



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

## August 2020

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503-266-2970  
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## Welcome from the Director

Dear friends,

Hello everyone—here we are, with another COVID newsletter. I'm sure that many of you are as frustrated as I am, but we just have to stay the course to beat this bug!

In the meantime, we're testing the waters for several different online activities. If they are received well, we will look at where we might add more. Read on below and inside the newsletter for more information on how you can stay connected with the Center!

Also—while it's said below, it's worth repeating: Please do not leave anything but puzzles, books and quality produce on our outside benches. We are not in a position to accept anything else into the building at this time, and we really don't want to be responsible for disposing of produce that you don't find fit to eat—if it's not good enough for you, please don't leave it with us!

Take care—Kathy

### August activities and services—new!

#### **Book Lovers Club through ZOOM**

Tuesday, August 4, 2 pm -3 pm  
See page 3 for the details on this new offering!

#### **Legal Assistance Resumes Electronically** August 11th—See page 2 for details!

#### **Free Webinar: Advanced Directives** Wednesday August 12<sup>th</sup> at 10:00 AM

**NEW** Featuring co-presenters Melissa Lindley of Willamette Valley Hospice and Ryan Collier, Attorney with Collier Law, this webinar will focus on how to update and execute an Advance Directive for Health Care in a Covid-19 world. See page 3 for more details!

#### **Virtual Bingo!**

Some of you have already figured out how to keep up with bingo playing, so we're trying to catch up! We'll play for bragging rights only—no cash or prizes. Games will be played using Zoom, so access to the internet and a computer, tablet or smartphone required, together with an e-mail address. Send an e-mail to Kathy at CACDIR@Canby.Com, by August 10th if you'd like to try it out! First online organizational meeting on August 18th starting at 12:30 pm. We will likely NOT play any games at this first meeting. We'll just go over the rules and work all of the bugs out with everyone's technology. Packets provided.

### **On the Bench: “Free bench” practices to keep us all safe!**

As we move into August, we are starting to see donated produce show up on our front benches, in addition to the more regular puzzles and books – thanks to those willing to share their bounty! In the era of COVID, our outdoor benches are getting a workout, so we request the following for all donations:

#### **Fresh produce donations:**

**All fresh produce** may be placed on the pink bench to the RIGHT of the front door, marked “outgoing”.

#### **Puzzles and books:**

Please put your puzzles and books on the red bench marked “incoming”. We will bring those items inside, mark them with the date received and set them aside for a week before releasing for use by someone else.

We will set puzzles and books that are available on the pink bench, joining any fresh produce donations. Please help yourselves to any items on the pink bench.

A word on donations: we are ONLY taking puzzles and books at this time – no magazines, clothing or other items, so please don't leave them here. As to produce – if you won't eat it, please don't leave it with us, assuming that someone else will. Only good quality produce please! Thanks to all our local farmers for your continued produce donations!

# Board News and Announcements

## BOARD OF DIRECTORS 2019—2020

### CHAIR

**Debbie Jewell**

[djewell2@canby.com](mailto:djewell2@canby.com)

(Term ends Sept 2021)

### VICE-CHAIR

**William Reif**

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

### TREASURER

**Brenda Mootz**

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(Term ends Sept 2020)

### SECRETARY

**Ruth Howard**

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(Term ends Sept 2020)

### Dave May

[dmay@utep.edu](mailto:dmay@utep.edu)

(Term ends Sept 2022)

### Millie Reser

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### 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.

## Board meeting Update

No board meeting was held during the month of July. The next board meeting (via Zoom) is scheduled for Wednesday, August 12, 2020 at 1:00 pm.

Voting for the proposed revised bylaws closed on July 17th. Ballots were counted by three board members on Monday, July 20th. The revised bylaws were approved—with 227 “yes” votes, against 2 “no” votes. Thanks to all who took the time to complete and submit their ballot.

**Board elections and Annual Meeting:** The annual election of Board members is once again upon us. Every year, three Board positions come up for election/re-election. This year, two first-term Board members wish to run for a second term; the third has already completed two terms so, according to our bylaws is not eligible to run again.

Those of you who read through the newly adopted bylaws, will have noted that the Board nominating committee has been given an important role in the screening of applicants to the Board. They are asked to look at where the Board has skill gaps, and recommend candidates accordingly—this means that the recommended profile may change from year to year, depending on the skillset of existing Board members. If the nominating committee does not recommend a particular applicant to the Board, that applicant may petition to be included on the ballot without a committee recommendation.

If the nominating committee just receives qualified applicants sufficient to fill open position(s), then no election will be held—the candidate slate will simply be adopted by the Board.

Anyone interested in applying for a position on the Board, will find the Board responsibility description and application on our website, on the homepage. Completed applications may be emailed to the Director at [cacdir@canby.com](mailto:cacdir@canby.com). The deadline for application submission is August 10th.

In the COVID era, it is particularly important that all Board members have home access to the internet and an electronic device that allows for participation in virtual meetings—a smartphone, computer or Ipad. In addition, Board members must be comfortable with electronic communication, including the sending and receiving of documents.

The Annual Meeting, which will include a report on 2019-2020 activities and financial information, will likely be held via Zoom this year. If you are interested in, and able to, log into a Zoom meeting, please save the date September 9th for our annual meeting, which will tentatively start at 1:00 pm. Additional information on participation will be included in the September newsletter.

## Legal Assistance Appointments Available Beginning August

Local attorney Andrew Kauffman is available to meet with you *by phone* for a free 30 minute consultation on the 2<sup>nd</sup> Wednesday of each month. This service resumes Wednesday, August 11, 2020—appointment required.

Call the Center at 503-266-2970 to schedule your appointment. The attorney will call you on the day and time of your phone consultation.

If you have documents for review prior to your appointment, call 503-266-2970 to make arrangements with staff at the Canby Adult Center to get them to the attorney electronically (by fax or scanning them).

## Foot Clinics NOT Yet Open

We receive a great number of phone calls each week inquiring about the foot clinics. We are looking at how we can safely offer this service again, but we aren't quite there yet.

Both foot care providers, Laverne and Patty, have indicated their willingness to restart services once we can safely do so. Please stay tuned and check in periodically to see where we're at with the relaunch of foot clinics.

Upon reopening Laverne's service fee remains \$15, and Patty's service fee will increase to \$35.

# Here at the Center

**NEW**

Book Lovers Club  
using ZOOM  
Tuesday August 4<sup>th</sup>  
2:00 pm -3:00 pm



What have you been reading during the Stay At Home Order? Are you dying to "show and tell" your favorite reads? **Join us on the first Tuesday of every month** during the Center closure to share about something you have read. Everyone will get a chance to share. You might be inspired for your next great book. To participate in this Zoom meeting you will need an internet connection, and either a computer, I-pad or phone.

Join this Zoom Meeting at the following website:

[https://zoom.us/j/94035923923?  
pwd=akNhbl1dkR3NWVmUgrOGxoOUo1QT09](https://zoom.us/j/94035923923?pwd=akNhbl1dkR3NWVmUgrOGxoOUo1QT09)

Meeting ID: 940 3592 3923 Password: 3NuFaT If you have questions or need more information Email Wendy May at: [caccsc@canby.com](mailto:caccsc@canby.com)

## **WWE (Walk With Ease) is Back! Let's Get Moving!**

We started the new WWE Group in July and are continuing while the weather cooperates!



Meet us on Tuesdays, at 9:00 am at the Center and we will head over to the Ackerman track for a 1-2 mile walk. This group, headed by our very own Millie, will walk the track on Tuesdays, and meet up somewhere else in town on Thursdays for a change of scenery.

Please bring a water bottle, a mask and an emergency contact phone number. You are asked to mask up when the group gathers; you are welcome to remove it once you start walking and are able to maintain correct social distancing.

## **Join us and Exercise Live with Mindy!**

Our live, on-line exercise classes with Mindy are now available to you every Monday, Wednesday and Friday at 10 am using "ZOOM". 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 on-line 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](mailto:cacdir@canby.com).

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

## **Wednesday August 12<sup>th</sup> at 10:00 AM Free Webinar addressing Advanced Directives**

Featuring co-presenters Melissa Lindley of Willamette Valley Hospice and Ryan Collier, Attorney with Collier Law, this webinar will focus on how to update and execute an Advance Directive for Health Care in a Covid-19 world. If you have not signed an Advance Directive in the last two years, then it is time to discuss changes. Melissa and Ryan will answer questions such as:

- How will my Advance Directive operate if I contract Covid-19?
- Options regarding life support and tube feeding?
- How do I give my spouse and family authority to make medical decisions for me?

Advance registration required; Register on line at <http://www.anymeeting.com/PIID=EF50D982864630> and click on the "workshops" tab.

## **August 18th at 12:30 —BINGO with ZOOM at the Center**

Send an e-mail to Kathy at CACDIR@Canby.Com by August 10th if you'd like to try it out! First online organizational meeting on August 18th starting at 12:30 pm. We will likely NOT play any games at this first meeting. You will need an email address; internet connection and a computer or Ipad.



## **September 8th at 1:00 pm**

1<sup>st</sup> Choice Zoom Presentation

"Understanding the Myths and Truths in Senior House"

Please join Housing and Care Advisor Shari Levelle with 1<sup>st</sup> CHOICE Advisory Services, a senior referral housing agency, for a presentation on Tuesday, September 8th at 1:00 pm on the topic of "Understanding the Myths and Truths in Senior Housing". Shari will help you learn about:

- The different housing and care options available.
- How insurance comes into play.
- Signs that it might be time to make a move.
- Common industry terms.

Understanding which senior living and care option is best for you and finding just the right one can be a daunting task at best. Where do you even start?

1<sup>st</sup> CHOICE Advisory Services provides personalized assistance in helping you learn about the senior housing, senior care and in-home care options by matching your specific and personal needs with the most suitable options in your area. We do all of the hard work for you so that you can focus on making the best decision possible for yourself or your loved one.

Watch the September Newsletter for ZOOM meeting details including Zoom meeting ID information. Plan to attend this session from the comfort of your home!

# Healthy Body—Healthy You!

Hi everyone, I hope you're enjoying your summer! It looks a little different than summers past...hope you're making the best of what you've got! August is Brain Health / Stroke Awareness month. Read on to see how to keep your mind sharp!

Be well, ~ Mindy

There ARE some things you can do to help your brain stay healthy—but first we'll get familiar with some terminology!

**Cognitive health**—the ability to clearly think, learn and remember—is an important component of brain health.

**Motor function**—how well you make and control movements.

**Emotional function**—how well you interpret and respond to emotions

**Sensory function**—how well you feel and respond to sensations of touch, including pressure, pain and temperature.

**How can you gain and maintain cognitive health - or a “healthy” brain??** The following steps can help you function every day and stay independent—and have been linked to cognitive health, too.

- ◆ **Take care of your physical health** - get recommended health screenings, manage chronic health problems (such as diabetes, high blood pressure, depression).
- ◆ **Eat healthy foods**—a healthy diet can help reduce the risk of many chronic diseases, as well as keep your brain healthy. For example, there is some evidence that people who eat a “Mediterranean diet” have a lower risk of developing mild cognitive impairment.
- ◆ **Be physically active**—being active has many benefits! It can build strength, give you increased energy, improve balance, and even perk your mood.
- ◆ **Keep your mind active**—being intellectually engaged may benefit the brain. People who engage in meaningful activities (like volunteering or hobbies) say they feel happier and healthier. Learning new skills may improve your thinking ability, too.
- ◆ **Stay connected with social activities** - Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you.

**Memory, forgetfulness and aging: What's normal and what's not??** Many older adults worry about their memory. While mild forgetfulness is a normal part of aging, serious memory problems make it hard to do everyday things like driving and shopping. Some older adults have a condition called mild cognitive impairment (MCI), in which they have more memory or thinking problems than other people their age. People with MCI can still take care of themselves and do their normal activities. It may be an early sign of Alzheimer's, but not everyone with MCI will develop Alzheimer's disease. Signs of MCI include: Losing things often; forgetting important events or appointments; having trouble coming up with desired words. If you have MCI, visit your doctor every 6 to 12 months to see if there have been changes in your memory and thinking abilities—there may be things you can do to maintain your memory and mental skills.

**What is stroke?** A stroke happens when blood flow to the brain is disrupted. Most often, a clot blocks a blood vessel and stops blood from reaching parts of the brain. Less often, a blood vessel in or near the brain bursts. Blood carries oxygen and nutrients to the brain so when blood flow is disrupted, brain cells start to die within minutes, and a stroke occurs. A

stroke is serious so it's important to know the signs of stroke and act quickly if you suspect someone is having one. Strokes can cause problems with movement, muscle control, thinking, memory and speech. In addition, a small stroke can lead to temporary weakness in an arm or leg. A larger stroke can cause permanent loss of speech; paralysis on one side of the body; or death.

Risk factors for stroke include:

- ◆ Age: People of any age can and do have strokes, but risk doubles every decade after 55.
- ◆ Gender: Stroke is more common in women, partly because they live longer. Pregnancy, birth control pills and hormone therapy also increase risk.
- ◆ Race: Black people, Latinos, Alaska Natives and Native Americans have a higher risk of stroke. Black Americans are twice as likely as white Americans to die from stroke.
- ◆ Family and health history: People are at greater risk if they've had a stroke or have a family history of stroke. Having certain blood disorders also increases risk.

Some risks of stroke may be reduced by taking medication as directed by your physician, and making lifestyle changes.

**Signs and symptoms.** Call 911 if you or someone you are with has sudden weakness or numbness in the face, arm, or leg; has loss of vision or double vision; trouble talking understanding others, slurred speech, dizziness, loss of balance or coordination or severe headache. An easy way to remember common symptoms and action to take is FAST:

- **F is for Face:** A classic stroke symptom is a drooping face, usually only affecting one side. The person may be unable to smile or show other facial expressions as usual.
- **A is for Arms:** Weakness in one or both arms may indicate a stroke. If the person is drooping an arm or unable to lift it, it may be a stroke.
- **S is for Speech:** Someone having a stroke may have garbled speech that almost sounds like they're intoxicated. You can ask the person to repeat a simple phrase; if they are unable to repeat it clearly, they might be having a stroke.
- **T is for Time:** If you've noticed drooping face, weak arms, and garbled speech, it's time to take action quickly—dial 911.

There are many different ways to help people get better after a stroke. Many treatments start in the hospital and continue at home. Drugs and physical therapy can help improve balance, coordination, and problems such as trouble speaking and using words. Occupational therapy can make it easier to do things like taking a bath or cooking. Some people make a full recovery after a stroke. Others take months or even years. But, sometimes the damage is so serious that therapy cannot really help.

## For More Information on Stroke

National Institute of Neurological Disorders and Stroke  
1-800-352-9424 (toll-free)  
[braininfo@ninds.nih.gov](mailto:braininfo@ninds.nih.gov)  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

# 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



A free class focused on mental health, wellness and recovery for veterans and military service members experiencing a mental health condition.

August 5-Sept 22  
3 pm – 5 pm  
Online Via Zoom

Call: 503 228 5692 to register for this class and find out more information for on fall and winter classes

## Resources to help you through COVID-19

These are challenging times. Call these numbers if you need assistance:

### Unemployment & Workforce

Employment Department Claim System  
1 877 345 3484

### Housing

Renter Assistance  
Fannie Mae 1 800  
2FANNIE

### Clackamas Housing Rights & Resources

503 650 5750

### Domestic Violence

A Safe Place Family Justice Center  
503 654 2288

### Mental Health/Peer Support

Suicide Prevention Hotline  
1 800 273 8255



## NAMI Oregon Support Groups available on-line:

Many of the NAMI peer-led adult support groups around the state are available online using the video conferencing platform Zoom. They are accessible from tablets, smart-phones, and desktop and laptop computers. Joining with audio only is also possible from any phone. To register for a group meeting, download either the Zoom app (on mobile devices) or desktop client (on computers) and either click the registration link of the meeting you are interested in below, or contact the local NAMI affiliate offering the group for instructions. Once you register you will receive an email with instructions for joining the meeting.

For information about specific meetings, contact NAMI by phone at 503 344 5050 or email at [info@namicc.org](mailto:info@namicc.org). The groups are open to adults 18 and older statewide who live with mental illness.

## Brain Injury Connections Northwest

This umbrella organization supports several programs and services that serve the brain injury community. It connects those effected by brain injury to people, resources, and services that best serve their needs via monthly peer support group meetings, workshops, and social events.

Call, email or check the website for more information.

Brain Injury Connections Northwest is located at:  
1411 SW Morrison Street  
Suite 220  
Portland, OR 97293  
Phone: 971-258-0561  
503-530-0046 Spanish line

Website: <http://braininjuryconnectionsnw.org/>

Email:  
[info@bic-nw.org](mailto:info@bic-nw.org) (Office)  
[martaq@bic-nw.org](mailto:martaq@bic-nw.org) (Office)

## Suicide as a Language of Pain (S.L.O.P.)

Intentional Peer Support (IPS) will be used to have open conversations about living as a survivor.

Do you ever just want to be able to talk about what's happening and not be afraid to share? Come join others who live with the pain and want to share hope with each other without judgement or fear of reaction.

**Who:** Survivors! Anyone who has ever tried to die by suicide and/or anyone living with thoughts/visions/plans or

dreams of suicide; people who want a place to talk about it and feel heard!

**What:** S.L.O.P is a 90 minute meeting designed and facilitated by survivors for survivors! It provides a space for individuals to come together so they can share their experience, strength and hope!

**Why:** "Just Talk About It". Many have learned to keep their experiences hidden for fear of others trying to "fix us", force us to take medications or go into the hospital. As a re-

sult, we sometimes feel alone with no one we can trust to just talk about it!

**When:** Every Thursday  
12:00-1:00 PM (PST)  
10:00-1:00 Readings, topic discussions, Open Shares  
1:00-1:30pm Optional time for decompression

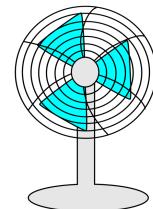
**Where:** Virtual Zoom meeting at: <https://us02web.zoom.us/j/82756077651>

Group Contact:  
[SLOPGROUP@folktimetime.org](mailto:SLOPGROUP@folktimetime.org)

## Do You Need A Fan? Fans are Available!

If you are in need of a fan to help keep cool during the summer heat—please call  
Wendy at  
503-266-2970.

Wendy will make arrangements for you to have a fan, and hopefully that will keep you a little cooler during this hot weather.



# Around Town—COVID-19 edition

**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**, offers 10% off regular priced merchandise.

**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!!**

## LIBRARY

- ◆ **Book Drop now open 24 hrs**
- ◆ **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)
- ◆ The Library now accepts book holds over the phone up to a maximum of 10 holds. After you are notified through phone or email that your books are in, you may then call to arrange curbside pick up on Monday, Tuesday, Wednesday 11 am - 3 pm, Thursday 4 - 7 pm. Park in a designated spot in front of library. Call 503.266.0702 with your card #, name, and parking space #. Staff will deliver your items curbside.

## Clackamas County Fairgrounds Needs a Name for the Drive in Theatre.

Clackamas County Fair and Event Center, various groups, and local businesses are working hard to bring drive-in movies to the Fair & Event Center and they have decided the drive-in should have a name!

They have requested the public's help in name suggestions for drive-in, and ask that you please post your name suggestion on the Clackamas County Fair and Event Center Facebook page at <https://www.facebook.com/ClackamasCountyFair/>. If the name you suggest is chosen, you will receive a FREE pass for your car when the drive-in is open! (If you already submitted a suggestion please do so again, the first post had a bad photo so they had to repost).

## Food Bank Hours Change at St. Patrick's Church: 498 NW 9th Avenue Canby OR

Please note that the hours of operation at St. Patrick's Church foodbank have changed.

The new hours of operation are Wednesdays, 3:30 pm to 7 pm. Drive-thru service available.

# Around Town—COVID-19 edition

## SPECIAL STORE HOURS FOR SENIORS

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

**Fred Meyer** - Exclusive shopping on Monday, Wednesday & Friday from 6-8 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 on Tuesdays & Thursdays 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 Monday - Friday, 9am – 10am (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. Now 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. 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 Street. Take-out and delivery.
- **Wayward Sandwiches** Phone: 503-266-3100 Address: 117 NW 2nd Ave. Open regular hours, take-out or curbside.
- **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

- **Joy Kitchen** - Phone: 503-266-8898 Address: 314 NW 1st Avenue
- **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

- **El Chilito** - Phone: 503-266-4966 Address: 403 SW 1st Ave.
- **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.

# August Trips Suspended— Armchair Travel for your Enjoyment!

## Some travel jokes to keep you laughing ... or make you moan...

A time traveler goes to eat. After his meal, he notices he's still hungry. He goes back **four seconds**.

This year was the first year I couldn't travel to Europe because of Covid-19. Before this I couldn't go because... I didn't have money.

At this rate, I see my savings Dublin...

**I told my suitcases  
that there will be no  
vacation this year.  
Now I'm dealing with  
emotional baggage.**



A traveler stopped at a monastery and they invited him to stay for a delicious dinner of fish and chips. After dinner he went in the kitchen and asked a guy "Are you the fish friar?" and the guy said "No, I'm the chip monk."

Maybe Indore is not such a bad place after all!

My sore throat is on account of endless Zoom chats these days.

Venice this going to get over?

Which type of traveler is most calm?  
Nomads

## SHOULD I TRAVEL THIS SUMMER?

The summer travel season looks very different this year due to the coronavirus pandemic. Many domestic and international travel restrictions remain in place. The bottom line is traveling will take more planning. Book your lodging and activities in advance, and plan your stops for food, gasoline and electric vehicle charging. Many national parks and attractions will limit capacity so it's best to make arrangements for these in advance.

At this time it's more important than ever to research your route in advance. A great resource to help plan for your getaway is AAA's trusted [TripTik®](#). A good practice is to confirm in advance what businesses are open, including limitations they may have, rest areas, and gas stations. Research your route in advance and be aware that travel restrictions are changing often.

Packing for road trips can be fun, however it's important to stay organized. Here are some tips for what you should pack and what you should be prepared for. If you need to pick up supplies, be prepared for the "new normal" with enough PPE (Personal Protection Equipment) for everyone in your car.

Pack PPE items, including face masks and sanitizer wipes, in a shoe box or tote bag for convenience. Make sure to wipe down high touch point areas like the steering wheel and door handles often. Keep extra masks disposable gloves in a gallon size freezer baggie in the driver's side door pocket or center console.

Small tissue packets can be used as emergency toilet paper when restrooms have none.

Pack travel friendly snacks like granola bars, and other food items that won't melt in a hot car; pack a picnic basket with your own utensils/plates/cups; stay hydrated with a water bottle with a filter.

As always, if you leave your car to go into a restaurant, etc. be sure to take valuables and medications with you.

Clean your glove box and keep important documents like car insurance, pen and paper, etc in a handy and easy to see-through freezer bag. Keep travel tech items like charging cables, mobile battery and ear buds from getting lost also with a simple baggie as well.

If your pets travel with you, pack plenty of food and water supplies for them as well. Don't forget the clean up bags! Make sure your pet can ride safely during your trip and not impair your driving.

Airport travel is also experiencing lots of changes at this time. Check [TSA.gov](#), and your airline's website prior to your flight for updated information.

- Travelers are now allowed one 12 oz bottle of hand sanitizer – placed in the bin for inspection
- All food must be packed in a clear bag – and taken out for inspection. Helpful hint: pack items like coins and cell phones inside your carry-on bag to help prevent cross-contamination.
- Pack an airplane kit (additional fresh mask + wipes)
- Pack a day's worth of food—restaurants may not open, grab and go items that are easy to pack.
- If you checked bags, be sure to wipe down your handles on your suitcase upon arrival.

## TIPS FOR HOTEL STAYS

- Contact your hotel in advance and ask what cleaning procedures are in place and make sure you're comfortable with them.
- Pack sanitizer wipes for high-touch surfaces like light switches, door knobs and counter tops.
- Take an extra bag for the TV remote (or use the free shower cap) to avoid cross-contamination.
- Ask in advance to learn if hotel food is available; pack your own coffee mug and instant oatmeal/snacks in case the restaurant is closed. Most breakfast buffets have been eliminated. A collapsible drinking cup saves space in your bag (and it's nice to know you're the only one who's touched it.)

OR ...plan a staycation in your own back yard and create fun memories of trying new things at home to keep with you forever.

# Memoir Writing—Sharing

## “Cooper’s Castle” on Newcastle

Patti Cooper-Busse

Growing up on Newcastle Avenue in Encino, California was magical for me. The neighborhood sported all new homes. According to my Mother, it was “perfect”. My parents moved from Louisville, Kentucky to the sunshine state of California after Dad was released from the Army Air Corp after serving in Japan during WWII. What a bargain for a first time home, a 900 square foot bungalow bought on the GI Bill for \$10,500.

As I grew up in this neighborhood, I felt like there were extended families all around the block.

The young couple next door, who according to Mom, delighted in entertaining my brother Jim and me. Betty and Ray Prochnow had no children of their own, so they “adopted” us. Betty would “let me” do little chores around the house. Mom could never understand why I was willing to do chores for our neighbors, but squawked when asked to do them at home. I don’t think she knew I was slipped a quarter for my work.

My older brother Jim recently confessed to me, “I used to jump from our roof onto the Prochnow’s carport roof.” I know Mom never knew of the daring feat, even though she claimed to have “spies” all over the neighborhood.

My adventurous friend Molly Edmundson would come over and we would seek new places to explore in the neighborhood. Molly’s Mom would make her bring her little sister when she came over to play. This annoyed us immensely. One day we ditched her tattle-tale sister. Deciding the best way to check out the neighborhood was to climb the cement blocks fences that lined the backyards, off we went, making like Nancy Drew to peek into the neighbors’ yards. It didn’t take long for us to break this nosy adventure. A big red dog came barking, slobbering dog slime and snapping his sharp yellowed teeth at us as he tried to reach us on our perch. Molly screamed, “We’re gonna die! RUN!”. Not wanting to be dog chow, we beat it home, vowing to find another way to explore the world around the block.

Roller skating was a popular activity with the neighborhood gang. We knew what streets were blessed with smooth sidewalks. A cul-d-sac in a neighborhood was a bonus. We donned our old fashioned skates and put the key on a string around our necks like some symbol of independence. Then we would fly! We were fearless!

Our home was the center of fun and activity. My folks put in a big brick patio and planted the backyard. Dad would plop me in the wheel barrel and take me on a spin to collect the bricks that were loaded on the front driveway.

Once the patio and yard project was completed, Mom and Dad turned on their Southern charm to host one of many neighborhood outdoor parties. Dad would string up colored Christmas lights along the driveway fence. The same wheelbarrow that once carried me and the bricks was now loaded up with pop,



and beer, their tops peering over the chunks of ice. The families brought pot-luck to share. The adults would square dance for hours. When they took a rest between dancing and visiting the kids had their turn and put on 45's and played rock and roll. We thought we were so cool over the square “square” dancers.

Mom taught four of my girlfriends and me how to sew. We were her “sew girls club”. She taught us the basics of sewing. How she managed to teach 5 girls, ages 11 to 12, to sew a dress is nothing short of miraculous.

When I am shopping today, the scent of an in-store bakery transports me back to Newcastle Avenue. I recall the Helm’s Bakery truck. The panel truck was the color of butter and trimmed with black fenders. This rolling truck of goodness had a very distinctive whistle that beckoned families to the curb. The Helm’s man would pull out long display trays that seemed endless. The trays held freshly baked donuts, brownies and cookies. My brother and I had the delicious task of choosing a favorite treat for ourselves once a week—ahh, the bliss.

I always felt special when a letter or package from Kentucky arrived. The parcels were addressed to “Cooper’s Castle” at 5052 Newcastle Avenue, Encino, California. I was convinced we were American royalty.

It was Cooper’s castle until we had to move after my father passed away, too young, in 1959. The new neighborhood did not have the same magic and Newcastle seemed light years away.

Fond memories of those times on Newcastle flit in my mind like fireflies—they light up and visit for a while.

For me, Newcastle and its wondrous magical times were the American Dream.



# This & That



## Demand for online cooking resources soars during pandemic

The Coronavirus Pandemic has changed the way we eat, including more time spent in the kitchen and more meals eaten at home.

To support consumer efforts to increase their knowledge and skills to prepare affordable, quick, healthy, and tasty meals for themselves and their family, the OSU Extension Service, Family & Community Health program in Clackamas County has created a series of three, two-and-a-half minute demonstration videos featuring **Food Hero recipes**. The Food Hero recipes highlight food ingredients that are readily available, utilize basic cooking utensils, and can be prepared on a stovetop or electric skillet in under 30 minutes. The step-by-step process of preparing the recipe allows you to be your own personal chef.

### How to watch:

Garden Vegetable Cakes: <https://beav.es/4tf>  
Lentil Taco Filling: <https://beav.es/4tY>  
Skillet Meal Mix & Match: <https://beav.es/4tg>

The videos are also airing on public access cable channels in Clackamas County on Sundays at 4:00 pm, Thursdays at 11:00 am, and Thursdays at 10:00 pm, and live streamed at those times through Willamette Falls Media Center <https://wfmcstudios.org/programming/>

Source: Oregon State University Extension Service Clackamas County News Release July 2



## 5 Easy Steps To Getting Tax Refunds At No Cost



- 1. GET YOUR DOCUMENTS READY** – Have these at hand: Last years tax return, W2's, 1099s, child care expenses, education expenses, mortgage and property tax statements, bank account information and more.
- 2. LOG ON TO CASH OREGON** – Start up a computer and head over to: <https://cashoregon.org/virtual-volunteer-tax-help/>
- 3. CALL THE FREE TAX HELP HOTLINE AT 503-966-7942** – An IRS certified volunteer will help guide you to complete a tax return. The volunteer will send you a screen-share invitation to assist you in navigating through the software to ensure an accurate tax return. The hotline is available Sunday-Wednesday 9-4 and Thursday 12-7.
- 4. COMPLETE YOUR TAX RETURN** – Be prepared to spend 2 hours to finish the tax return with a volunteer.
- 5. RECEIVE YOUR TAX RETURN!** Tax refunds with automatic deposit typically take 2-3 weeks to be processed and make it to your bank account.

MFS Cash Oregon is a program of Metropolitan Family Service. Learn more at [www.cashoregon.com](http://www.cashoregon.com)

## Senior Loneliness Line is ...

...A partnership between Lines for Life and Clackamas County. The team of volunteers and staff are specially trained in working with older adults. **Any aging adult experiencing loneliness, isolation, depression or anxiety** can benefit from a confidential phone call with Senior Loneliness specialists. Someone who cares and wants to listen can be of great help. Call the senior Loneliness Line at: **503.200.1633**

## FIDO Pet Food Bank Continues Weekly Operation! 14186 Fir Street, Oregon City OR 97045

FIDO Pet Food bank remains open every Wednesday, 9 am to noon and 3rd Saturday of each month 9 am to 2 pm. They provide pet food at reduced cost to seniors, AND offer a Veteran's Program to help Veteran's and active duty personnel and their families obtain dog and cat food at reduced costs. Check them out on the web at: [www.FIDOAniMeals.org](http://www.FIDOAniMeals.org) to read more about their programs. [Note: Strict COVID-19 protocols in place for everyone's safety.]

## 2020 Census Update—Response Time Extended to October 31, 2020!

You now have until October 31, 2020 to respond to the Census.

**You can respond online at 2020census.gov.** To complete the Census over the phone with a Census Questionnaire Assistance representative, call: 1-844-330-2020 with your ID card in hand. If you need more information about the **2020 Census**, visit the **2020 Census Contact Us** page.

## Just for Laughs...

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories.

After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked, as they moved off.

"Because," he said, ...

**"I can't stand chess nuts boasting in an open foyer."**



# Center Services suspended for August

## 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—

The 2nd Wednesday of each month, an attorney meets with you by phone, 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!

# Center Services Suspended for August

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

## NUTRITION

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

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

## TRANSPORTATION

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

### Transportation Reaching People - TRP

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

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

## FITNESS & WELLNESS

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

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

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

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

## RECREATION and ACTIVITIES

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

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

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

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

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

## CLIENT SERVICES

### Home Visits

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

### Information and Referral

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

### Senior Companion Program

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

### Canby Adult Center Tours Available

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

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

# On-going Classes and Activities—Suspended for August

## 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 Til-den.

No fee—donations appreciated.

## Senior Tai Chi—Walk-ins welcome!

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

Instructor, Nick Hancock

No fee—\$2 donation suggested



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

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

No fee—Donations accepted

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



Every Tuesday, noon to 12:50pm

Loaner shoes available

Instructor: Ann Skoe 503-266-1321

No fee. No sign up - Just show up!

## POUND— Every Thursday at 2:30 pm

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

No fee—Donations accepted

## Quilting Class— Monthly on Wednesday,

9am – 12pm.

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

## MONDAY at 10 am—Woodcarving Workshop

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

## TUESDAY

### TOPS: Take Off Pounds Sensibly

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

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

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

**BINGO”** Doors open at 12:15, games begin at 1 pm

Regular games: 1 packet \$5,  
2 packets \$8,  
3 packets \$10



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

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

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

## WEDNESDAY

### Mahjong - every Wednesday at 2:00 pm!

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

No fee

## THURSDAY

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

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



## WEEKLY CARD GAMES

**Bridge:** Mondays 1 pm— 4 pm

**Canasta:** Tuesdays 1 pm— 4 pm

**Pinochle:** Tuesday & Friday - 1 pm

New players welcome!

# Donors, Renewing Members & Hometown Heroes

## August Birthdays!



1 Debbie Jewell	20 William Harney
1 Carol Luce	21 Beverley Stuve
2 Johni Thayer	22 Irene Wolfe
3 Marilyn Bradford	23 Charel Walker
3 Donald Chambers	23 Vicki Adamson
4 Carin Rydell	23 Oren Hesse
5 Judy Clawson	23 Betty Case
5 Velma Burkert	23 Kay Walter
5 Noreda May	24 Leta Bunnell
6 Clark Hickman	25 Pat Schauer
6 Curt Hovland	25 James Wiersma
7 Rosemary VanDerZanden	26 Sheila Isaacson
7 Victoria Hannaman	26 Madeleine Henderson
8 Rosemary Hands	26 Patricia Perkins
12 Frank Hubbard	27 Myra Bennett
12 Walt LaChapelle	27 Darline Kraxberger
13 Mae Goossen	28 Sue Elle Ludlow
14 Sarah Daniels	29 Penny Kissner
14 Leslie Rhodes	31 Bev Purvis
15 Wally Case	31 Therese Richardson
15 Lyle Pierce	31 George Raney
16 Jeannie Heuett	31 Irene Cunningham
16 Terry Kester	31 Bill Vermillion
18 Julie Harney	31 Jim Dippman
20 Jim Irving	

## June/July Donors

**Financial Donors:** Anderson Property & Kim Meeks, Joyce Ares, Jeannette Blancic, Millie Blodgett, Carolyn Brown, Joe & Betty Clarizio, Patty Hatfield, Marsha Meyerhofer, Nancy Muller, William Patton, Joyce Peters, Belvia Pieri, Rackleff Place, Kathryn Schlaman, Roger & Marilyn Shell, Trailer Tillicums of Oregon, Vicki Smith

**In Memoriam:** Fritse Hakkinen in Memory of Patricia Long  
Darline Kraxberger in Memory of Verlyn Kraxberger  
Ruth Stinson in Memory of Jim Nanson

## In-kind Donors:

Sandy Burnett	Canby Center
Canby Garden Club	Mike & Jane Collier
Jan Cox	Penelope Hoyt
Sara Lesina	Vinita McClain
Darlene Pieri	Sterling Roth
Paul Prideaux	

Thanks to all our local farmers for donating fresh produce!!

## New and Renewing Members

Lucy Bergman	Kathleen Blanchard
Peggy Bigham	Grace Burnham
Luellen & David Fife	Marlene Gooding
Darlene Jacobucci	Dawn Kimball
Donna Lebold	Kathleen Mulligan
Carol Schreiner	Nancy & Rex Sebastian
Bob & Sue Sheveland	Johni Thayer
Patricia Walman	Lawrence & Mary Weber

## 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:

- **"Mask Makers":** Jane Dahl, Susan Rudolph Sessions and her LDS Church ladies, Susan Hull, Melissa Haskell with Haskell Family Dentistry, Linda Tate, Deb Schauer
- **Mask Extenders:** Martin Lackner

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. Thanks to all of you!

- DirectLink leadership and staff—for tulip donation for 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
- Vicki Breitbarth—dog food donation for HDM pets

- Virginia Brelin, Jenny Hickman and an anonymous donor—toilet paper for HDM clients
- Gloria and Saxon Montes. Saxon is a Boy Scout. He was looking for some service projects. He helped a client with her yard and helped deliver a needed item to a client
- George Raney for running errands for the Center.
- Millie Reser and Sue Goetchius for putting together the Father's Day treats 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—food boxes
- Canby Fire Department—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  
Tom & Anna Adams  
Robert & Janet Adrian  
Abbie Allen  
Gloria Altenhofen  
Tina Borges  
David Bolton  
Laurel Boone  
Marjorie Brood  
John & Linda Calvert  
Joe & Betty Clarizio  
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Doris Eide  
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Merrill Farrington  
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Shirley Morris  
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Patricia Williams  
Dale & Susan Williamson  
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Rod and Ann Youngquist

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

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Dean & Helen Basinger  
Ted & Linda Baumgartner  
Jeanette Blanic  
Vicki & Robert Breitbarth  
Janice Brisbane  
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Dan Edwards & Lynda Tucker  
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Bruce Gehrke  
Bob & Judi Gobet  
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Carmen Hamilton  
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Leona Hart  
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Kirk & Barbara Heath  
Jim & Paulette Hefflinger  
Delbert Hemphill  
Kathryn Henderson  
Darrel & Shelly Herman  
Kathleen Hostetler

The Estate of Randall Stewart Pitchford

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Bernie & Mary McWilliams  
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Gale Nelson & Alice Merrill  
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Charles Odell  
Mariah Olson  
Joyce Peters  
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Earl & Susan Voss  
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James & Greta Wiersma  
Jay and Kathy Wolfe  
Peggy Yeats  
Boneita & Ronald York  
Eleanor Zieg  
Janet Zittleman

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

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

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

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

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

Andrew Kauffman—Attorney at Law  
Canby Kiwanis Foundation & Thrift Store  
Custom Plumbing & Construction  
Cutsforth's Marketplace  
Direct Link

Home Instead  
Hulbert's Flowers  
Kahut Waste Services  
Marquis at Hope Village  
Oregon Food Bank

**Friends of Canby Adult Center Inc  
PO Box 10  
Canby OR 97013-0010**

**NONPROFIT  
US POSTAGE PAID  
CANBY OR  
PERMIT NO 81**

**Return Service Requested**



**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: \_\_\_\_\_

**Did you  
know...**

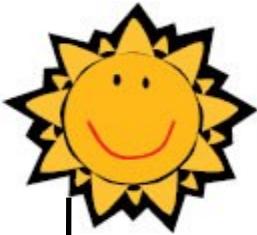
The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation.

The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

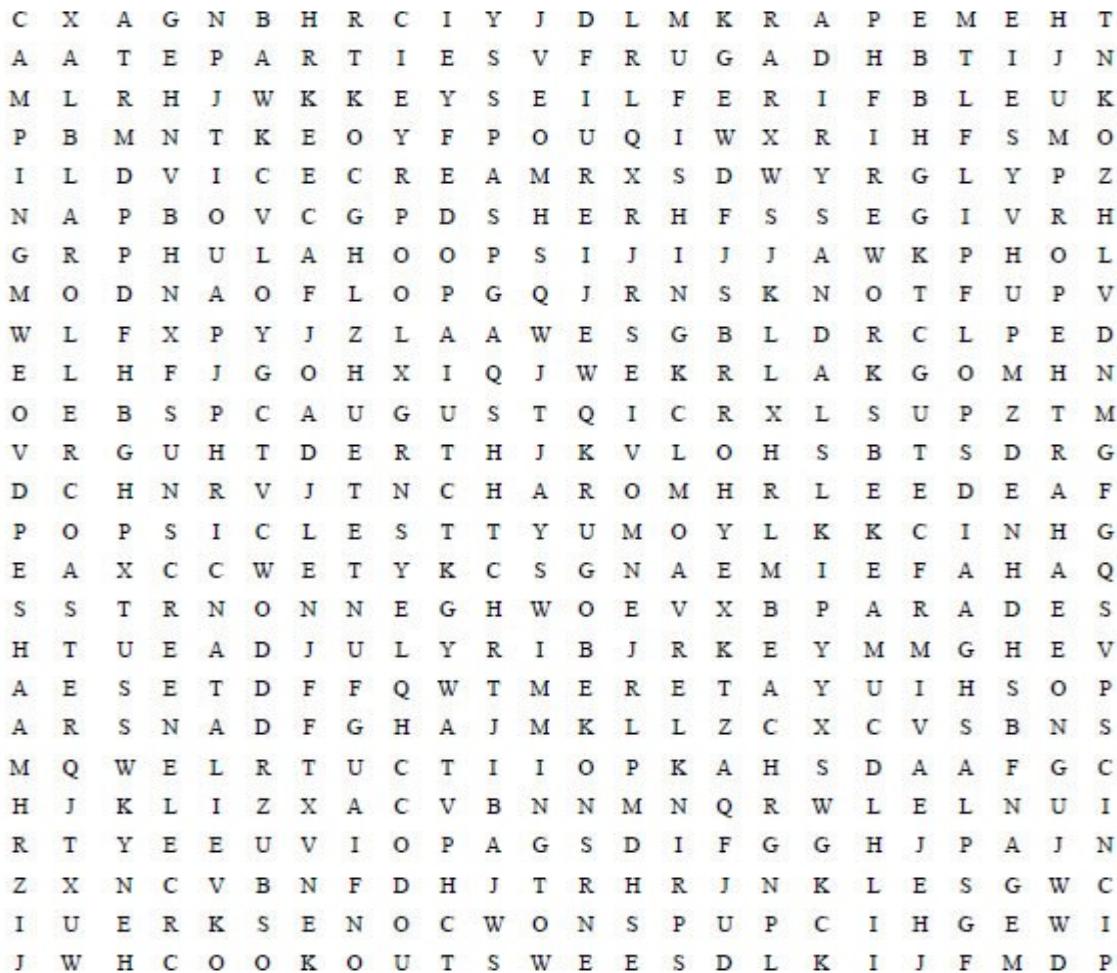
In the summer heat, the iron in France’s Eiffel Tower expands, making the tower grow more than 6 inches.

Watermelon is a popular summer treat. Watermelon is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans consume 15 pounds of watermelon annually.

Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.



# SUMMER



AUGUST

BEACH

BIKES

CAMPING

CARNIVAL

COOKOUTS

FIREFLIES

FIREWORKS

FISHING

FLIPFLOPS

FUN

HULA HOOPS

ICE CREAM

JULY

JUMPROPE

JUNE

MOVIES

PARADES

PARTIES

PICNICS

POOL

POPSICLES

ROLLERCOASTER

SANDALS

SPLASH

SPRINKLER

SNOWCONES

SUNGASSES

SUNSCREEN

SWIMMING

THEME PARK

VACATION

