



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

January 2021

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Welcome from the Director

Dear friends,

I'm writing this letter right after we finished up our drive-through Christmas lunch, serving over 160 people with a wonderful meal of prime rib, mashed potatoes, Waldorf salad and, of course, dessert! It made our day, seeing so many of you in your holiday finery. The weather cooperated and the rain held off until the last folding tables were safely back inside—surely something for which to be grateful.

While COVID precludes any big New Year's Eve festivities, I for one will certainly have a toast to sending the year 2020 on its way—what a year! Please stay safe and keep those masks on for just a little while longer. Happy New Year!!

Happy Holidays to all—Canby Adult Center team

Here is what we know about 2021 AARP Tax Assistance!

At the time of printing, we still don't know whether AARP will be able to offer tax assistance in 2021 nor, if they are able, what form it will take. We do know for sure that **it will NOT be in-person help**, due to COVID restrictions.

We continue to be in contact with our AARP colleagues, but they are also in a bit of a waiting pattern at this time.

Please call the Center around mid-January if you are in need of assistance in preparing your taxes - we hope to have a definitive answer by then. In the meantime, if you have a complicated return or are at ALL worried about getting your taxes completed within a certain timeframe, we strongly suggest that you begin to look into other assistance resources. If AARP is able to help, it will likely happen through phone calls, which will take more time, so we expect to have more limited timeslots for tax appointments.

January Reminders

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

Friday, January 1st—New Years Day—
Center Closed

January 18th—Martin Luther King, Jr. Day
Center Closed

Road Construction on South Ivy Street
including installation of a stop light at Township and South Ivy Street and new street surface.
Scheduled to conclude January 2021.

Check us out with ZOOM!

We 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

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.

*Check out a new class offering—
Virtual Diabetes Prevention Class,
page 11*



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)

Board meeting for Wednesday, December 9th 2020

Directors Present: Debbie Jewell, Johni Thayer, David May, Bill Reif, Loren Bell, Brenda Mootz and Millie Reser

Directors Excused: Jim Davis and Ruth Howard

Staff Present: Kathy Robinson

CAC Members Present: None

City Liaison Present: Excused

The Virtual Meeting was called to order by Debbie Jewell and it was established there was a quorum. The November board meeting minutes were unanimously approved and accepted.

City Liaison Report: No report this month

Treasurer Report: Detailed report available upon request.

Director's Report: Available upon request. In light of the COVID restrictions and shut downs, most of the Centers services have been temporarily suspended.

New Business: None

Old Business: Kathy has secured the services of Jarrod, Seibert, Pollard & Co to replace Wilcox Arredondo. Audit will begin in January. Work with Designs West is pending.

Executive Session: Motion was made to adjourn to executive session. BOD adjourned to executive session.

Meeting Adjourned: Regular meeting resumed and a motion was made and passed to adjourn the meeting. The next meeting will be held via ZOOM on January 13th at 1pm.

Respectfully submitted by Brenda Mootz substituting for Ruth Howard, Secretary

Thank You Annual Appeal Donors: Your response has been tremendous and we are grateful for your generosity as we look forward to a new year and providing critical services to our clients!

We will mail formal thank-you letters near the end of January. This letter will include the amount of your gift and provide you with our federal tax identification number so you will want to retain the letter for your tax records. Again—thank you for your support of Canby Adult Center.

Drive-Thru Christmas Lunch Served Under Sunny Skies!

As this newsletter goes to print, we just finished serving a delicious hot Christmas Lunch to 160 people at our drive-thru event.

We were blessed with absolutely beautiful dry weather (and as soon as we cleared away the last balloons it started raining) and able to greet each car and wish "Merry Christmas" and seasons greetings to everyone.

No Canby High School Cantalina choir performance, and no visit from Santa Claus, BUT, a wonderful meal with time to reflect on the many blessings of the season.

Generous Giving to Canby Kiwanis Toy Barrel Collection

In spite of COVID-19 and our closed doors, the Canby Adult Center community once again gave generously in the toy collection for the Canby Kiwanis gift program.

You all provided at least four barrels full of gifts and toys for Canby Kiwanis to distribute during their annual food and toy drive.

We (and they) are always amazed with your generosity and this year more than ever—you still helped provide gifts to children in our community. **Thank You!**

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.

Services Available in January

Client Services Available in January

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.

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.

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!

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—Check back in the spring for updates on when class will resume



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



Are you a lower income resident of Clackamas County, over 55, and in need of a computer or tablet to stay connected with family and friends? Do you need to schedule video calls with your doctor or attend virtual meetings? Perhaps you have a family member or friend recovering from COVID and you would like to visit with them virtually.

Contact ATI—Access Technologies, Inc., at 503-361-1201 or 1-800-677-7512 to see if you qualify for a free computer or tablet. Services are available in any language.

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
Assistance Available

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.*

FTC Launches New Scam-reporting Website

The Federal Trade Commission (FTC) has launched a new website designed to make it easier for people to report potential frauds to federal authorities and get quick advice on what to do.

The new site, at **ReportFraud.ftc.gov**, has a feature that prompts those reporting a fraud to the “next steps” that will offer a specific guidance based on the kind of scam reported.

Romance scams were by far the most costly to older Americans, causing nearly \$84 million in financial losses last year, the FTC says. Those scams usually begin with a social media contact and eventually lead to a deceitful request for money.

Source: AARP.ORG/BULLETIN December 2020

Looking to set a Goal in the New Year? Contact American Lung Association HelpLine & Tobacco Quitline

Talk to one of our experts at the **American Lung Association Lung HelpLine and Tobacco QuitLine.**

Our service is free and we are here to help you. Connect with us by calling 1-800-LUNGUSA (1-800-586-4872 and press 2), submit a question or live chat when available.

Hours: Monday-Friday
7 a.m.-9 p.m. CT
Weekends 9 a.m.-5 p.m.

**After hours leave a message and we will respond the next business day. TTY for hearing impaired: 1-800-501-1068*

Client Services—Resources & Support Groups

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

Are you facing Lung Disease? The American Lung Association offers free online communities for peer-to-peer support!

The American Lung Association supports several free online communities on [Inspire.com](https://www.inspire.com) for people facing lung disease.

These free online communities offer peer-to-peer support so you can connect with people who are in your shoes. You can start or respond to threads on the communities, upload photos and search for specific topics to find other members who share the same interests.

To become a member of **Inspire** you need to register for an account. Visit one of the communities below that best suits your needs:

- [Lung Cancer Survivors](#)
- [Exon 20 Warriors](#)
- [Living with Asthma](#)
- [Living with COPD](#)
- [Living with Lung Disease](#)
- [Living with PAH](#)
- [Living with Pulmonary Fibrosis](#)
- [Caring for Pulmonary Fibrosis](#)
- [Quit Now: Freedom From Smoking®](#)

Click the "Sign up today" button at the top of the community home page and that will take you to the registration page. After you complete the form, **Inspire** will send you an email to activate your account. Regardless of how many communities on Inspire you want to join, you only need to create one account. If you have any trouble signing up or finding the right group, you can email team@inspire.com for help.

Better Breathers Club Network

The American Lung Association's Better Breathers Club program has connected people living with lung disease to education, support, and each other in communities around the country for over 40 years.

Better Breathers Club members learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations.

Better Breathers Club offers a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities. Led by trained facilitators, these in-person adult support groups give you the tools you need to stay active and healthy, living the best quality of life you can.

As COVID-19 continues to spread throughout the U.S. and globally, **Better Breathers Club** in-person meetings are suspended, however there are still some safe ways for you to participate!

[Join the Better Breathers Club Network](#) even if you don't have access to a Club meeting near you. You will get direct access to education, support and connection to others also living with chronic lung disease.

Virtual Meetings— Register now to join the American Lung Association in nationwide virtual Better Breathers Club meetings. Meetings currently available include:

[Goal Setting and Gratitude](#)
January 13, 2021 at 2 p.m. CT
[Natural Disaster Preparation](#) (recorded)

[COPD Control During the COVID-19 Pandemic](#) (recorded)

[Addressing Emotional Health and COVID-19](#) (recorded)

[Understanding the Respiratory System and Lung Disease](#) (recorded)

[Maintaining Lung Disease Management Amid COVID-19](#) (recorded)

Stay informed. Visit [Lung.org/covid19](https://www.lung.org/covid19) for information and resources about coronavirus disease (COVID-19). You can also connect with an expert online or over the phone by contacting the [Lung HelpLine](#) at 1-800-LUNGUSA, or join one of our online support communities through Inspire.

To connect, visit the American Lung Association of the Pacific West website at <https://www.lung.org/help-support/online-support-communities>

Or by phone at 1 800 732 9339

Source: American Lung Association lung.com

The 20 Best Foods to Support Healthy Lungs

The following foods and beverages are associated with helping to maintain healthy lungs. They include:

1. Beets and beet greens
2. Peppers
3. Apples
4. Pumpkin
5. Turmeric
6. Tomatoes & tomato products
7. Blueberries
8. Green tea
9. Red cabbage
10. Edamame
11. Olive oil
12. Oysters
13. Yogurt
14. Brazil nuts

15. Coffee
16. Swiss Chard
17. Barley
18. Anchovies
19. Lentils
20. Cocoa

Eating nutritious foods and beverages is a smart way to support and [protect lung health](#). Coffee, dark leafy greens, fatty fish, peppers, tomatoes, olive oil, oysters, blueberries, and pumpkin are examples of foods and drinks that have been shown to benefit lung function. Try incorporating some of the suggestions above into your diet to help support the health of your lungs.

Source: Healthline

Healthy Body—Healthy You!

Happy New Year, friends! Here we are, wrapping up a crazy 2020. I'm pretty sure everyone is welcoming 2021 with open arms (maybe a virtual hug?). Usually we talk about resolutions, ways to improve our lives, our bodies, etc. I say let's be thankful we made it through the pandemic, the wildfires and everything else 2020 threw at us and just roll into January 2021 grateful for what we've got. For January, we're taking a look at our lungs! Keeping them healthy is MORE important now than ever. ~ Stay healthy, Mindy

Whether you are in perfect health, or you are living with a lung condition, there are many things you can do to protect your lungs and maintain your overall health and well-being. Don't take your lungs for granted. Here are important steps you can take to reduce your risk of lung disease and keep your lungs healthy.

Prioritizing our lung health is important. Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. BUT there are some important things you can do to reduce your risk of lung disease.

Don't Smoke - Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD) which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting. The American Lung Association can help whenever you are ready.

Avoid Exposure to Indoor Pollutants That Can Damage Your Lungs - Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smoke-free. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

Minimize Exposure to Outdoor Air Pollution - The air quality outside can vary from day to day and sometimes is unhealthy to breathe. Knowing how outdoor air pollution affects your health and useful strategies to minimize prolonged exposure can help keep you and your family well. Climate change and natural disasters can also directly impact lung health.

Exercise - Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy.

How Does Exercise Strengthen the Lungs? You already know exercise is

good for you. You probably think about the way it can boost your fitness, trim your waistline, strengthen your heart and even improve your mood. But did you know that exercise can also help keep your lungs healthy? When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Just like regular exercise makes your muscles stronger, it also makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time. Some types of exercise can also strengthen the muscles of the neck and chest, including the diaphragm and muscles between the ribs that work together to power inhaling and exhaling.

National guidelines recommend that all adults get 30 minutes of moderate physical activity five days a week. It doesn't have to be a formal exercise program to be beneficial. Some examples of moderate activity include walking briskly, recreational bicycling, gardening and vigorous housecleaning.

Both aerobic activities and muscle-strengthening activities can benefit your lungs. Aerobic activities like walking, running or jumping rope give your heart and lungs the kind of workout they need to function efficiently. Muscle-strengthening activities like weight-lifting or Pilates build core strength, improving your posture, and toning your breathing muscles. Breathing exercises in particular can strengthen your diaphragm and train your body to breathe more deeply and more effectively.

Why Breathing Exercises Help: When you have healthy lungs, breathing is natural and easy. You breathe in and out with your diaphragm doing about 80 percent of the work to fill your lungs with a mixture of oxygen and other gases, and then to send the waste gas out. Lung HelpLine respiratory therapist Mark Courtney compares the process to a screen door with a spring, opening and

shutting on its own. "Our lungs are springy, like the door. Over time, though, with asthma and especially with COPD, our lungs lose that springiness. They don't return to the same level as when you start breathing, and air gets trapped in our lungs," Courtney explains.

Over time, stale air builds up, leaving less room for the diaphragm to contract and bring in fresh oxygen. With the diaphragm not working to full capacity, the body starts to use other muscles in the neck, back and chest for breathing. This translates into lower oxygen levels, and less reserve for exercise and activity. If practiced regularly, breathing exercises can help rid the lungs of accumulated stale air, increase oxygen levels and get the diaphragm to return to its job of helping you breathe.

TRY THIS

Pursed Lip Breathing: This exercise reduces the number of breaths you take and keeps your airways open longer. More air is able to flow in and out of your lungs so you can be more physically active. To practice it, simply breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.

Belly Breathing, aka Diaphragmic Breathing: As with pursed lip breathing, start by breathing in through your nose. Pay attention to how your belly fills up with air. You can put your hands lightly on your stomach, or place a tissue box on it, so you can be aware of your belly rising and falling. Breathe out through your mouth at least two to three times as long as your inhale. Be sure to relax your neck and shoulders as you retrain your diaphragm to take on the work of helping to fill and empty your lungs.

Practice Makes Perfect: These exercises seem simple but they take time to master. Don't try these exercises when you're short of breath, but rather when you're breathing OK. Later, when you're more comfortable, you can use them when you're short of breath." Ideally, you should practice both exercises about 5 to 10 minutes every day.

SOURCE: American Lung Association

Memoir Writing—Sharing

On Guard in Africa...

Mark O'Shea

Our Family plus one spent the Month of May 2016 in South Africa. I could go on for pages and I have in my travel blog.

The last five days of our trip were spent at the Djuma private game reserve. The reserve abuts Kruger National park. The reserve is 9 kilometers by 15 kilometers (5mi x 10mi). We lived in a fenced area, Galago Camp as it is called. The facilities consisted of a kitchen, living quarters and dining rooms. We ate every meal outside. The trip included housekeepers and cooks as well as our guide. Each day we went out early in the morning returning about 10am for breakfast. The middle of the day was spent relaxing or walking around inside the fenced area. Then out again at about 3PM until an hour or so after dark. On return we had dinner and a fire waiting. The food was out of this world. I took hundreds of pictures.

One of the pictures has an interesting story—which I will share. One of the female lions in the reserve was pregnant and near term. Two other lions were with her to protect the cubs when born. Male lions will kill cubs if they are found. We had spotted her a day or two before and our guide indicated she was very near term. On the second to last night we were looking for rhinoceros and came upon the two lions who were there to protect the cubs. The expectant female was below them on a ledge. The two guardians were on the high ground watching.

We did not get closer than 70 yards or so and I shot 3 or 4 pictures to get one showing a full moon with the lion guardians below. We sat and watched them for a while and could hear the expectant female groaning.

After about 15 minutes or so, several rhinos burst out of the bush behind us and ran off. My pictures of them did not come out since it was so dark.

The last night we found the lioness in a hideout under a downed tree and a bridge. We heard from another guide (over the radio) that she had given birth. The mother had her back to us and we could just see the head of one of the

cubs. The two guards were not in sight, but we were assured they were watching us. The lions in Djuma know the trucks are not a threat, nor are they food. Those are the two motivators in a lion's world.

The last morning Sharon and I decided not to go on the truck, we stayed behind to relax, pack and have an extra cup of coffee. We were leaving after the morning jaunt. Our family returned to inform us they got a good look at the cubs who were moving about. They said the two guards were above the mother and cubs on the hill watching.

The “New Year”

Barbara Nuxall Isom

Can't believe it's been a year since I didn't become a better person; that I didn't lose those 20 pounds; I didn't run a marathon; I didn't save more money; I didn't finish that quilt I started five years ago.

New Year's resolutions are a long time tradition dating back many centuries; they even have religious origins. These resolutions are generally when a person resolves to change an undesired trait or behavior or to accomplish a goal or otherwise improve their lifestyle. The bright side of resolutions is that you are more apt to succeed in your resolve if you choose to make the resolution versus those who chose to not make any resolutions. It also serves as a time to reflect on your past year's behavior and promise yourself to improve. The extent of the change isn't what matters as much as just the act of recognizing that lifestyle change is important and working towards it a little at a time is good.

In my research I found listed the ten classic resolutions made by us humans.

- Number one is to exercise more;
- (2) quit something;
- (3) learn a new skill;
- (4) drink less alcohol;
- (5) be smarter about money;
- (6) eat healthier;
- (7) travel;
- (8) volunteer;
- (9) spend less time on social media;
- (10) improve relationships.

The road to success for your resolutions lists, firstly, to start small in your resolve, making it something realistically possible.

Working on one resolve at a time is advisable especially on behavioral changes. By sharing your resolves with family and friends your resolve becomes a commitment, plus you can ask and receive support. The last piece of advice is to not beat yourself up if you fall short this time. Remember you are never too old to reinvent yourself.

One of my personal resolves would include a conscious effort to continue to downsize in preparation for a future move. This resolve also includes re-searching my options. I don't believe I need any new hobbies or activities, but would resolve to perhaps get in some piano playing time this year. I plan to give my general health the necessary attention. Yes, that would include dropping a few pounds and getting in more z-z-zs. I don't intend to make my New Year resolution list longer than my holiday shopping list so that perhaps I can keep them way past February.

Here's to ditching “pie in the sky” promises, but working for a better, happier and healthier year to come for all.

For the New Year...

A New Year is like a blank book, and the pen is in your hand.

It is your chance to write a beautiful story for yourself.

Here comes 2021,
wishing you

12 months of **SUCCESS**
52 weeks of **LAUGHTER**,
365 days of **FUN**,
8760 hours of **JOY**,
525600 minutes of
GOOD LUCK
And
31536000 seconds of
HAPPINESS

Welcome 2021

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

Book Drop open 24 hrs

Activities to do at home—follow the link

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

Adult Craft Kits to Do At Home—new crafts 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; providing 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/SYMWS/true](https://lincc.ent.sirsi.net/client/en_US/lincc/search/registration/$N/SYMWS/true)

Book holds accepted by phone—a maximum of 10. When your books are in call **503-266-3394 in advance to arrange pick up:** M/W/F 11am-3pm; T/TH 3 - 6 pm.

Wireless Printing available during Covid-19 Closure at Canby Public Library—If you are anywhere with an internet connection, you can print emails, attachments, photos, etc., from your smart phone, tablet, desktop computer, or laptop and send it to the library printer. The library is temporarily offering 10 free pages of black & white printing per day. Color printing is unavailable.

After sending your print job and receiving the confirmation from PrinterOn, call the library at 503.266.3394 to confirm your name. Staff will release your print job, and you will have 7 days to pick it up **M/W/F 11am-3pm; T/TH 3-6 pm**. Questions? Call the library.

American Legion Auxiliary Breakfast



American Legion Post 424, NW 1st Street
Fundraising breakfasts Sundays, 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— breakfast is currently suspended. Check with the Legion or CAC about when breakfasts will resume.**

FIDO Pet Food Bank Weekly Wednesdays

14186 Fir Street, Oregon City 97045

Open Wednesdays, 9am–12; & 3rd Saturday 9am-2pm. Reduced cost pet food for seniors, Veteran's & Active Duty personnel. Check them out— www.FIDOAniMeals.org.

Knights of Columbus Annual Drive-Thru Charity Crab Dinner—February 6th

Annual charity Crab Dinner Saturday, February 6th; proceeds to benefit Canby Food Bank; Canby Pregnancy Care Center and Share the Warmth. **Menu: Crab or Chicken Cordon Bleu; Caesar salad, coleslaw, Spanish & chicken rice pilaf, roll and dessert.** Select a pick-up time when purchasing tickets—Purchase tickets on line at: <https://canbykccharities.ejoinme.org/2021>

January Trips Suspended

Armchair Travel for your enjoyment!

We travel not to escape life,
but for life not to escape us.

Are you chomping at the bit to get out there and travel, to see more of the wild blue yonder, to experience new adventures for the first time, and others, because the memory is still so fabulous from last time? The folks with the Transportation Department with Canby Adult Center are right there with you.

What a year it's been with elections, riots, wildfires, the whole world literally shutting down (after making a run for toilet paper of course), and sheltering in place. We've learned new phrases like "sheltering in place" and "social distancing".

Did you know the shortages go way past the toilet paper, hand sanitizer, and Clorox wipes saga? Baking supplies were hard hit. Swimming pools (inground and above ground) are back ordered. Bicycles are priced through the roof if you can find one at all. Canning jars and lids are scarce and expensive. Coins, appliances, and laptops are all harder to find and hiked up in price. The biggest surprise for me is the new shortage on aluminum cans. In my changed routine this year I've been indulging in a refreshing cold can of fizzy diet soda around lunch time each day. Now that is even going to be affected!

There's good news on the horizon.....

We will travel again!! Many of you were preparing to go to New Orleans with us this past October. Our departure date is now October 2021 instead. A recent meeting with a Collette Travel representative reminded me why we chose to travel with them in the first place. They made our first trip with them fantastic!!

If you are planning to travel in 2021, here are some questions to think about when choosing who you'll travel with:

- ◆ ***Do they offer a money back guarantee?*** We tested it with Collette and they not only gave us every penny back but Collette has refunded over \$130 million this year alone.
- ◆ ***Do they have an A+ Better Business and a Duns and Bradstreet rating?*** Collette has their highest ratings.
- ◆ ***Is the company debt free?*** Collette is totally debt free
- ◆ ***How long has the company been in business?*** Collette Travel is 102 years old and been a favorable association with Wheel of Fortune for 37 years while using sound business practices
- ◆ ***Are their tour guides knowledgeable about where they are taking you or 3rd party independent contractors?*** Collette's tour guides are experienced employees who know the areas they plan to share with the traveler to create the best experience possible.
- ◆ ***What steps are they taking to keep the traveler safe during this time?*** Collette is conducting tours now at 50% capacity within the U.S. with guaranteed departure dates.

- ◆ ***Can the company take credit cards?*** Collette does.
- ◆ ***Does the company provide travel protection insurance?*** It is always a good practice to purchase travel insurance.

The **safety** of Collette's guests and employees is their biggest priority. Collette monitors guidance provided by the World Health Organization (WHO), Centers for Disease Control (CDC), U.S. Department of State, and other public and private organizations on a daily basis.

We are looking forward to traveling once again in the new year—**our trip to New Orleans with Collette Travel is October 2021**—a bright spot on the Horizon!

Happy New Year!

More on The Horizon

January 2, 3 - Quadrantids Meteor Shower is coming!

This is expected to peak in the night between January 3rd—4th. During its peak, between 60 and 200 Quadrantid meteors can be seen every hour under perfect conditions. They are best viewed in the Northern Hemisphere during the night and predawn hours.

January 28th—look into the sky and you'll see the full "Wolf Moon" (as it is called in Native American culture). This Moon is also called the Ice Moon, and the Moon after Yule.

May 26th— the "Flower Moon" rises! This year's flower moon will feature a total eclipse that will last 3 hours and 7 minutes. The fully eclipsed portion will be visible (or invisible) for 15 minutes.

Fun Things to do any day:

Take a Virtual Tour of our Oregon Dairy farms at: <https://misc.organicvalley.coop/virtual-tour/>

Learn about **Pointillism** in the art world: "**Get to the Point**—"a technique of painting in which small, distinct dots of color are applied in patterns to form an image". Georges Seurat and Paul Signac developed the technique in 1886, branching from Impressionism.

Check out YouTube videos on the "**Millinial farmer**"

**"You must learn, day by day, year by year,
to broaden your horizon"**

~Ethel Barrymore

Center Services Suspended for January

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.

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*

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 January

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!

For Your Health...



Are you or someone you love at risk for Type 2 Diabetes?

1 in 3 Americans has prediabetes, a condition that can lead to type 2 diabetes and other chronic disease.

Tune in **Tuesday, January 12, 2021, from 6 pm to 7 pm for this webinar** to learn more about small changes you can make to lower your risk and enjoy greater health.

This segment focuses on stress management and forgiveness. Join Dr. Seawell and Ladera Perez-Linn for practical tips and strategies for creating a life with less stress and more balance, and the power of learning to forgive.

Sam Maggi, Culinary Mentor, at Basics Food Market will share a healthy cooking demonstration and be available to answer your questions. Sam’s menu emphasizes good health and nutrition through food. Learn ways to incorporate food as medicine into your wellness lifestyle.

Learn more about prediabetes and diabetes prevention at legacyhealth.org/diabetes-prevention. For questions about the presentation, contact Emily York at eyork@lhs.org

Asani Seawell, PhD, Clinical Psychologist, Legacy Weight and Diabetes Institute, Associate Professor, Pacific University

Ladera Perez-Linn, MA, Clinical Psychology Doctoral Student, Pacific University.

Are you or a loved one at risk for prediabetes? Join us (virtually) February 4th for an introduction to: The National Diabetes Prevention Program

Prediabetes means your blood sugar level is higher than normal but not enough to be diagnosed as type 2 diabetes. **Without change, type 2 diabetes is likely to develop.** Reduce your risk by enrolling in a nationally recognized lifestyle change program!

Ready to make healthy choices? Join us virtually, Thursday February 4th 2021 10-11 am for an introduction to the National Diabetes Prevention Program. **For information or to register, email Wendy May at caccsc@canby.com.**

Here are some of the risk factors for diabetes:

- Age 45 or older
- Overweight
- Family History of Type 2 Diabetes
- Diabetes while pregnant

1 in 3 adults in the united states has prediabetes. 90% of them aren’t aware that they do! This is a year long program with the opportunity to participate a second year for continued success.

Meetings via ZOOM until in further notice.

Newsworthy

Fake calls from Apple and Amazon support: What you need to know.

Scammers are calling people and using the names of two companies everyone knows, Apple and Amazon, to rip people off. Here's what you need to know about these calls.

In one version of the scam, you get a call and a recorded message that says it's Amazon. The message says there's something wrong with your account. It could be a suspicious purchase, a lost package, or an order they can't fulfill.

Your browser does not support the audio element.

In another twist on the scam, you get a recorded message that says there's been suspicious activity in your Apple iCloud account. In fact, they say your account may have been breached.

Your browser does not support the audio element.

In both scenarios, the scammers say you can conveniently press 1 to speak with someone (how nice of them!). Or they give you a phone number to call.

Don't do either. It's a scam. They're trying to steal your personal information, like your account password or your credit card number.

If you get an unexpected call or message about a problem with any of your accounts, hang up.

Do **not** press 1 to speak with customer support
Do **not** call a phone number they gave you
Do **not** give out your personal information

If you think there may actually be a problem with one of your accounts, contact the company using a phone number or website you know is real.

Read our article to learn how to **block unwanted calls** on a mobile phone or on your home phone. And if you do get a call you think is a scam, report it at **ReportFraud.ftc.gov**.

Source https://www.consumer.ftc.gov/blog/2020/12/fake-calls-apple-and-amazon-support-what-you-need-know?utm_source=govdelivery



Feeling Isolated? You are not alone. If you are feeling anxious or depressed—or just miss the sound of another voice- please reach out — there is:

- 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](https://www.linesforlife.org) 503 200 1633 – a state-wide service of Lines for Life

Be wary of COVID-19 scams

The U.S. Department of Health and Human Services Office of Inspector General reports that fraud schemes related to COVID-19 continue to spread. According to the [U.S. Department of Health and Human Services](#), "Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information." The Department reports that scammers are often posing as COVID-19 contact tracers and executing their schemes via telemarketing calls, text messages, social media platforms and even door-to-door visits.

While the [Oregon COVID-19 Contact Collaborative](#) continues its efforts to stop the spread of COVID-19 through contact tracing, here are some reminders about how to spot a fraud. Contact tracers will **never** ask you for your social security number, immigration status, credit card number, bank account or billing information.

Also, as vaccine distribution begins, know that you will **not** be asked for money to enhance your ranking for vaccine eligibility, nor will you be asked for personal information to secure a vaccination.

If you suspect you have been subject to COVID-19 health care fraud, report it immediately [online](#) or call 1-800-447-8477. For more information, visit [OIG.HHS.GOV](https://www.oig.hhs.gov).

The Lake Oswego Adult Community Center is offering some interesting and engaging **virtual presentations**. We thought it would be beneficial to share the information with our community.

Registration for virtual classes in 2021 is available by calling the Adult Community Center at 503-635-3758 or register on line at:

Ted Talk - Video Game That Helps Us Understand Loneliness— Thursday, January 7
11-12p Class #22350

Talking About Dying Tuesday, January 12
5-6:30p Class #22342

A Night Of Comedy With Susan Rice Tuesday, January 21
6-6:45p Class #22338

Exploring Power & Privilege Tuesday, January 26
5-6:30p Class #22343

Ted Talk - What Commercialization Is Doing To Cannabis Wednesday, January 27
1-2p Class #22351

Donors, Renewing Members & Birthdays

January 2021 Birthdays!



- | | |
|----------------------|--------------------|
| 1 Sally Hamilton | 19 Valerie Aune |
| 2 MaryJo Dehaze | 19 Vicki Smith |
| 2 Irma Houston | 20 Janet Adrian |
| 2 Charlotte Johnston | 20 Bobbie Hatfield |
| 2 Betty Keys | 21 Dale Harvey |
| 3 Gloria Altenhofen | 21 Janet Skinner |
| 4 Gretchen Raney | 21 Janet Weeks |
| 5 Debbie Berkner | 21 Ardes Woods |
| 7 Norma Boggs | 22 Judi Land |
| 7 Karen Holzschuh | 23 Ed Bird |
| 7 Sally Maxwell | 23 Rose Mills |
| 7 Carol Schreiner | 23 Martha Vaught |
| 8 Patty Hatfield | 25 Jerry Mootz |
| 9 Nori Zieg | 25 Joan Perinchief |
| 10 Michael Breshears | 25 Bonnie Pichette |
| 12 Daryl Allen | 26 Carl Brelin |
| 13 Millie Reser | 28 Judy Gardner |
| 15 Ilse-Dore Vaughn | 28 Ed McCann |
| 16 Joe Ballas | 29 Russ Newcomer |
| 16 Carolyn Heininge | 31 Elizabeth Rawls |
| 17 Henry Deetz | |
| 17 Judy Elvey | |
| 17 Larry Hepler | |
| 18 Joe Casale | |
| 18 Delores Ellis | |
| 18 Laude Hill | |
| 18 Wilma Smith | |



NEW YEARS WORD SCRAMBLE

Unscramble the words to find the "New Years" words from the list below:

- sgsal _____
- limghtnd _____
- dneirf _____
- uimcs _____
- armetrsse _____
- rrkifsowe _____
- apyhy _____
- ginsgeert _____
- emromy _____
- lonbaols _____

Word list:

- | | |
|-----------|-----------|
| balloons | happy |
| fireworks | memory |
| friend | midnight |
| glass | music |
| greetings | streamers |

October/November Donors

Financial Donors: Anonymous, Debbie Bramlage, Patty Hatfield, Toni Hvidsten, Gloria Kraft, Rackleff Place, Peggy Yeats

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

In-Kind Donors: Maxine Elle, Venetta McClain, Connie and Joe Kalinowski, Shirley Morris, Greg Erk, Vicky Guay, Hope Village—Cascade House Residents

Special thanks to:

Smith Gardens for the beautiful and unexpected donation of 60+ poinsettias

Canby School District for cartons of milk

Home Instead- gift tree/secret Santa gifts

Christmas Candy baggers/"Santa's Elves" Sue & Scott Goetchius; Beth Millican; Carol Clark

Secret Santa Gift Delivery—Sue & Scott Goetchius

New and Renewing Members

Helen Dobak, Benny Dodge, Greg & Reni Erk, Vern & Carol Holsten, Kathleen Jeskey, Barb & Ken Kendall, Maggi Mason, John & Marsha Meyerhofer, Elverna Parkins, Steve & Janet Skinner, Ann & Roger Skoe, Nelvia Turner,

Much ado to Thank You!

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

A few recent highlights:

- Our wonderful newsletter "folders", Johni, Mary, Carol, Dennis and Larry
- Our incredible kitchen volunteers
- Our home delivered meal drivers— who tirelessly deliver meals to our clients.

Thank you 2020—2021 Annual Appeal Donors

Silver Donors: Donations of \$1—\$50

Anonymous	Bonnie Edwards	David & Wendy Lake	Gerry Ray
Gayle Acker	Doris Eide	Nita Larson	Jean Reynolds
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			Joanne Yarbrough

Gold Donors: Donations of \$51—\$200

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Thank you 2020—2021 Annual Appeal Donors

Gold Donors: Donations of \$51—\$200

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