masks
    - Linda Tate— masks!
    - Deb Schauer—yay, more masks!
    - Martin Lackner— mask extenders

These many masks donations 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. Thank you all!!

- DirectLink leadership and staff—for tulips donation. We sent a small bunch out to ALL of our home delivered meals (HDM) clients!
  - Dave Stenzel—delivered shelf stable food package to client in need with just a moment's notice.
    - Connie & Joe Kalinowski and Maureen Whitman—tulips for our front desk
    - Vickie Breitbarth—dog food donation for HDM pets
  - Virginia Brelin, Jenny Hickman and an anonymous donor—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

## Gold Donors: Donations of \$101—\$250

Anonymous	Chuck and Mary Kocher
Tom & Anna Adams	Connie Lloyd
Robert & Janet Adrian	Frank Long
Abbie Allen	Donelle Lynch
Gloria Altenhofen	Bruce Marshall
Jeanette Blancic	Todd May
Tina Borges	Michael McCoy
David Bolton	Anne McKinney
Laurel Boone	Ray & Margaret Means
Marjorie Brood	Linda Michaelsen
John & Linda Calvert	Jerry & Brenda Mootz
Bob Cullison	Shirley Morris
Jim & Linda Dippman	Keith & Nancy Murphy
Steve & Joanne Duncan	Sue Nichols
Driver Family	Tom Nikirk
Doris Eide	Dale Nordlund
Eddie Evans	Kathy & Richard Oathes
Merrill Farrington	Micki Paul
John & Maggie Fouts	Mary Jean Pedersen
Judy Gardner	John & Christine Pendleton
Hari Garg	Marilyn & Rod Pentico
Al & Linda Geddes	Joyce Peters
April & Jared Gensman	John & Sylvia Pigott
Fred & Nancy Gill	Geni Pittelkau
Emmett Gray	Alex & Gwen Polgar
Carmen Hamilton	Wade & Sunya Porter
Madeleine Henderson	Gretchen Prakken
Larry & Yvonne Hepler	Betsy Redifer
Darrel & Shelly Herman	Millie Reser
Charles and Roberta Hibbert	Lisa Rivera
Hickman Family	Rathmony Sar
Elaine Hill	Lynn Shirrell
Judy Hogland	Walter & Irene Strobel
Curt Hovland	Jorge & Karen Tro
Jim and Marjorie Irving	Dave & Verlene
Randall Jenkins	Van Der Sluis
Keith Jensen	David Webb
Stan and Debbie Jewell	Lawrence & Mary Weber
Linda Johnson	Scott & Roberta Wiesehan
Rose Judge	Patricia Williams
Robert & Darlene Kauffman	Dale & Susan Williamson
Betty Keys	Witt Family
Gary Kohfield	Jay & Kathy Wolfe
Darline Kraxberger	Rod and Ann Youngquist

## Sustaining Individual Donors: Donations of \$251+

Anonymous	Kathryn Henderson
Abbie Allen	Arbie & Bonnie Irwin
Jennifer & Richard Anderson	Robert & Charlotte Johnston
Paul & Mary Ashton	Michael & Lucy Kelsay
Dean & Helen Basinger	Oliver Korsness
Ted & Linda Baumgartner	Charlie & Diane Lam
Janice Brisbane	Ron Lindland
Marjorie Brood	Dave May & Christine Parno
Carolyn Brown	Larry and Ann McBride
Gerald Brown	Gretchen & Michael McCallum
Caldwell Family	Bernie & Mary McWilliams
Robert Cornelius	Jeff & Laurie Mills
Stanley Cullington	Marty Moretty
Steve & Jane Dahl	Steve & Brenda Morse
Henry & Georgia Deetz	Gale Nelson & Alice Merrill
Hardy & Kim Dimick	Kathy & Richard Oathes
Benny Dodge	Charles Odell
Dan Edwards & Lynda Tucker	Mariah Olson
Gregg Ekenbarger	Geni Pittelkau
Scott & Susan Enyart	John Pursley
Eddie Evans	Bill & Jo Ellen Reif
Driver Family	Lynn Shirrell
Jeff Feller	Daniel & Andrew Shull
Richard Freeman	Ann & Roger Skoe
Dale & Bev Friedemann	Vicki & Megan Smith
Keith & Jan Galitz	Bryan Stickel
Bruce Gehrke	Walt & Irene Strobel
Bob & Judi Gobet	Nancy Sullivan
Emmett Gray	Ron Tatone
Lowell Hall & Betty Myers	Howard Thomas
Carmen Hamilton	D'Anne Tofte
Patrick & Laurie Harmon	Earl & Susan Voss
Leona Hart	Lawrence & Mary Weber
Patty Hatfield	James & Greta Wiersma
Jim & Paulette Hefflinger	Jay and Kathy Wolfe
Delbert Hemphill	Peggy Yeats
Kathryn Henderson	Boneita & Ronald York
Darrel & Shelly Herman	Eleanor Zieg
Kathleen Hostetler	Janet Zittleman

The Estate of Randall Stewart Pitchford

## Gold Business Donors: Donations of \$101-\$250

Delta Dental	Martin's Town & Country Furniture
OBC Northwest	
Timmco Insurance Co.	United Methodist Women
Wilcox Arredondo	Zoar Lutheran Church Women

## Sustaining Business Donors: Donors: Donations of \$251+

American Legion Auxiliary	Front Room Corporation
Anderson Properties	Marquis
BPOE Elks 1189 Auxiliary	OBC Northwest
Canby Kiwanis Foundation	Rackleff Place
Canby Rodeo Association	Reif & Hunsaker PC
Canby Veterinary Clinic	Uptown Medical Billing

## Thank you to our on-going Business Partners for their in-kind support

Andrew Kauffman—Attorney at Law	Home Instead
Canby Kiwanis Foundation & Thrift Store	Hulbert's Flowers
Custom Plumbing & Construction	Kahut Waste Services
Cutsforth's Marketplace	Marquis at Hope Village
Direct Link	Oregon Food Bank

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### CANBY ADULT CENTER MEMBERSHIP APPLICATION

New Member  Renewal  Single Membership: \$15/year Couple: \$25/year

Name \_\_\_\_\_ Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Name \_\_\_\_\_ Birth Month \_\_\_\_\_ Birth Day: \_\_\_\_\_  
*Under 65* \_\_\_ *65-70* \_\_\_ *70-75* \_\_\_ *75-80* \_\_\_ *Over 80* \_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Enclosed: Check: \$ \_\_\_\_\_ Cash: \$ \_\_\_\_\_

*Renewal postcards are mailed quarterly as a reminder to renew your membership & update your information.*

Check here  *to receive newsletter by e-mail only with thanks for helping us save on postage!*

**DONATION:** Donor Name: \_\_\_\_\_ Donation Enclosed: \$ \_\_\_\_\_

Address: \_\_\_\_\_

**MEMORIAL:** In Memory of: \_\_\_\_\_ Memorial Enclosed \$ \_\_\_\_\_

Acknowledgement Address: \_\_\_\_\_