



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

December 2020

CENTER STAFF

DIRECTOR
Kathy Robinson
caccdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

FOOD SERVICES
MANAGER
Hurley Baird
CACFSM@canby.com

MEALS ON WHEELS
Jeanne Vodka
cacmow@canby.com
Judy Long

TRAVEL COODINATOR
Lynne Bonnell
lyneb@canby.com

WELLNESS PROGRAMS
Mindy Tilden
cacfit@canby.com

ASST FOOD SVCS
Elizabeth Luchini

KITCHEN UTILITY
Beth Millican
Ralene Tennis
Kathy Levy

KITCHEN ASSISTANTS
June Nice
Carol Clark

TRANSPORTATION
Frank Hosford
Scott Goetchius
Wade Porter

CUSTODIAN
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

www.canbyadultcenter.org
503-266-2970
PO Box 10 1250 S Ivy
Canby, OR 97013

Welcome from the Director

Dear friends,

As I write this, we are considering how to best implement the latest “freeze” guidance from the Governor’s office—not the news we wanted to hear. We are already closed to the public and working at safe distances from one another, but we were really hoping to phase in a few fun, safe activities to celebrate the holidays! Alas, they will have to wait until next year.

While our holidays will definitely look different this year, we want to wish you warmth, laughter (see more on that inside!), good food and time spent with family or friends, even if its through an Ipad screen or your phone line. Above all, please stay **safe**—it appears that COVID 19 has fully arrived in our community, and we want to welcome you back to the Center as soon as its safe to do so! Just think of all of the stories we’ll have to share!

Happy Holidays to all—Canby Adult Center team

CAC Hosts First-Ever **Drive-Thru Christmas Meal December 22nd for ages 60+**

Our first-ever drive thru Christmas Meal is Tuesday, December 22, 11:30 am to 1 pm. Not a sit-down dinner but still a delicious holiday meal, featuring prime rib!

Please note: This meal is for individuals aged 60+ who are NOT MOW clients. MOW clients will receive the same meal, delivered to their home, on Wednesday December 23rd.

Participants are invited to drive-thru between 11:30 am—1 pm. Please enter our parking lot from 13th street.

Center membership is not required to participate, BUT **you must RSVP to us at 503-266-2970 by December 14th at 4:30 pm for planning purposes.** We look forward to seeing you!

Canby Kiwanis Accepting Applications for Food & Toy Baskets

Tis the season, and we are once again collecting new **toys** for the Kiwanis toy drive! No food collection this year because of COVID, but we have a barrel to accept your toy donations! Bring your donation to the Center Monday-Friday 9:00 am to 4:30 pm. If the front doors aren't open, call us at 266.2970 and we will open the door for you. If you would like to receive assistance and need an application, please call the Center and we will arrange to get an application to you.

American Red Cross Blood Drive Tuesday, December 15th 12—5 pm

CAC hosts this blood drive on December 15th from noon to 5 pm. The ARC has seen a significant drop in blood donations, so we feel called to help. Sign up to give on the ARC website.

Check us out with ZOOM!

We continue to offer “**ZOOM opportunities**” including speakers, exercise classes, and our classic “BINGO” on Tuesdays! *See pages 3 and 5 for all the opportunities* and details on how to “Zoom with us” at the Center.

Zoom Classes:

Better Bones & Balance (modified)
Mon/Wed/Fri 10:00 am

Zoom Bingo: Tuesdays at 12:30 pm

Zoom Speakers: Thursday, December 17th, Kim Whitely, “Building Resilience During these Challenging Times”

Offerings resuming with COVID restrictions—see page 3 for details:

Medical Rides Available on case-by-case basis for established clients only.

Foot Clinics—with Laverne & Patty

Attorney Consultations—meet with attorney Andrew Kauffman virtually for a 30 minute consultation.

Board News and Announcements

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

djjewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupsteam.com
(Term ends Sept 2022)

TREASURER

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2023)

SECRETARY

Ruth Howard

frhoward6680@gmail.com
(Term ends Sept 2023)

Dave May

dmay@utep.edu
(Term ends Sept 2022)

Millie Reser

softballady63@gmail.com
(Term ends Sept 2022)

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2023)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

A word about our Board ~

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

Board Meeting Minutes excerpts from Wednesday, November 11, 2020

Directors Present: Debbie Jewell, Jim Davis, Johni Thayer, David May, Bill Reif, Loren Bell, Breda Mootz, Millie Reser and Ruth Howard

Staff Present: Kathy Robinson

CAC Members Present: None

City Liaison Present: Greg Parker

The Virtual Meeting was called to order at 1:00 pm by Debbie Jewell; it was established there was a quorum. The October board meeting minutes were unanimously approved and accepted.

City Liaison Report: Greg Parker reported that Scott Archer is the new City Administrator. He comes from the North Clackamas Parks and Recreation Department. The Ivy Street Project will begin in 2021. The street will be rebuilt from 99E to 13th and a new stop light will be installed at the intersection of Township and Ivy. Todd Wood is the new Director for Canby Area Transit. CAT is looking forward to fixed routes coming soon to Canby.

Treasurer Report: Detailed report available upon request. Our financial foundation remains strong in the midst of uncertainty.

Director's Report: Available upon request. Kathy shared program highlights, including a CARES ACT grant recently received from the City of Canby for \$10,000. Funds will be used to support the Center's shelf-stable meals program.

New Business: None

Old Business: Kathy asked for BOD approval to hire the accounting firm of Jarrod, Seibert, Pollard & Co to fill the vacancy created by the Wilcox & Arredondo firm not being available to perform an audit for CAC. Motion was made and passed unanimously.

Designs West has been contacted to assist in consulting on remodeling our current space.

Kathy will continue to pursue an Emergency Preparedness Plan. Jim invited her to join a debriefing meeting at Canby Fire on November 20th to discuss these issues.

The meeting was adjourned at 1:47 pm. The next meeting will be held via ZOOM on December 9, 2020, at 1pm.
Submitted by Ruth Howard, Secretary

Watch for Construction on South Ivy Street— Now thru January 2021

The City of Canby is replacing a sewer line on South Ivy Street from 99E and South Ivy Street, to 13th Street. You have probably already seen street signs indicating detours and street closures.

There will also be a new stop light installed where South Township Street meets Ivy.

Barring bad weather, or unforeseen problems, this project is scheduled to conclude January 2021. After construction—we will all enjoy a new turn-signal AND a freshly paved South Ivy Street.

Reminders:

Monday, December 7th—Medicare Enrollment Closes

Tuesday, December 15th— Noon to 5 pm
American Red Cross Blood Drive

Tuesday, December 22nd—11:30 to 1 pm
Drive-thru Christmas Meal

Thursday, December 24th—Christmas Eve
Center closes at 2 pm

Friday, December 25th—Christmas Day
Center Closed

Thursday, December 31st—New Years Eve
Center closes at 2 pm

Friday, January 1st—New Years Day
Center Closed

Services Available in December

Client Services Available in December

Meals on Wheels: Volunteer drivers deliver freshly prepared, nutritious meals four days each week (Monday, Wednesday, Thursday and Friday), following a menu prepared in conjunction with the county dietician. Additional frozen meals are available to cover weekend needs as well. Call 503-266-2970 to sign up!

Current clients—if you need to make a change or cancellation to your meals, please **call the Center prior to or no later than 9:30 am** on the day of delivery.

Legal Assistance Phone Consultations—

Local attorney Andrew Kauffman is available to meet with you for a free 30-minute phone consultation on the second Wednesday of each month. 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 Adult Center Staff to get those documents to the attorney electronically (by scanning or fax.)

Foot Clinics

Foot clinic providers, Laverne and Patty, have resumed their services. Appointments are available Wednesday, December 16th, with Patty, and Mondays with Laverne, December 7th, 14th, and 21st. Strict protocols are in place to help keep everyone safe:

1. You **must** wait outside in your vehicle until the provider comes to get you for your appointment.
2. You **MUST** wear a mask at all times while in the building.

Call the Center at 503-266-2970 to make your appointment. Laverne's service fee \$15; Patty's service fee is \$35.

Medical Rides NOW Available

We are now offering **limited** medical rides out of town to **current clients** of the Canby Adult Center.

- Medical rides offered between 9:30 am and 4:00 pm Monday, Wednesday, and Friday. One round trip per day will be offered on the available days to ensure sanitization of the vehicle and at least 24 hours between rides.
- No wheelchair rides are offered at this time.
- Employees and riders must wear masks at all times.
- Clients must be fully mobile and able to enter/exit the van on their own. If necessary, one caregiver can ride along with the client. No physical assistance will be provided by the driver. **This is a contactless service.**
- Client and caregiver will both be riding in the back seat of the van at least 6 feet away from driver.
- 5-7 business day advanced notice is required.

This is a donation based service; contact Wendy May at 503 266 2970 for more information.

Exercise — Live with Mindy! Live exercise classes are available Monday, Wednesday and Friday at 10 am using "ZOOM". 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, send an e-mail to Kathy at: cacdir@canby.com. 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!

BINGO with Lynne on ZOOM Every Tuesday at 12:30 pm

Send an e-mail to Lynne at lynneb@canby.com if you'd like to try it out Zoom Bingo!

You will need: email address;
internet connection; and
computer or I-pad

WWE (Walk With Ease) Finished for the Winter Season—Watch Future Newsletters for updates on when class will resume



Watch future editions of the newsletter for information on when this class will resume. This class is approved by the American Arthritis Foundation and meets the criteria for evidence-based exercise.

Drive-Thru Christmas Lunch for Seniors 60+ Tuesday, December 22nd, 11:30 am to 1:00 pm

While you won't get your picture taken with Santa and his Elf as in years past—you WILL be able to drive thru our parking lot on Tuesday, December 22nd, to pick up a delicious Christmas Lunch to go! You don't have to be a member but this lunch is for individuals aged 60+.

It will be an opportunity for us to see you—and maybe give you a Christmas Treat! If you'd like to join us for this event, please RSVP at 503-266-2970 no later than Monday, December 14th by 4:30 pm so we can plan for your lunch.

Please note: If you are a MOW client, please do not call to sign up for this Tuesday meal. MOW clients will receive the same meal on Wednesday December 23rd.

This is a traditional holiday menu featuring Prime Rib, Garlic Mashed Potatoes, vegetables, Waldorf Salad, and Apple Cider Spice Cake for dessert.



Looking forward to seeing you on December 22nd!

Client Services—Resources & Support Groups

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



Clackamas County Crisis Line & Clinic: 503 655 8585

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

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

Resources to help during 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 Ctr
503 654 2288

Mental Health/Peer Support
Suicide Prevention Hotline
1 800 273 8255

Staying Connected at Home During Covid-19

The COVID-19 crisis has left many older adults, feeling isolated and lonely with their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. Physical distancing is important to stay healthy during the crisis, loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes.

Given these negative emotional and health impacts, **engAGED:** The National Resource Center for Engaging Older Adults is providing information to help people stay engaged in mind and body and connected to their communities. Here are some ideas of ways to stay engaged:

Pick up the phone and call a family member or friend. Make a connection every day.

Write a note or send a card. Mailing a short note is simple to do and can bring a smile to someone's face while cheering you up in the process.

Be spontaneous—but don't spend more than 90 seconds on an email or a text; keep the message simple.

Move more and sit less. Move frequently during the day; gentle stretches or laps around your home is a good start; or a walk outside—keep a 6 foot distance and you can still talk to neighbors and enjoy the changing colors.

For more suggestions check out www.engagingolderadults.org.

Source: *engAGED The National Resource Center for Engaging Older Adults*
Guideposts August 2020

Clackamas County Low Income Energy Assistance Program NOW OPEN!

Heating assistance is available now thru April 30, or as long as funds are available. This program is only available to residents of Clackamas County and may be able to assist with the following heat sources: Electric, Natural Gas, Oil, Propane, Wood and Pellets.

Eligibility is based on the total gross household income received by all adults age 18 and over living in the home at the time of the application. **2021 Program year income Guidelines (Effective Oct. 1, 2020) are below** [Income cannot be over 60% of Median Annual Income]

House- Hold Size	Annual Income	Monthly Income
1	\$27,806	\$2317.15
2	\$36,361	\$3030.10
3	\$44,917	\$3,743.05
4	\$53,472	\$4,456.00

Each additional household member
\$1604/annually and \$133.65 monthly.

**To request an application, call
Clackamas County Energy
Assistance at 503 650 5640.**



Clackamas County
Weatherization
Program

Weatherization is collaborating with Energy Assistance in an effort to assist residents who were affected by the wildfires and smoke by offering a FREE filter for your heating and cooling system. This is available ONLY to income eligible residents who qualify for Energy Assistance.

Fact: Did you know if you check your air filter every month it could lead to energy savings on your heating and cooling bill? A dirty filter makes your heating and cooling system work harder.

**Funding is limited, filters provided on a first come, first served basis.*

Memory Loss Program for LGBTQ Adults

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for individuals with memory loss and their care partners. This study seeks to determine if a program developed by leading experts in dementia is effective in helping people in the LGBTQ community who are experiencing memory loss or caring for someone with memory loss. The care partner can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss. The person with memory loss or their care partner must be LGBTQ.

The program is designed to improve the health and well-being of both and includes nine sessions with a trained coach focusing on problem solving, skill building and low impact exercise. The program is virtual, using easy video chatting.

Participants don't have to leave home to participate and are paid \$125 for completing five phone interviews.

To learn more call 1-888-655-6646 or email ageIDEA@uw.edu.

Visit Aging with Pride:IDEA at www.ageidea.org

ZOOM with us at the Center

Special Information About Virtual Meetings

As part of our effort to continue providing information and services relevant to our community in the age of COVID, we offer virtual meetings and webinars through service providers.

To participate in a meeting, you will be asked to sign up via e-mail, directly with the service provider. While these providers are generally

known to us as reputable, they may send you promotional materials about paid services that they offer, as a result of your participation in their meeting. You are under no obligation to pay for any services; you can ask to be taken off their contact list at any time. If you receive an e-mail, text or other communication that you are not sure about, please contact Client Services Coordinator Wendy May at the Center.



Medicare Enrollment ENDS 12/7/20
SHIBA Assistance available

If you need assistance in determining what plan is right for you, contact SHIBA (Senior Health Insurance Benefits Assistance) at **503-655-8569** to make an appointment to speak with a SHIBA volunteer, trained to answer your questions about Medicare! All appointments are virtual and offered over the phone, via facetime or ZOOM. **Call SHIBA at 503 655 8569 to make an appointment with a SHIBA volunteer.**

Mental Health Tips: How to exercise your mental health each day to keep sane during Covid 19

Below are three suggestions that might help give you a sense of accomplishment or "connectedness" during these very different "Covid-19" times.

1. Set one reachable goal per day and complete it (i.e., fold the laundry, vacuum the living room, straighten the bedroom, put away clean dishes, make your bed, take a walk, etc.)
2. Find an element of Joy each day. (smile at one of your pet's antics, enjoy a crossword puzzle, enjoy the leaves falling outside, watch a funny movie, read some uplifting stories or jokes).
3. Make sure you connect with another person every day (by text, phone, zoom, out the window, across the fence, etc.)

Exercising in these 3 ways every day will help keep your mental health strong and remind you the world is not so bad after all. Have a great day safely and with distance!!



Building Resilience During These Challenging Times

**Thursday December 17th
2020 1:00-2:30**

Join the Clackamas County Older Adult Behavioral Health Specialist, Kim Whitely, for an interactive workshop on building resilience during these challenging times. Learn practical coping skills to manage stress, anxiety, and grief to use yourself or to support others who may be struggling.

To register and request your ZOOM invite, email Wendy May at caccsc@canby.com. **Registration deadline is December 7th 2020.**

You will receive a copy of the guide via the US mail prior to the workshop. Please indicate how many copies you would like to receive.

ZOOM?? Do you have questions about using Zoom to participate in meetings and classes? If you do, the information below may be helpful to you!

If you have never used ZOOM before, and are not a "techie", you can find a collection of video tutorials on **YouTube** as well as the **Zoom website** <https://zoom.us/> These tutorials will help explain how ZOOM works, and what you need to do to participate using the ZOOM application. In some cases it is just a matter of clicking on a link!

Senior Loneliness Line is ...

A partnership between Lines for Life and Clackamas County with a team of volunteers and staff 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. Please call—SeniorLoneliness Line at **503.200.1633.**

Someone does care and does want to listen!

Feeling Isolated? You are not alone.



If you are feeling anxious or depressed - or just miss the sound of another voice- please reach out.

- Someone to listen
- A friendly person to speak with emotional support and understanding

Call any time, any day. All calls are confidential. **We are here for you.** Senior Loneliness Line **503 200 1633 – a state-wide service of Lines for Life**

Healthy Body—Healthy You!

Hi everyone! Here we are, steamrolling into the holidays FULL speed ahead! Everything looks so different this holiday season with the pandemic, hopefully everyone is keeping their sanity while keeping their health. It's time to get creative with our socialization! Pick up the phone, call your loved ones! Try a Zoom or FaceTime "meeting" so you can see each other! My family is celebrating the holidays on a video phone call with grandparents - just to keep everyone healthy. Ask your loved ones if they know how to set it up, you'll love it!
- stay healthy, Mindy

The need for company/companionship, love, and support is not something that diminishes as we grow older. In fact, a healthy social life is particularly important for seniors. Read on to learn why, and what to do about it.

Why Socializing Matters: Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense. Here are some specific ways that older adults benefit from a rewarding social life.

Health Benefits of Older Adult Socialization

Older adults with a fulfilling social life tend to avoid many of the physical, cognitive and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health, as explained by Livestrong:

- Reduced stress. Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- Longer lifespan. High levels of socialization in seniors help increase longevity.
- More fitness. Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental and cognitive benefits.
- Reduced risk of depression. Consistent socialization reduces the likelihood that seniors will experience depression caused by isolation and loneliness.
- Less anxiety. Similarly, senior socialization reduces levels of anxiety as well.
- Greater self-esteem. Socialization helps seniors maintain their self-esteem and sense of worth.

The Cognitive Benefits of Senior Socialization

Socialization can provide a tremendous boost to a senior's cognitive health as well. Positive social interactions on a consistent basis help keep seniors stimulated, mentally sharp and intellectually engaged.

Not surprisingly, the improvements in these cognitive areas can **help prevent** general cognitive decline, including memory loss, Alzheimer's disease and other forms of dementia. Importantly, when these social interactions include exercise groups, the benefits of both are increased significantly.

Healthy socialization leads to an increase in the quality of life seniors experience on a daily basis.

Obstacles to Senior Socialization

Some of the obstacles seniors encounter when trying to stay active and cultivate healthy relationships can include:

- Physical ailments
- Loss of a spouse or other loved one
- Isolation and/or mobility problems
- Real or perceived cognitive decline
- Less availability of family members to assist with social activities

Some of the obstacles are more difficult to overcome than others, but it is imperative that older adults and their loved ones endeavor to eliminate or mitigate them as much as possible. Otherwise, it will be that much more difficult to find and participate in the social activities that deliver so many diverse benefits to older adults. A lack of socialization can lead to the very difficulties that prevent it. The longer you wait, the more difficult it will become to develop the necessary social life. Get social now!

Now that we know the benefits of senior socialization, the question then becomes: how can seniors promote a healthy social life?

6 Ways Seniors Can Cultivate a Healthy Social Life

For many older adults, continued socialization doesn't happen on its own. Strategies, commitment and diligence are often required. Here are 6 ways that seniors and their loved ones can cultivate a healthy social life:

- Build and maintain positive relationships with grandchildren.
- Do volunteer work (this has the added benefit of keeping us busy and engaged during retirement).
- Take advantage of community resources such as senior centers, religious organizations and the events at independent and assisted living facilities.
- Organize social activities on your own and include seniors who might be experiencing isolation or loneliness.
- Help maintain a sense of purpose by caring for a pet, church attendance or the pursuit of hobbies and interests.
- Loved ones—Ensure that older adults have adequate transportation to and from social activities.

Hopefully, the above information proves helpful in improving you or your loved one's social life and overall sense of well-being. If nothing else, at least take away the following truth:

Senior socialization offers many benefits, and a healthy social life is both necessary and obtainable for every older adult in our lives.

The best ways to create a healthy social life depend on your (and your family's) unique situation. Unfortunately, because of limited time, resources and geographic distance, it can sometimes be difficult for families to provide the necessary social support. Do what YOU can do to stay active and stay social.

Read on in our newsletter to find ways to do both... yes—even in these challenging times!

source: [ActsRetirement.org](https://www.actsretirement.org)

Did you know...



1) **Laughter can lower stress levels:** Similar to when an individual exercises, laughter stimulates circulation in the body. This sudden stimulus of circulation increases oxygen levels while also increasing levels of endorphins and reducing levels of cortisol, epinephrine and other stress causing hormones.

2) **Use laughter as an easy, fun and unintentional workout**
During laughter, muscles in the abdomen expand and contract, very similar to the motions that occur during abdominal exercises. The diaphragm, abdomen and face muscles actively flex and release during laughter. Have you ever felt like your face hurt or your core was sore after laughing for an extended period? This is why!

3) **Genuine laughter improves heart health:** Laughter is a healthy and safe way to increase an individual's heart rate, even for those who have trouble with normal physical activity. Laughter does not have the same side effects of physical activities that can strain the body and cause over-stimulation. Instead, it enables the heart to beat faster while requiring it to pump additional blood and oxygen to the engaged muscles and organs of the body!

4) **Naturally decrease pain with laughter:** Researchers at the University of Oxford have found that a good laugh is linked with feeling less pain. Laughing causes the body to release chemicals like endorphins, which trigger positive feelings almost acting like a feel good chemical. Breathing deeply during laughter stimulates circulation, aiding in relaxing the muscles. Laughter is also linked to breaking the pain-spasm cycle that is associated with chronic pain and muscle disorders.

5) **Laughter can help reduce blood pressure (in the long run):** After laughing, blood vessels dilate due to the increased amount of oxygen being taken in during the deep breathing that occurs during laughter, resulting in the body's blood pressure decreasing!

6) **Boost your immune system with a daily dose of laughter:** Negative thoughts and stress create a chemical in the body that can decrease immunity. On the other hand, laughter increases infection-fighting antibodies, cells that regulate immune function, and cells that seek out and destroy viral and tumor cells. Laughter is also linked to boosting T cells and neuropeptides that help your body fight off sickness!

7) **Laughter stimulates your organs:** The sudden increase in oxygen levels that occur when breathing deeply during laughter stimulates the heart, lungs, brain and various other muscles in the body. This stimulation increases cell regeneration, organ health and provides a low impact activity.

8) **Laughter burns calories:** Dr. Buchowski, from Vanderbilt University Medical Center, discovered that 10 to 15 minutes of heavy laughter can burn between 10 and 40 calories. The rate at which calories are burned depends on the individual's body type as well as how deep and genuine the laugh was. For instance, a deep belly laugh would burn more calories than a light-hearted chuckle.

Don't Ditch Your Exercise Regimen Yet though: Yes, genuine laughter can burn up to 40 calories in 15 minutes, but that means you would have to laugh consistently for 22 hours in order to burn a single pound. To put this in perspective, a person would need to laugh for about 7 hours and 15 minutes in order to burn off an average sized jelly filled donut. So don't cancel your gym membership with the intention of laughing off those unwanted pounds!

Increase The Amount of Laughter in Your Life

If you are intrigued by the health-related benefits of laughter and are looking for ways to increase the level of humor in your life, consider these ideas:

- Read the comics in the Sunday Newspaper
- Consider a "laughter yoga" class (a ZOOM class?)
- Share a joke every day with your friends, family or coworkers
- See what is in the humor section of your local bookstore
- Watch your favorite funny TV show or movie
- Learn to laugh at yourself instead of taking life too seriously
- Spend more time with the funny people in your life
- Laughter is contagious, help those around you to laugh more

Use Laughter To Create a Positive Outlook on Life: Laughter can lessen feelings or symptoms of depression, possibly helping a person feel happier. Additionally, laughter stimulates the brain to produce more endorphins, which is a neurotransmitter, emitting happier feelings. Embracing humor helps our outlook become more positive and can add joy to our lives.

Laughter can also make coping with stressful situations easier. Laughter brings our focus away from negative feelings, putting the mind in a more positive state.

Humor can strengthen our personal relationships. When we laugh with one another, a positive bond is formed and acts as a deterrent from stress, disagreements and dissatisfaction.

Laughter makes you feel good, and the good feelings remain with you even after the laughter ends. People who incorporate humor into their daily lives find that it brings joy to both them and those around them!

Source: *UnityPointClinic*
Excerpts from
www.UnityPoint.org/Clinics/Laughter

Memoir Writing—Sharing

The “Lee’s” of Canby

I am related to the Lee’s of Canby. My mother was a Lee and Philander Lee was my great, great uncle. I’m related to his brother, Philemon. There was a Philander and Philinda.

I grew up in a lumber camp. My father worked in the mill, the houses were company houses and they didn’t pay rent. We had an outhouse, wood stoves—no washing machine. Mom had a copper boiler she put the sheets in and boiled them on the stove. I remember the first small Frigidaire - my brother and I made jello every day. We took baths in a washtub and she washed clothes on a wash board.

During the depression my dad loaded railroad tiles on the train for 9-cents an hour. That’s all the work there was. The union brought a box of food once.

Mom’s brother’s wife’s parents owned a grocery store so they got to charge groceries—milk was 5-cents a quart and bread was 10-cents a loaf then. Dad always came home for lunch and mom cooked three meals a day. It was thirteen miles into town every Saturday.

About 1933 was when they had the Tillamook Burn. The fire was on three sides of us and we had to move out for a while. My grandmother lived across the street from us—I used to spend a lot of time with her. She had a room for her canned food, rows and rows, pears in green, pink and white. She would ask me what I wanted; I’d always say the pickled crab apples. I tried to make them once but they weren’t as good as hers.

My mother had a goiter operation when I was about six. I always wondered how they paid for that.

We moved to Idanha in 1935. They were building a mill. We lived in a bunkhouse, no electricity, no running water—I went to a one-room schoolhouse. Seven grades, one teacher. There wasn’t any 7th grade.

I went to Portland to work when I was 18. Another girl and I rented a room. It was wartime and all the shipyard workers were in town. You could ride the street car for 10-cents. I worked in a furniture factory for ten years and when they built the Glass Plant I was one of the first people hired. I worked on the line, trained the new help, made inspector and worked in the lab as graduate clerk. I worked there 30 years and retired in 1986 and we bought a house and moved to Canby.

My brother moved to Las Vegas and drove cab. He had Debbie Reynolds, Dennis Morgan, Zsa Zsa Gabor in his cab. Dean Martin, and Frank Sinatra were the biggest tippers. The drivers always talked about how cheap Bob Hope was. Later, my brother went to work at the test site where they tested the atomic bombs—he never was allowed to talk about what they did there. He drove 125 miles to work every day.

Those days are gone forever, but not forgotten. Those good ole’ days!

Bonnie Blake

Parents and Siblings...

During my childhood my family indulged in a great deal of mirth and laughter and one story always stands out in my mind.

It involved my older sister who had married this guy from England who was in the British Navy and was an able seaman. Since my Dad thought he wasn’t good enough for my sister, he used to intimate that “Harry” had “jumped ship” or went AWOL just to gain entry to America! (This was in the old days before modern transportation and cheap rates for traveling!)

In looking back on these ribald revelations, it was only after “Sweet Daddy” had sipped one too many pints of home brew that he had made for our summer picnics at High Rocks on the Clackamas River.

Well, my brother-in-law turned out to be quite an ambitious fellow and was soon the owner of an enterprising neon sign business in Portland. Going up the ladder of success he joined many clubs and business organizations to help him achieve his goals and keep his name in the public eye.

As a member of the American Legion he often looked forward to the annual “Beer & Crab Feed” and big dance afterwards at the meeting hall. It’s hard to believe people did this for entertainment in the old days, isn’t it? But, then, that was life as we knew it way back in those simple days.

Well, on this stellar night a lonely diner attached himself to Sis and Harry at their table and joyfully started telling funny stories during the crab feast. He must have had more gulps of beer than “lip-smacking” seafood as he suddenly plunged the tines of his fork right into one of his eyes!

My sister screamed and clutched her throat and drew back in horror. My brother-in-law jumped up pulling the tablecloth with him and all the crab shells landed on the floor along with “stubbies” of Blitz Weinhard beer. At that point, with his suit pants saturated with “pale ale” and crab guts, the thought of dancing the night away to the tunes of a five-piece band, was the last thing on his mind.

The joker apologized to all at the table and admitted to having a glass eye. He often pulled this stunt to entertain others, but in the end offending many. Sis and hubby left in a huff, and never attended anymore social functions offered there. His business continued to thrive and they both worked hard before retiring to their beach home.

My Dad never changed his opinion of “Dear Harry” and referred to him as that foreigner from London who looked like a gangster!

Gloria Randolph

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 web-site: <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! Call Canby Cinema at (503)266-8488 to learn more and to place your order!

Wilco Farm Store – 503 266 2213

197 SE Hazeldell Way, Canby

Order on-line: www.farmstore.com, choose the **Canby store location**. Search for the items you wish to purchase, add them to your cart and "check-out"! Sale prices available if you have an account. Curb-side pick up; **Senior discount program (age 55+)** each **Tuesday**, offers 10% off regular priced merchandise.

Cutsforth's Market Curbside or Home Delivery Shopping for Seniors

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;
- 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.

FOOD PROGRAMS

St. Vincent de Paul Food Bank - open every Wednesday 3:30 pm to 7 pm. St. Patrick Catholic Church, 498 NW 9th Avenue. This is a drive-through service only; 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. 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 drive up with your car pm 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 3rd 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.

Canby's Winter Farmers Market

Located at Canby Pioneer Chapel, 508 NW 3rd Avenue Every Saturday now thru December 19th 9 am to 1 pm This popular event continues and is partially enclosed for your shopping convenience.

Clackamas County Winter Fair

Clackamas County Fairgrounds 694 NE 4th Avenue Now thru December 31st. Ticket Purchase Required

Clackamas County Winter Fair is a lighted quarter miles drive-thru festival featuring the sights and sounds of Christmas, thousands of lights and the beautiful 100-foot light tunnel. Santa will be there on select days and children can place their letter in his special mailbox! More information and ticket purchase available on line at www.CCWinterFair.com

Friday/Saturday Nights 5 pm to 10 pm; \$25-\$30

Other Days 5pm to 9 pm \$20-\$25

Cost: Friday and Saturday \$30

CANBY LIBRARY: 220 NE 2nd Ave, 503-266-3394

Book Drop open 24 hrs

Fun Activities with Peggy to Do at Home

Creative things to do at home—follow this link:

<https://www.canbylibrary.org/watch-online.html>

Adult Craft Kits to Do At Home—new crafts available each month; advanced registration required by email or phone: hoferh@canbyoregon.gov or call 503.266.0653

Library Staff Available by Phone— Weekdays 10 am to 4 pm; provide help with online resources. If you need a library card, an Ecard allows immediate access to all LINCC online resources, [https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/\\$N/SYMWWS/true](https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/$N/SYMWWS/true)

Book holds accepted by phone—a maximum of 10. When your books are in **call in advance to arrange pick up** Monday, Wednesday & Friday 11am-3pm; or Tuesday & Thursday 3 - 6 pm.

American Legion Auxiliary Breakfast

American Legion Post 424, NW 1st Street Fundraising breakfasts every Sunday, 8:30 to 11:15 am now thru Spring.**

Breakfasts: \$7 for guests age 11 and older; \$4 for 10 and under.

The menu is: Bacon/sausage/ham or chicken fried steak, Eggs to order, Hash browns, Biscuit or biscuits with gravy, English muffin, French toast, Coffee/juice or milk.

This event supports a variety of charitable causes.

****Please note—with new COVID orders in place—this breakfast is currently suspended. Check with the Legion or CAC about when breakfasts resume.**

FIDO Pet Food Bank Weekly Wednesdays

14186 Fir Street, Oregon City 97045

Open every Wednesday, 9 am to noon and 3rd Saturday 9 am to 2 pm. FIDO provides reduced cost pet food for seniors, Veteran's & Active Duty personnel. Check them out on the web at: www.FIDOAniMeals.org



December Trips Suspended

Armchair Travel for your enjoyment!

Seven Things To Do When You Can't Go Anywhere

Lynne Bonnell
Transportation Coordinator

I know you are starting to get stir crazy during this trying time in our country. You probably have all kinds of great things to do to keep yourself busy and content, like puzzles, word searches, and reading, but just in case, here are some ideas that you might not have thought of yet!

1. Go for a walk, but not just any walk. Go on a scavenger hunt. Make up a list of things to look for while you are out. You will benefit from the fresh air and sunshine, you'll burn up calories and you get to use your brain while looking for the objects.

Here's a short list of things you could look for:

a leaf, a flower; a three-leaf clover; a rock;
three blades of grass; a stick; etc.

Remember to take a sack to collect your items and let the fun begin!

2. FaceTime Play Dates. We naturally miss our friends when isolated, so schedule a friend facetime date. You can do this by phone, email, zoom, or facetime. You can up the fun by making a date to play a game, like charades with the friend. Call or text them first and tell them the rules of the game and what time you are going to call. Tell them to come up with three movies (or animals or songs or books) they want you to ask questions about and you then do the same. Each person could have one minute to get their friend to say the word, movie, or book they are acting out. This keeps you occupied for a while and causes your brain to work on some thinking skills. (My grandkids and I play UNO over zoom, each of us having our own UNO cards and take turns just as if we were around the same table).

3. Start or join a book club (or Bible study). Make contact by phone, facetime, or a zoom meeting. Decide with your friend(s) what you'll read at the same time (maybe even reading to each other over the phone) and then discuss when everyone has finished reading it.

4. Start a Cleaning Project. Clean out that corner in the garage or your bedroom you've been avoiding; , wash the frig or your shower curtain, sweep the stairs-closets -back porch, organize a messy drawer or your food cupboard, or pull some weeds.

5. Give yourself a time out. It's okay to say, "I'm having some reading time". Give yourself permission to take some quiet moments. Everyone needs a break in their day. This is a great time for coloring sheets or other worksheets that can be printed off your computer. Look for activities you can do with the hands and mind power.

6. Volunteer somehow. With extra time on our hands (since many sports events, etc., are cancelled) it's a good time to find a way to get involved in helping out or encouraging others. Maybe making cookies will brighten a neighbor's day or, if you can get out, buy a bag of paper those "smarties" candies. Tape them to a piece of paper that has this printed on written on it, "I'm so smart to have you as a neighbor!" then leave one for each of your neighbors as you do your afternoon walk. Be creative! This will combine craft time with doing a good deed for others, it's a win, win!

7. Another favorite in our house is the story-telling game. Again, I'm asking you to reach out to a friend over the phone, the fence, or by email. Each person says or writes in a sentence until the story is written. This is usually hilarious and leaves you laughing!

Remember that feeling stressed during this time is perfectly natural. Don't get down on yourself for feeling like you're ten minutes away from crazy. We are all going through this and **we will get through this together!**

Do enjoy trying one or some of these ideas and reach out to Lynne to let her know how it went and if you enjoyed the activity.

Stay safe—Lynne.

Looking for some Holiday Entertainment? Watch this!

Portland musician **Michael Allen Harrison** will host a one-hour Christmas special with holiday music on Thursday, December 10th, KGW Channel 8. Check the listing on Channel 8 for the time (not available at the time of this printing).

Country music entertainers, Garth Brooks and Trisha Yearwood will host a special event to serenade country music fans with holiday songs on **Sunday, December 20th on CBS (Channel 6, Portland, at 8:30 pm** – but check local programming to confirm the time). "Garth and Trisha Live" is a Holiday Concert Event where they will perform songs "live by request from their home studio".



Center Services Suspended for December

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.

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*

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.

OTHER SERVICES

By way of volunteers and Friends of the Center we also ordinarily offer services listed below:

Blood Pressure Checks

Tilly's Mobile Hair Salon at CAC

Fort Kennedy-Veteran's Assistance & Information

TOPS Group Meetings

Lions Club Glasses & Hearing Aid Collection

On-going Classes and Activities— Suspended for December

Exercise Classes

Geri-Fit (Seated Exercise): A variation of this class meets Monday, Wednesdays and Fridays at 10:30 using the Zoom application.

Better Bones & Balance— A variation of this class meets Monday, Wednesdays and Fridays at 10:30 using the Zoom application.

Senior Tai Chi— Ordinarily classes meet twice each week on Wednesday and Friday from 9 am to 10 am.

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

Ordinarily classes meet Monday at 1 pm. No partner needed for these dance classes!

POUND— Every Thursday at 2:30 pm

A full-body workout combining cardio, conditioning, and strength training with yoga and pilates-inspired movements.

Quilting Class— Monthly on Wednesdays

Activities

MONDAY at 10 am—Woodcarving Workshop

TUESDAY

TOPS: Take Off Pounds Sensibly

Handiwork Group Meets at 10 am:

BINGO” at this time we have “ZOOM” bingo available for your enjoyment

WEDNESDAY

Mahjong - every Wednesday at 2:00 pm

THURSDAY

Memoir Writing Group at 10 am

WEEKLY CARD GAMES

Bridge: Mondays 1 pm— 4 pm
Canasta: Tuesdays 1 pm— 4 pm
Pinochle: Tuesday & Friday - 1 pm

New players welcome!

By the way...



Sign up to donate your “Community Rewards” points to Canby Adult Center

If you have already signed up and listed Canby Adult Center as your non-profit recipient of **your** Fred Meyer Community Rewards, thank you! If you have not signed up, please consider it! Community Rewards points are different from the personal rewards you earn when you shop. Community Rewards points accumulate through each quarter and then a check is issued to the Center for a percentage of dollars spent from all participants who chose the Center as their non-profit.

Simply access your Fred Meyer account using the number on your plastic Fred Meyer Rewards card; you will need an email address. Then, select Friends of Canby Adult Center as your non-profit recipient and you can help support the Center as you shop! Your community rewards points do not take away from your personal quarterly points.

Last quarter 58 households participated in donating \$126.56 to the Center. **Thanks for your support!**

CALLING ALL VOLUNTEERS!

While we haven’t been accepting new volunteer applications since the advent of COVID-19, we now have a specific need:

Do you want to make an important impact on one person’s life?

Volunteering one hour a week for Meals on Wheels (MOW) is a great way to make a huge impact. Delivering nutritious food and a friendly visit helps a homebound adult continue to live independently with dignity at home. Become a Meals on Wheels Driver today and help make sure that no senior goes hungry or experiences social isolation. If you are interested in making a difference and want to volunteer for MOW, please contact us at 503.266.2970. This volunteer position requires use of your own vehicle and clearance of a State of Oregon criminal background check, at our expense.

Thank you!

Does laughing count as exercise?

The short answer: **YES!**

Use **laughter** as an easy, fun and unintentional **workout**.

During **laughter**, muscles in the abdomen expand and contract, very similar to the motions that occur during abdominal **exercises**. The diaphragm, abdomen and face muscles actively flex and release during **laughter**.



Just for Fun!

Answers to "Sayings & Proverbs Quiz" from last newsletter.

There's no place like home.
As fit as a fiddle
Better late than never.
When in Rome, do as the Romans.
Practice what you preach.
Easy come, easy go.
The early bird catches the worm.
Jack of all trades, master of none.
A woman's work is never done.
Birds of a feather flock together.
Two wrongs don't make a right.
The pen is mightier than the sword.
Rule of thumb.
Saved by the bell.
Show your true colors.
Give credit where credit is due.
Never say never.
Spill the beans.
Like father, like son.
First come first served.
Beggars can't be choosers.
Laughter IS the best medicine.

Thanks to Lynne Bonnell for sharing these fun sayings and proverbs.

Do You Remember which Christmas movies these quotes are from?

"You'll shoot your eye out kid"
(A Christmas story, released 1983)

"I will honor Christmas in my heart and try to keep it all year"
(A Christmas Carol 1938)

"Nobody's walking out on this fun, old-fashioned family Christmas"
(Christmas Vacation 1989)

"Every time a bell rings, an angel gets his wings"
(It's a Wonderful Life, 1947)

"Oh, Christmas isn't just a day, it's a frame of mind"
(Miracle on 34th Street, 1947)

"Just remember the true spirit Of Christmas lies within your heart"
(Polar Express, 2004)



Did you know...

The Statue of Liberty was gift to the United States by the French on Christmas Day in 1886. It weighs 225 tons!

The tallest living Christmas tree is believed to be the 122 foot, 91-year old Douglas Fir in the town of Woodinville, Washington.

King William I of England was crowned on Christmas Day 1066.

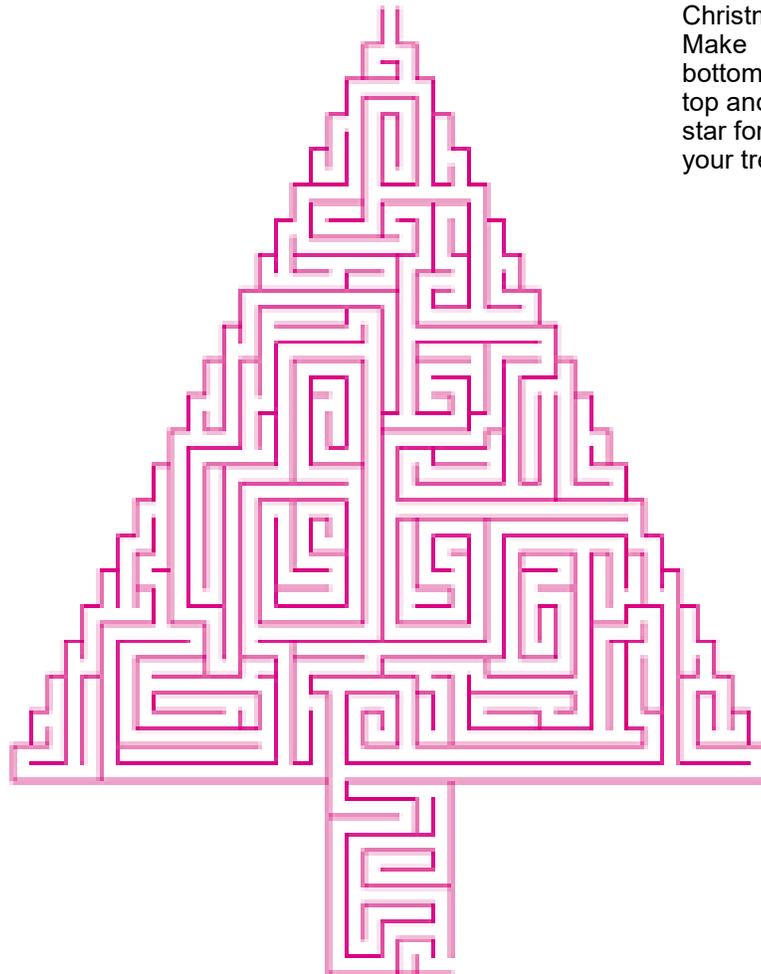
Tinsel was invented in 1610 in Germany, and was once made of real silver!



Franklin Pierce was the first president to place a Christmas tree in the White House. He was the 14th president of the United States, 1853-1857.



*Season's Greetings
and wishes for a
Happy Holiday Season
from Canby Adult Center Staff*



Christmas Tree Maze:
Make your way from the bottom of the tree to the top and then create a star for the top of your tree.

Donors, Renewing Members & Birthdays

December Birthdays!



1 Elaine Hill	19 Ginger Brelin
2 Bobbie Hibbert	19 Sylvia Pigott
2 Pat Rupperecht	22 Daniel Kaniho
3 Jane Clavett	23 Tom O'Brien
4 Julia Chapin	24 Gerri Ballas
6 Kathy Mulligan	24 Charlie Lam
7 Evie Berg	24 John Pursley
7 Barbara Daniels	25 Elaine Aamodt
7 Sharon Wright	25 Bob Cooperrider
8 Lucy bergman	25 Reni Erk
8 Arline Herr	26 Paula Day
8 Ken Monaghan	26 Karen Sadoff
9 Lori Grady	27 Allen Thiessen
13 Rose Gunn	28 Tammie Merina
14 Kathy Davis	29 Vern Hopper
15 Dona Withers	30 Virginia Reed
16 Richard hands	31 Edna Buddrius
16 Dawn Kindall	31 Joyce Prue
17 Mary Ellen Randall	
17 Julie Westphal	
19 Carole Allison	



Facts About Christmas

In North America, children put stockings out at Christmas time. Their Dutch counterparts use shoes!

The poinsettia, a traditional Christmas flower, originally grew in Mexico, where it is also known as the "Flower of the Holy Night". Joel Poinsett first brought it to America in 1829.

Alabama was the first state to recognize Christmas as an official holiday, and the tradition began in 1836.

Electric Christmas lights were first used in 1954.

The abbreviation Xmas isn't irreligious. The letter X is a Greek abbreviation for Christ.

"Silent Night" is the most recorded Christmas song in history with over 733 different versions copyrighted since 1978.



In the United States, all letters addressed to Santa, are sent to Santa Clause, Indiana.

September/October Donors

Financial Donors: Anonymous, Judi & Burt Aus, Debbie Bramlage, Vicki & Robert Breitbarth, City of Canby, Roberta & Jesse Elders, Patty Hatfield, Phyllis & Gerald Janes, Kathy Jeskey, Joyce Peters, John Pigott, Joyce Prue, Rackleff Place, Diana Schaugency, Strickland Directional Drilling, Ron Tatone, Johni Thayer, Petty Yates, Susan Wilson

Many thanks to the City of Canby for their generous gift from their COVID Relief Fund!

In Memoriam:

Irene & Michael Breshears
in Memory of Veteran Jerry Pero



Irene & Michael Breshears
in Memory of Veteran Howard Thomas



Toni Lamb in Memory of Dorothy DeHackbiel

Gloria Kraft in Memory of Dena Kersting

Oliver Korsness in Memory of Gretchen Korsness

Gerald & Brenda Mootz in Memory of Jane Pauly
Marc and Ann Pauly-Anderson in Memory of Jane Pauly
Friends and Family—in Memory of Jane Pauly

New and Renewing Members

Judi & Burt Aus, Dorothy Barich, Peggy Bartlett, Roberta Beauchamp, Glenn Benjamin, Jack & Marlene Benson, Mary Bosch, Debbie Bramlage, Mike & Irene Breshears, Don Chambers, Julia Chapin, Peter & Elizabeth Cho, Rosemarie Cranston, Mary Ann Crites, Patty Crussell, Jeanne Dinnel, Delores Ellis, Lykke Estrem, Sally Hamilton, Rita Hendershott, Vern and Darlaine Hopper, Phyllis & Gerald Janes, Daniel & Georgette Kaniho, Jan Kluth, Sara Lesina, Carol Luce, Betty McDaniel, Sally Maxwell, Frances Monahan, Patricia Robertson & Bertha Von Craigh, Gloria Randolph, Karen Reynolds, Gwen Reymore, Laura Sattler, Wilma Smith, Ramona Stevenson, Hurshell & Moretta Walls, Betty Weedman,

Much ado to Thank You!

We have so many incredible volunteers that we cannot thank everyone individually - so if you volunteer, please know how much **YOU are appreciated**. A few recent highlights:

- Mark Vodka—for fixing our MOW tables and all the other things you do for us!
- Pat Schauer—for repairing our flag.
- Millie Reser—for the MOW Halloween candy project!
- All our wonderful newsletter "folders"
- Our great annual appeal folding team: Johni, Mary and Millie.
- Our Board of Directors—all volunteers!
- Our incredible kitchen volunteers
- Our home delivered meal drivers— who tirelessly deliver meals to our clients.



Thank you 2019—2020 Annual Appeal Donors

Gold Donors: Donations of \$101—\$250

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

Sustaining Individual Donors: Donations of \$251+

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

The Estate of Randall Stewart Pitchford
 The Estate of Mary Weber

Gold Business Donors:

Donations of \$101-\$250

Delta Dental
 Martin's Town & Country Furniture
 Timmco Insurance Co.
 Wilcox Arredondo
 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: _____