



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

February 2021

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503-266-2970

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Welcome from the Director

Dear friends,

As we enter into February, take a look around for some early signs of spring! I'm seeing crocus shoots and soon we'll see daffodils—signs that we are nearing an end to a long, wet winter.

We are taking many calls about the AARP tax service. We understand that folks are hoping for assistance in preparing tax returns. All we can say is that there's really no news. Last we heard, AARP is trying to identify a way to provide assistance over the phone, while keeping your documents safe. As noted below, we strongly suggest that you look to other options early, rather than wait for AARP on the assumption that they will eventually be up and running—help is by no means certain this year.

On other fronts, we are optimistic of a brighter, more connected, future—read inside to learn more!

Hope to see you soon—Kathy

CAC Hosts **Drive-Thru Valentine Lunch Tuesday, February 9, 2021 for Individuals ages 60+**



Our ever popular drive-thru lunch service returns for a "Valentine Lunch" on Tuesday, February 9th. We will greet you masked and gloved and provide your boxed lunch!

Please note: This meal is for individuals aged 60+ who are NOT MOW clients. MOW clients receive the same meal, delivered to their home, on Wednesday, February 10th.

Participants are invited to drive-thru between 11:30 am—1 pm, entering our parking lot from 13th Street. Center membership is not required to participate, BUT **you must RSVP to us at 503-266-2970 by Friday, February 5, at 4:30 pm for planning purposes.** We look forward to seeing you!

2021 AARP Tax Assistance UPDATE

At the time of this printing, we still don't know if AARP will offer tax assistance in 2021. We are certain **it will NOT be in-person** due to COVID restrictions. If AARP is able to assist, it will not begin before early March and there will be a very limited number of volunteers and they will only serve a small number of clients.

The Center is not responsible for the service and is **not** keeping a "wait list". Instead, we encourage you to make an alternate plan for having your taxes prepared. Please do not assume that AARP will be able to provide assistance. We are still waiting for updates at this time.

Tax link suggestion for simple returns: <https://turbotax.intuit.com/personal-taxes/online/free-edition.jsp>

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 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 Guest Speaker: —February 11th at 11 am Join us for this Zoom presentation with **Donate Life Northwest**, discussing eye, organ and tissue donation. See page 4 for all the details on this presentation and information about registration. This is a free presentation but registration is required.

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.

New class offering— Virtual Diabetes Prevention Class, page 5

Board News and Announcements

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

dlijewell2@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

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(Term ends Sept 2023)

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Millie Reser

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(Term ends Sept 2022)

Loren Bell

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(Term ends Sept 2023)

Jim Davis

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(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 Excerpts from Wednesday, January 13, 2021

Directors Present: Debbie Jewell, Brenda Mootz, Millie Reser, Jim Davis, Ruth Howard

Directors Excused: Johni Thayer, David May, Bill Reif and Loren Bell

Staff Present: Kathy Robinson

CAC Members Present: None

City Liaison Present: Excused

The Virtual Meeting was called to order by Debbie Jewell and a quorum was established. The minutes from the December 9, 2020 were unanimously approved and accepted.

City Liaison Report: No report this month

Treasurer Report: Detailed report available upon request. Brenda will be contacting Quest to confirm some of the figures.

Directors Report: Full report available upon request. In addition to the report Kathy shared that the Center receives many requests for an online option for donations. Timpra has 3 viable options to achieve this via our website and they are being considered.

When questions regarding the availability and distribution of COVID vaccines come to the Center, Kathy and the staff are suggesting individuals contact their primary care physician

New Business: None

Old Business: No updates.

Meeting Adjourned: The meeting was adjourned. The next meeting will be held via ZOOM on February 10, 2021 at 1pm.

Respectfully submitted, Ruth Howard, Secretary



**Sign up to donate
your "Community
Rewards" points
to CAC**

A new year and a good time to try something new! If you have already signed up and chosen Canby Adult Center as the 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.

COVID vaccine—update

As many of you know, the COVID vaccine is gradually arriving in Canby—some of you may have already received your first shot. It is our understanding that all of the senior residential facilities—Countryside, Rackleff Place and Marquis—have already been given an opportunity to be vaccinated. Other senior communities will hopefully not be far behind.

Please be in touch with your primary care provider as your first resource in seeing when the COVID-19 vaccine might be available to you. We do know that the Governor's Office has put together a timeline that prioritizes the eldest among us first, then gradually lowers the age limit. Educators are also being incorporated into the schedule so that we can get our kids back to school—hooray!

Let's hope for some normalcy in 2021!

February Reminders

2nd— Groundhog day—6 more weeks of winter?
9th— Valentine drive-thru lunch
14th—Valentine's Day
15th—President's Day Observed
Center Closed



Services Available in February

Client Services Available in February

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, February 3rd, with Patty, and Mondays with Laverne, February 1, 8, & 22. 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.



New Program Begins this month! You can Join Now!

What Is Prediabetes? A health condition marked by blood glucose levels that are higher than normal but not high enough to be diagnosed as type 2 diabetes. 84+ million American adults—or 1 in 3—are estimated to have prediabetes, and 9 in 10 people with prediabetes don't know they have it. Prediabetes can lead to heart disease and stroke, and without intervention, many people with prediabetes will go on to develop type 2 diabetes. Prediabetes is defined by one of the following measures:

- Hemoglobin A1C of 5.7% to 6.4% or
- Fasting plasma glucose of 100 to 125 mg/dL or Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dL.

The National DPP Lifestyle Change Program is...

- A 1-year group program offered in person, online, or through a combination of both approaches. It consists of:
 - An initial 6-month phase with at least 16 weekly sessions offered over a period of 16 to 24 weeks.
 - A second 6-month phase with at least 1 session a month (minimum of 6 sessions).
- Is taught by a trainer lifestyle coach.
- Uses a CDC-approved curriculum.
- Includes regular interactions between the lifestyle coach and participants.
- Focuses on behavior change to improve healthy eating, increase physical activity, and manage stress.
- Provides peer support.

JOIN US Thursdays, beginning February 18, 2021, 10-11 a.m. for an introduction to the National Diabetes Prevention Program!

The program is held via ZOOM or phone with technical assistance available. There is no cost to participate and space is limited

For details and to register, contact: Wendy May at 503 266 2970 or caccsc@canby.com



Donate Life Northwest PRESENTATION

February 11th 2021 at 11:00 am

Of the nearly 120,000 Americans waiting for a lifesaving organ transplant, more than 3,000 live in the Pacific Northwest. A growing shortage of living and deceased organ donors means that not all will receive their transplant in time. Through education and community outreach, Donate Life Northwest has registered over 2.5 million Oregonians to be organ, eye and tissue donors.

By registering and educating people about organ, eye, and tissue donation, Donate Life Northwest gives hope to those waiting for a transplant.

Did you know that people of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissues can be donated.

One donor can give life, sight, and health to more than 125 people.

Join us either via ZOOM or by calling in on February 11th at 11:00 as a representative from Donate Life NW share information and answers questions about the donor program.

There is no cost to participate; Registration is required
To register contact Wendy May at 503 266 2970 or by email at: caccsc@canby.com

**National Organ Donor Day
February 14, 2021**



Client Services—Resources & Support Groups

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



VIEWES Conversations on Aging

Volunteers Involved for the Emotional Well-being of Seniors

VIEWES offers FREE facilitated Discussion Groups on topics important to people 60 years and above. Interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities and resources; an opportunity for older adults to come together and discuss their feelings and experiences on specific topics of aging. VIEWES' Conversation on Aging discussion groups are:

- A place for participants to share their feelings and listen to others.
- Confidential discussions that are held in a private setting.
- Facilitated by trained VIEWES Conversation Facilitator volunteers that are older adults (age 55+).
- 90-minute sessions that are most effective for groups of 8-10 participants.

Join them virtually Wednesday February 24th from 1 -2:30 pm for a conversation.

The conversation topic is:
"Who am I now?"

Who Am I Now? Our roles and responsibilities change throughout life as we take on new roles and give up others. Explore who you are at this point in your life and what brings meaning to your life. Join a group of your peers to discuss the pros and cons of these changes and bring clarity to how you will define yourself during this stage of life.

VIEWES facilitates conversations the last Wednesday of each month **1-2:30 pm through July 2021**. Upcoming topics are

- March 31st– New Wisdom/Life Lessons
- April 28th – Flying Solo as a Senior
- May 26th- Engaging with Adult Children
- June 30th- Talking with your Doctor
- July 28th—The Elder Journey

There is no cost to participate; registration is required. To register, contact Wendy May at 503 266 2970 or email caccsc@canby.com.



Interactive Sing-a-longs Every Month
1st & 3rd Thursday from 3-4 pm.
Friendly faces, sing and laugh!
All are welcome.

A fun and supportive "virtual" song circle to practice projection, voice control and coordination through the joy of singing! Each session starts with a vocal warm-up and then sing your favorite songs with guitar accompaniment.

Call 1.800.426.6806 to register by phone, or on line at <https://www.parkinsonsresources.org/>

Note: After registering you will receive a Zoom invite by email that will allow you to connect the 1st and 3rd Thursday each month. They will also send an email on how to use Zoom.

Instructors: Michelle Garratt and Kera Magarill have unique combined experience including vocal training, music therapy and improvisational singing. Michelle continues to sing and teach after her diagnosis of PD; she knows first hand the importance of keeping the joy of music alive while exercising her vocal cords; Kera is deeply interested in the relationship between music and mood.



March 12th at 1 pm
Daring to Downsize with Beth Giles



Are you thinking about making a big change, but find yourself looking around your home and realizing that you really should start that downsizing process so you'll be ready when the time does come?

Whether you are downsizing, helping someone tackle their project or just planning ahead, you know that even the thought of downsizing or moving can be overwhelming. Do you find yourself just looking around and then giving up?

Professional Organizer Beth Giles with NW Organizing Solutions will be with us **Friday March 12th at 1 pm** to educate us on downsizing solutions.

Discover some simple steps that will help you start moving forward and make the process a lot easier. Find out how to evaluate what treasures to take with you and what to do with the rest. Learn how to work with the movers to make it a smooth transition.

Leave this presentation ready to approach your downsize or move with a new confidence!

This presentation is held via ZOOM or phone.

There is no cost to participate. Registration required—contact Wendy May by phone at 503 266 2970 OR email caccsc@canby.com



Have a technology question?
Call the National Senior Planet Hotline: 920-666-1959
Open 9 am – 5 pm on EDT,
Monday – Friday

Senior Planet is a program created and sponsored by national nonprofit Older Adults Technology Services (OATS). After a series of successful collaborations, OATS formally joined the AARP family as a charitable affiliate in 2021. The affiliation allows OATS to pursue its mission at scale, helping seniors harness the power of technology no matter their socioeconomic circumstances, geography, educational background or age.

For more information visit:
<https://seniorplanet.org/>

Healthy Body—Healthy You!

National Donor Awareness month: Hello friends! February is here, with that comes the occasional daffodil sighting and a sunny day above 60°! I hope you're able to take advantage of the breaks in weather to get outside for some MUCH needed sunshine. Taking care of your organs is more important now than ever, read on for ways to learn how. I hope to see you soon, take care - Mindy

Seven Ways to Keep Your Organs Healthy

Sun up to sun down, your body's organs are working together to keep you healthy. Your liver breaks down harmful substances in your body, excreting that waste into your blood; [your kidneys cleanse your blood](#) of that waste, and your heart pumps the blood throughout the body.

This means that people with a liver, kidney or heart problem also have an increased risk of having problems with another organ—diabetes, high blood pressure, smoking or being overweight can all add to the risk.

On the other hand, this also means that by making efforts to improve the health of one organ, you are simultaneously improving your overall health. Here are **seven ways to keep your organs healthy**.

Stay hydrated: Water helps kidneys remove waste from blood, so it's always a good idea to stay hydrated by drinking at least four to six glasses per day. If you become dehydrated, toxins can build up and affect your kidneys and your liver. While hydration keeps your blood vessels open to help blood travel freely, dehydration can make your blood thicker and more difficult for your organs to detoxify.

Eat a balanced diet: Natural sources of sugar such as fresh fruit are easier than refined sugars for your body to metabolize without overwhelming your organs. It also helps to eat a lot of fiber, such as fruits, vegetables and whole grains.

In addition to refined sugars, limiting high fructose corn syrup (soft drinks, baked goods, sweets) and foods with saturated fat and refined carbohydrates (white bread, white rice and pasta) will keep your body healthy and functioning properly. Additionally, too much salt can cause high blood pressure, which is a risk factor for heart and kidney problems.

Exercise consistently: Physical activity helps to decrease blood pressure and cholesterol levels, increase muscle strength, improve sleep, and control overall body weight. You don't have to have an intense workout routine—just do something to get your heart rate up on a regular basis.

Be careful with supplements and over-the-counter medications— Mixing medications or taking more than the recommended amount can damage your liver, as it is where most drugs are broken down after being metabolized. Too much of certain vitamin supplements and even herbal remedies may be harmful to your kidneys, as they may build up and cause damage, or react poorly with prescribed medications. If you're unsure about which medicines may be more harmful than helpful, talk to your doctor.

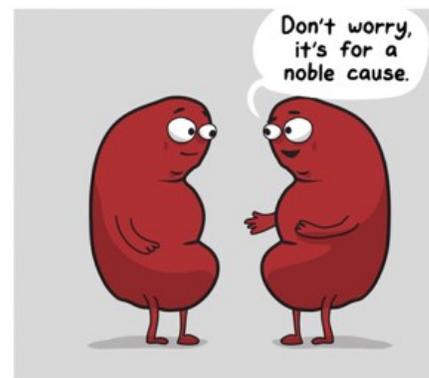
Don't smoke: Smoking causes hardening of the arteries, or even hardening of the kidneys, reducing blood flow in the kidneys and to the heart. It

can also cause high blood pressure, which is a cause of both heart and kidney problems. Additionally, limiting alcohol consumption can reduce damage to the liver.

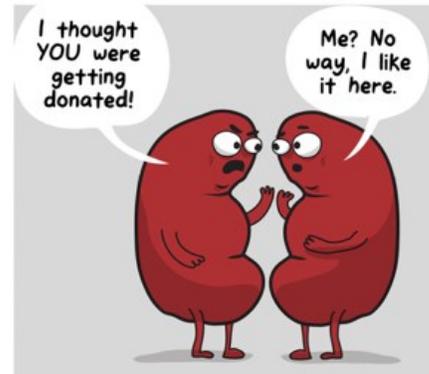
Keep blood sugar controlled: High blood sugar can cause damage to heart, blood vessels and kidneys, among other essentials in the body. Monitor blood sugar levels frequently, and naturally lower them by following the steps listed above.

Get checked: If you have heart disease, get your kidneys checked; if you have kidney disease, get your heart checked—especially if you have diabetes or high blood pressure. Organs are precious – be sure to protect yours!

Source: OCRC
(Orlando Clinical Research Center)



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theAwkwardYeti.com

Memoir Writing—Sharing

“Car Talk”

Patti Busse

Remember the NPR Show, Car Talk? For years the “Tappet Brothers”, Tom and Ray Magliozzi presented their audience with great advice on fixing and buying cars. Sometimes they sprinkled in life advice, and always with humor. You didn’t have to be a car aficionado to appreciate the wisdom that came forth. All I knew was they were hilarious and intelligent. After all, they graduated from MIT.

My “Car Talk” is about some of the cars in my life. My stepfather thought a good car to learn on was a 1934 Chevy sedan. It was big, heavy and painted black. To add to the mystique of this vehicle—it had running boards on both sides. I imagined in my 16 year old brain that the gangsters rode on those sideboards shooting their Tommy guns. My stepfather grew up in Chicago and hung out with one of the Al Capone brothers. All of them were mobsters except one, James Capone who was a police officer and prohibition enforcement officer. I think he bought that car for his old memories.

My stepfather wasn’t the best instructor learning to drive. He’d sip his private stash of booze then off we went. Really! No kidding!

The first lesson I panicked at I overcorrected at a four way intersection. I drove up a curb and barely missed a fire hydrant. That was it! Next car that showed up to practice on was a 1947 Studebaker. Goodness, that was an ugly car, complete with a dent in the front fender. I imagine I finished learning to drive with that beast in high school.

Attending a local community college necessitated a need for a car. That need brought me a pink Buick from the 50’s. We called it Pink Pig as it swallowed a lot of fuel. Adorned on the front fenders were three “portholes”. Buick called them “Cruiser-Line Ventiports”. I prefer portholes. The other addition that I didn’t appreciate is that the reverse didn’t work. The first time I drove to my now husband’s house, I studied a map to make sure his street wasn’t a dead-end, which would make it impossible to get the Pink Pig out. This trip to his house was a reconnaissance mission. I was sneaking over to leave him a home-made card to

put on the windshield of his car. I was busted by his dad who was bringing out trash cans. I never had met his dad before and was blushing, and stumbled out words to explain my presence. Rodger and I continued to date. He had a very sport bug-eyed 1960 Sprite and a 1956 Chevy that he got from a previous girlfriend for \$50. I enjoyed riding around in that little sportscar with the top off the car. You almost were one with the road.

The funniest thing that happened to us while dating was in that car. We drove to a special beach spot where many sweethearts went to “neck” or make out. We were among about 15 other cars who were enjoying the beach and each other. My then boyfriend and now hubby parked right on the ledge of the steps that took you down to the sand and water. The kissing was enthusiastic. So much so Rodger stepped on the clutch and since the brake wasn’t set, we went bumpity bump down a few stairs that high-ended the car, and us.

Since there were no cell phones in those days, he had to walk to a phone booth to call for a tow. When the tow truck arrived it had all the red lights twirling. One by one the other kissers fled the scene. Fortunately I didn’t have to explain to my parents where I was... as I would have been way over my curfew. Luckily our sorority sisters were having a sisterhood sleep-over. Of course I had the best story of the night.

There were other cars and other stories that were just as crazy and fun!



A Cherished Material Possession

Barbara Nuxall Isom

Eeny, meeny, miny, moe, what is my most cherished material possession? It appears that I have a draw; one being quite small and the other a bit larger. They both have stories, of course.

I remember with great clarity the day my Aunt Pauline asked if I would like to be the recipient of my Grandmother Nuxall’s

wedding ring. I have several cousins who might have been considered as well, so I was surprised and absolutely delighted. The ring is a simple wide gold band with engravings on it. I can still envision my grandmother wearing it. She had lost some weight which is why I suspect she wore it on her middle finger in later years and she often sat and turned the ring around and around on her finger. I have worn it on my right hand for many years. In fact, it broke when I was gripping something so I spent a bit of money having it repaired and resurfaced. I wear it to this day. Nowadays my knuckles are larger so I am unable to wear it on my middle finger with comfort so it has moved to my ring finger. She has been gone for many years but I still think of her often because of the ring. I believe my aunt realized that I would wear it and treasure it.

My other treasured material possession is, of all things, a small table. It is a very dark brown and the top with the side leafs down only measures about 18”x10”. When you raise the two side leafs it measures 18”x28”. It is still stout, but the finish is quite worn and might be considered ugly in some people’s eye, but I love it and have forsaken refinishing or painting it. A table 80 years old has many stories.

Firstly, this particular table was the very first piece of furniture my mother bought when she was first away from her parents’ home and working at a restaurant called the Oasis in Enterprise. I also have some tea sets from this restaurant as when a waitress broke part of the set, she was required to purchase the remainder of the set. How about that?

More important, this table was the greatest prop for my brother and me for our imaginary entertainment when we were quite young. It served with a blanket over it as a tent. I also served as a prop when we practiced serving Mass with our Granma Nuxall. We used it when we played restaurant. We imagined many scenes with the help of this table. So, you see, I don’t just see a table that needs refinishing as all of you do; I see my innocent childhood.

I haven’t any idea what my girls will do with it after I’m gone; probably donate it to Goodwill. After all, it is only my treasure and memory vision.

Around Town—COVID-19 edition

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

The Book Nook - Currently located at 181 North Grant Street. They are planning to move to the Parson's Pharmacy building sometime during February. 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. Hours are Mon-Sat, 10 am - 6 pm.

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 Combo option on Friday, Saturday & Sundays! 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. Curbside 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

Store hours are 6:00 am - 9:00 pm. If you are concerned about social distancing during shopping, trying to arrive during the early or late hours is best.

Curbside Service is available: M W F, 9:00 am - 1:00 pm.

How to order:

- 1) **Call 971.888.2572** between 9am- 1pm with your shopping list **or**
- 2) **Email your shopping list to office@cutsforths.com;**
- 3) If possible, please try to place orders one day in advance;
- 4) 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.



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, and a friendly person to speak to offering emotional support and understanding. Call any time, any day. All calls are confidential. **We are here for you.** [Senior Loneliness Line](http://SeniorLonelinessLine.org) **503 200 1633 – a state-wide service of Lines for Life**

February Trips Suspended

Armchair Travel for your enjoyment!

COLLETTE TRAVEL OPPORTUNITY COMING UP FALL 2021

Our Collette sponsored New Orleans tour is set for October 24-31st 2021. If you have questions about this trip, please check out the information from the Collette website at: <https://gateway.gocollette.com/link/961179> AND/OR contact Lynne, Transportation Coordinator, directly at lynneb@canby.com OR refer to the insert in this newsletter which outlines the trip and highlights.

We are hosting an informational gathering for this October trip in a ZOOM format on March 4th at 2:30pm.

The ZOOM invite to attend the meeting on March 4th is <https://collette.zoom.us/j/94186218030>

**Canby Adult Center and Collette Travel
invite you to join us:**

**Discovering America's Music Cities
featuring New Orleans, Memphis & Nashville
October 24 — October 31, 2021**

We'll start our tour in the French Quarter, immerse ourselves in the Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson and more.....so much more. These are just some of the attractions available when we head out again to Discover America's Music Cities in the South-eastern parts of the U.S. this fall.

Mark your calendars for March 4th for our virtual gathering updating us on Collette travel policies put in place this year for Covid 19 safety. Be ready to ask all the questions you may have concerning travel with this company in October.

Please email lynneb@canby.com or call Lynne at 503-266-2970 for more information on how to be part of this virtual event. Also see the insert included with this newsletter!

Road trip? Driver License, Vehicle Tag Grace Period Extended into 2021

If your driver license, permit or vehicle registration expires between Nov 1, 2020, and April 30, 2021, you have **three months after the expiration date to renew** without being cited. The Oregon DMV is allowing this **grace period** in order to catch up with the backlog caused by COVID-19. Oregon law enforcement officers "will exercise more discretion for recently expired licenses and registration" when deciding whether to write a ticket.

A previous law that mandated no citations for licenses, permits and registrations that expired between 3/1/20 and 12/31/20, ended December 31, 2020. DMV offices are open by appointment only. Visit their website at: www.oregondmv.com for a list of services available by office. Some services are available online at dmv2u.oregon.gov.

Broadway Rose Theatre Presents:

"The Story of My Life"

A musical honoring lifelong friendship
Streaming February 5 - 28
and \$25 per household

The Story of My Life will be available for viewing anywhere you can access the internet, for a limited time. Rent the production and **stream it** to your computer, phone, or tablet. Closed captioning is available.

About the show: Best-selling author Thomas finds himself at a loss for words when faced with the task of eulogizing his lifelong friend, Alvin, after his mysterious death. As Thomas struggles to compose his thoughts, he is drawn into the library of his mind by the embodied memory of his friend. Through music and song these two friends recount their humorous adventures, quibble about their past, and ultimately discover what is at the base of every strong friendship... love. Nominated for four Drama Desk Awards, *The Story of My Life* weaves songs and stories together to explore the unseen ripples we make in each other's lives.

To learn more on how to stream this musical or how to buy tickets, Call the box office at 503.620.5262
Or visit www.broadwayrose.org/buy-ticket

Reminders for staying safe if you must travel

If you must travel, here are a few tips for your travel safety—

Tips for flying

- Try to limit contact with frequently touched surfaces like kiosks, touchscreens and turnstiles, handrails, restroom surfaces and elevator buttons.
- Try to limit your exposure to others in the airport.
- Wear your mask in the airport and during the flight.
- Continue to practice good hand hygiene.

Road trip tips...

- Make sure to wear your face covering when stopping for gas, food or bathroom breaks.
- Maintain physical distancing when making stops.
- Wash your hands with soap and water for at least 20 seconds, especially after you've been in a public place. If soap and water aren't available, use hand sanitizer.

Did you know... If you replace the "W" with "T" in the words "What, Where and When", you get the answer to each of them!

What... That Where...There When...Then

Center Services Suspended for February

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 February

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 every Wednesday and Friday, 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.

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 offer “ZOOM” bingo at 12:30. For more information contact Lynne at lynneb@canby.com for more information

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...

Seasonal Affective Disorder and the Pandemic

Dark winter days can make us feel down, unmotivated and sluggish. Those low, gray skies sap our energy and enthusiasm. In about one person in 20, these feelings can be symptoms of seasonal depression, called seasonal affective disorder (SAD). Many more people get the winter blues, a milder version of SAD.

This winter, with many of us feeling added stress and anxiety from the pandemic, brighter days might seem far away. If managing your mental and emotional health this winter feels like more of a challenge, you are not alone. Find mental and emotional health supports at [Mental & Emotional Health \(safestrongoregon.org\)](http://Mental & Emotional Health (safestrongoregon.org))

Some suggestions that may be helpful to manage SAD this winter:

- ◆ Set a daily routine and stick to it. Getting up and going to bed at consistent times helps regulate your sleep.
- ◆ Take a daily walk, preferably just after sunrise. Exercise and outdoor light can boost your spirits.
- ◆ Connect with other people, by phone, facetime, or on physically distanced walks.
- ◆ Talk to your healthcare provider about lightbox therapy and other treats that could work for you.

Take care of You!!



Suicide Prevention is Everyone’s Business— Join the Suicide Fatality Review Committee!

Clackamas County is seeking an individual with lived experience as a suicide loss survivor or attempt survivor to serve as a core member of the Suicide Fatality Review committee. Individuals will:

- Live or work in Clackamas County
- Not be an employee of Clackamas County
- Make a minimum commitment of one year
- Attend every meeting (4 meetings a year; 3-hour meetings)
- Sign an initial confidentiality statement and another at every review
- Be in recovery for a minimum of 5 years from suicide loss or suicide attempt
- Given the nature of this work, participants will need to confirm the strategies they have in place for self-care – ie yoga, meditation, exercise, etc. Strategies may be formal or informal
- Receive a \$50 stipend for each meeting

If you have questions about this opportunity, please contact:
Galli Murray
Clackamas County Suicide Prevention Coordinator
at gallimur@clackamas.us

To apply and find more information, go to:

<https://bit.ly/3oroq5s>

Newsworthy

Leaving a Legacy with StoryCorps

The desire to leave a legacy calls strongly to many older adults. A legacy does not have to be financial in nature. One way to leave a legacy is to record a personal story and bequeath its insight to future generations.

StoryCorps, "Connect" is a project of the American Folklife Center at the Library of Congress, makes this possible and holds a collection of more than 300,000 recorded conversations. They want to hear from our nation's elders. The StoryCorps "Connect" project involves 40-minute remote video interview and is ideal for a grandchild and grandparent. All that is needed is for both parties to have a computer with a microphone, a tablet, or a smartphone. (Check on the need for technology help beforehand.)

At StoryCorps.org you can find interview tips and suggested questions; at the end of the interview, you can upload photos with the recording to the Library of Congress. Go to <https://archive.storycorps.org/> to open a **free** account and set up a video interview. Generally there are 4 to 8 open-ended questions, but if something unexpected and interesting emerges, be willing to switch course.

Consider inviting a young person in your family to uncover a "conversation of a lifetime." Your loved one may relish the exchange and enjoy contributing to our national archive of American stories. Consider inviting a young person in your family to uncover a "conversation of a lifetime." Your loved one may relish the exchange and enjoy contributing to our national archive of American stories.

Source: Willamette Valley Hospice
Newsletter Dec 2020

Memoir Writings Wanted

A reminder that even though our memoir writing class *is not currently meeting*, we are still in need of and would appreciate your short stories or memoirs to include with the newsletter each month!

If you are willing to share your writings with us, please mail them to
PO Box 10, Canby OR 97013 or, email them to: Timpram@canby.com

Thank You!

Just For Fun!

Famous Couples...



_____ Lucille Ball

1. Richard Burton

_____ Marilyn Monroe

2. Desi Arnaz

_____ Janet Leigh

3. Joe DeMaggio

_____ Joanne Woodward

4. Humphrey Bogart

_____ June Carter

5. Elvis Presley

_____ Lauren Bacall

6. Paul Newman

_____ Doris Day

7. Jerry Stiller

_____ Elizabeth Taylor

8. Tony Curtis

_____ Ginger Rogers

9. John F. Kennedy

_____ Jacqueline Bouvier

10. Steve McQueen

_____ Olive Oyl

11. Sonny Bono

_____ Anne Meara

12. John Lennon

_____ Cherilyn Sarkisian

13. Johnny Cash

_____ Natalie Wood

14. Popeye

_____ Yoko Ono

15. Fred Astaire

_____ Rita Hayworth

16. Orson Wells

_____ Priscilla Beaulieu

17. Prince Ramier

_____ Grace Kelly

18. Martin Melcher

Be Mine Valentine



Donors, Renewing Members & Birthdays

February 2021 Birthdays!



- | | |
|-----------------------|--------------------|
| 1 Irene Dietz | 17 Oliver Korsness |
| 2 Leslie Carroll | 17 Donna Lebold |
| 2 Clarissa Gillis | 20 Doris Wheatley |
| 2 Chris Pendleton | 21 Norm Clavett |
| 3 Thomas Johnson | 21 Betty Weedman |
| 4 Steve Cowger | 22 Larry Ball |
| 4 Janielle Krzmarzick | 22 Kathi Dotson |
| 5 Janet Thiessen | 22 Sylvia Wiegand |
| 5 Kathleen Jordan | 23 Jane McFadden |
| 5 Ruth Stinson | 23 Bev Mitchell |
| 6 Bob Herman | 26 Robert Johnston |
| 7 Bob Sheveland | 26 Laura Gustafson |
| 7 Patricia Walman | 27 Larry McBride |
| 8 Janet Morton | 27 John Merina |
| 10 Elaine Daniels | 28 Christine Ehler |
| 11 Marilyn Hurlbert | |
| 16 Gayle Acker | |
| 16 Patricia Wright | |



If you think you are too small to make a difference, try sleeping with a mosquito!

What has three feet, but no toes?

A yard stick!



November/December Donors

Financial Donors: Anonymous, Jane & Norm Clavette, Patty Crussell, Patty Hatfield, Toni Hvidsten, Loren & Vanita Leshar, Shirley Morris, Rackleff Place, Randal Pitchford Estate, Gary Smith, Maria & Andrew Valdez, Sharon Wright,

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

Special thanks to: City of Canby for their generous donation of COVID-Relief funds to Canby Adult Center!

New and Renewing Members

Tom & Sherry Averett
Larry Ball
Jane & Norm Clavette
Maria Cox
Benny Dodge
Greg & Reni Erk
Clarissa Gillis
Jerry Gobet
Dennis Hardy
Arline Herr
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