



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

April 2021

CENTER STAFF

DIRECTOR
Kathy Robinson
caccdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

**FOOD SERVICES
MANAGER**
Hurley Baird
CACFSM@canby.com

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

TRAVEL COODINATOR
Lynne Bonnell
lynneb@canby.com

WELLNESS PROGRAMS
Mindy Tilden
cacfit@canby.com

ASST FOOD SVCS
Elizabeth Luchini

KITCHEN UTILITY
Beth Millican
Ralene Tennis
Kathy Levy

KITCHEN ASSISTANTS
June Nice
Carol Clark

TRANSPORTATION
Frank Hosford
Scott Goetchius
Wade Porter

CUSTODIAN
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

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

Welcome from the Director

Dear friends,

Hello to all, and happy spring! It seems that the world is full of daffodils at the moment, so cheery! Its finally feeling like we're coming to an end of a long, dark winter—in more ways than one.

On behalf of the Canby Chamber of Commerce, I invite you to take a few minutes to complete the enclosed survey. Chamber leadership has formed a committee to take a look at how Canby's residents feel about Canby—the good, the bad, the ugly. What do you like? What would you like to see more/less of? PLEASE take the time to complete the survey, and let your voice be heard.

Completed surveys can be dropped off at the Chamber offices or at the Adult Center. Look in our foyer for a box or envelope where you can leave your completed survey. An online version is available through the Chamber's website, if you prefer that option.

We are anxiously awaiting a return to some activity at the Center—fingers crossed that we are over the hump of this pandemic!

Hope to see you soon—Kathy

It is not September, BUT, watch the school zones— kids are back to school!

Spring break is over and kids are back in school for the last of this school year! Be sure to watch the school zones, the flashing speed reminder signs and crosswalks. Kids are now going to and from the school buildings so be watchful as you drive.

Also—there is still road construction on South Ivy Street, and city crews continue with tree branch removal—there is a lot of activity so be extra vigilant while driving!

AARP Tax Clinics Continue at CAC

Our AARP volunteer tax preparers continue to provide tax assistance by appointment only. Call 503-266-2970 to schedule an appointment. See [page 3](#) for more information on the AARP tax clinics.

April Reminders:

Friday, April 2nd—Good Friday
Sunday, April 4th—Easter Sunday
April 11th—National Pet Day!



CAC Hosts American Red Cross Blood Drive April 2nd, 1 to 6 pm

Canby Adult Center is hosting an American Red Cross Blood Drive on **Friday, April 2nd**, from 12:30 pm to 5:30 pm. This is your chance to give that life-saving blood.

You can book your appointment by calling Canby Adult Center at 503-266-2970 **OR** Visit: www.redcrossblood.org; Sponsor Code: CanbyCommunity

Registering is easy and your gift of blood is truly life-saving. Sign-up today to help make this a successful Blood Drive!

Walk With Ease Resumes April 20th!

Looking to start something new this Spring? **Try our Walk With Ease (WWE) Class**—it resumes **Tuesday, April 20th**. This class, developed by the Arthritis Foundation, can help reduce pain and improve overall health. See *details on page 4* for more information on how to participate.



Board News and Announcements

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

djewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupteam.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 Excerpts from Wednesday, March 10, 2021

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

Directors Excused: Loren Bell and Jim Davis

Staff Present: Kathy Robinson and Timpra McKenzie

CAC Members Present: none

City Liaison Present: Greg Parker absent

Guests Present: Jon Bettendorf and Erik Wald with Quest Investment Management

The Virtual Meeting was called to order by Chair Debbie Jewell. It was established there was a quorum. The Chair asked for approval of the minutes from the February 10th board meeting. The minutes were unanimously approved and accepted.

Quest Investment Report: Available upon request. Jon and Erik reported the CAC portfolio is doing very well. This is attributed to a high quality, diversified mix of investments. It was noted that the portfolio grew 2.1% last fiscal year, net of fees, in spite of the market fluctuations due to the pandemic. Growth to date for the current FY is 12.7%.

City Liaison Report: No report for March.

Treasurer Report: Detailed report available upon request. Investment balance stands at a little over \$8 million.

Directors Report: Available upon request. The ice storm, COVID vaccines and AARP tax assistance program were the primary areas of focus during the last month. Kathy noted that the AARP tax clinic is finally up and running, with limited appointments and no contact.

New Business: Discussion on BOD terms and new members. Upcoming directors' terms expiring are Debbie Jewell, Jim Davis and Johni Thayer. The committee will meet and begin to discuss possible candidates. Kathy will recirculate the guidance on optimal Board representation. Committee members are Chair Brenda Mootz, Bill Reif and Millie Reser.

Old Business: Emergency Evacuation plan for the building is in progress. An online donation software package has been tentatively identified and set up is still in progress. CAC audit is underway with Jarrod, Seibert, Pollard and Co.

Meeting was adjourned.

Submitted by, Ruth Howard, Secretary

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.

Are You Ready for Scam Jam?

What: Oregon Scam Jam Series

When: 10 a.m. – 11:30 a.m.
Friday, April 9,16,23,30.

The Oregon Scam Jam is a virtual month-long event, for four Fridays in April. The focus is to make you aware of scams.

What you'll learn:

- How do people fall for scams- and how it could happen to you!
- How to fight fraud
- Prevent ID Theft
- Identify "affinity fraud"
- Cybercrime, and more



The conference will be held on Zoom. You will receive the conference link after you register.

This is a free event, but registration is required for each session.

Keynote Speakers include:
Doug Schadel – State Director of Washington's AARP, and a leading expert on fraud schemes and the elderly.

Ellen Rosenblum – Oregon's 17th Attorney General; the first woman to serve as Oregon Attorney General and is dedicated to protecting older adults from frauds, scams and elder abuse.

COVID Vaccine Update and AARP Tax Clinic News

COVID Vaccine Updates April 2021

The COVID-19 vaccine is making its way through our state and our town—hooray! The best way to get an appointment for a vaccine is through the Oregon Health Authority's "Get Vaccinated Oregon" tool, found on their website. If you are not able to access the tool online, you can do the following:

"If you are unable to use the GVO tool, you can contact 211 for vaccine registration information. Text ORCOVID to 898211 (English and Spanish only), email ORCOVID@211info.org or call 211 or 1-866-698-6155 (toll-free from 6 a.m. to 7 p.m. daily TTY: call 711 then dial 1-866-698-6155)."

What do I need to know before I go?

COVID vaccines are safe & effective

The Food & Drug Administration (FDA) requires rigorous safety testing before it will approve any vaccine. The COVID-19 vaccines from Pfizer, Moderna and Johnson & Johnson were tested in tens of thousands of study participants and generated enough data to convince the FDA that the vaccines were safe and effective.

Mass vaccination will help slow the spread of COVID-19

Safe and effective vaccines are the key to achieving community immunity from COVID-19 and returning to normal life as soon as possible.

Vaccine supply is currently limited

Because of limited supply, not everyone who is currently eligible for a vaccine will be able to receive one right away.

The COVID-19 vaccine will be free

The vaccines will be provided at no cost to you. You do not need health insurance. If you have health insurance, vaccine providers may charge your insurance company an administration fee for giving you the vaccine. This means that you might be asked for your insurance information when you get your vaccine.

Different vaccines require different doses.

If you receive either a Pfizer or Moderna vaccine, you should receive a vaccination card that tells you when to get your second dose. If you receive a Johnson & Johnson vaccine, you will only need to get one dose.

What should I expect after I get vaccinated?

You may have some side effects

Mild to moderate reactions to vaccines are not uncommon and are a sign your immune system is responding as it should. Common side effects after vaccination include:

- Pain or swelling where you got the shot
- Fever
- Chills
- Fatigue
- Headache

Immunity is not immediate

Full immunity from vaccination will not take place until 14 days after the final dose of whichever vaccine you've received.

You will still need to abide by current safety measures.

You will still need to continue to wear a mask, wash your hand frequently and physically distance even after you are fully vaccinated. Things can't go back to normal until enough people are vaccinated. If we all work together, we'll get to that point faster and save lives in the process.

For additional information, check out the Oregon Health Authority website: "Get Vaccinated Oregon".

Source: Oregon Health Authority

AARP TAX CLINIC CONTINUES SERVICE THRU May 6th

We are pleased to host the AARP tax clinics again this year. The AARP volunteers are here at the Center and we are booking tax assistance appointments on Thursdays, now thru May 6th.

You may call us at 503 266 2970, Monday thru Friday, 8:30 am to 4:30 pm to schedule your appointment.

The Department of the Treasury has extended the tax filing deadline for 2020 returns to May 17, 2021.

With the extension of the filing deadline, our AARP volunteers will be extending their tax clinics to Thursday, May 6th.

You will still need schedule an appointment over the phone, and **it does require three visits** to the Center to complete your return.

Visit 1—pick up your packet, intake form and check-list.

Visit 2—appointment to meet with the preparer; confirm you have all your necessary tax documents including your state issued identification (driver license) and social security card.

Visit 3—after your return is complete the preparer will call and make an appointment for you to come back into the center, review your return and file.

We thank the AARP volunteers for continuing to provide this service.

Call us at 503-266-2970 to schedule your appointment.

Tax filing date
extended to May 17th

Services Available in April

Client Services Available in April

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 provider Laverne has resumed her service and appointments are available **Mondays** in April: 5th, 19th and 26th. (Wednesday appointments are no longer available.)

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—please bring your own foot basin and towel.

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.

Senior Health Insurance Benefits Assistance

S.H.I.B.A. SHIBA volunteers help with Medicare, Supplemental plans, Prescription Plan D and eligibility for free premiums. They also provide occasional workshops to assist you in choosing the right plan for you. Call 503-655-8269 to request an appointment.

Special Information About Virtual Meetings

As part of our effort to continue providing information and services 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 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 help explain how ZOOM works, and what you need to do to participate using the ZOOM application.

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 also work but the screen is 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

Walk With Ease (WWE) Class resumes April 20th

Developed by the Arthritis Foundation, WWE is a physical activity program proven to help people manage arthritis pain. This exercise program that can reduce pain and improve overall health. The group meets at the Center on **Tue/Thurs mornings, 10:00 am. Tuesday class walks around Ackerman Field, Thursday walk varies.**

Class Facilitator: Millie

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



Have a technology question?
Call National Senior Planet
Hotline: 920-666-1959
9am – 5pm 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 help seniors harness the power of technology no matter their socioeconomic circumstances, geography, educational background or age. For more information visit: <https://seniorplanet.org/>



Parkinson's Virtual Conference-Spring 2021—Saturday April 10-10 AM

This year's **Educate.Inspire.Empower.** conference is April 10! You can participate in this virtual event from the comfort of your own home! PRO staff, Parkinson's professionals and experts will make this event educational and entertaining! This **EVENT is FREE!** Register today!
www.pro.eventbrite.com



Clackamas
CARES

A free program thru
Clackamas County Senior Services!

Say **HELLO** to a new friend through **Clackamas CARES** – a **FREE** program of Clackamas County Senior Services. During this pandemic, folks have become more distant and more isolated. It can be lonely.

This is where Clackamas CARES volunteers come in!

Sign up for this **FREE** program where a volunteer will make scheduled phone calls with you to check in and talk about things that matter to you.

Call 971 347 5759 to register now!

A simple word can help fight loneliness-Say HELLO to Clackamas CARES



Feeling Isolated?
You are not alone.

If you are feeling anxious or depressed—or just miss the sound of another voice—please reach out. A friendly person to speak to and offering emotional support and understanding is available. Call any time, any day. All calls are confidential.
Senior Loneliness Line: 503 200 1633
a state-wide service of Lines for Life



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 April 28th from 1 -2:30 pm for a conversation. The conversation topic is:

“Flying Solo as a Senior”

As we age some of us have family or friends who will provide care or support for us if needed, and some of us do not. Even if we have children, they may not be available or able to provide support. Discuss your feelings, experiences and concerns surrounding aging without family or social support. Share ideas about ways to strengthen your social and safety networks. Join us for this discussion on facing aging as a Solo Senior.

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

- 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.

Healthy Body—Healthy You!

Focus: Aging and Alcohol~

Happy SPRING, everyone! The days are getting longer, the sun is shining brighter! Hang in there a little longer and we'll soon be celebrating all things spring/summer! If you haven't tried yet, please join me for Zoom exercise Mon/Weds/Fri at 10am! We'd love to see you!

Take care- Mindy

Facts About Aging and Alcohol:

Anyone at any age can have a drinking problem. Uncle George and Grandma Betty's stories -

Uncle George always liked his liquor, so his family may not see that his drinking is getting worse as he gets older.

Grandma Betty was a teetotaler all her life until she started having a drink each night to help her get to sleep after her husband died. Now, no one realizes that she needs a couple of drinks to get through each day.

Unfortunately, these are common stories. The fact is that families, friends and healthcare workers often overlook their concerns about older people drinking. Sometimes trouble with alcohol in older people is mistaken for other conditions related to aging, for example, a problem with balance. But, how the body handles alcohol can change with age. You may have the same drinking habits, but your body has changed.

Alcohol may act differently in older people than in younger people. Some older people can feel "high" without increasing the amount of alcohol they drink. This "high" can make them more likely to have accidents, including falls and fractures and even car crashes. Also, older women are more sensitive than men to the effects of alcohol.

Drinking too much alcohol over a long time can:

- * Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage.

- * Worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss and mood disorders.

- * Make some medical problems hard for doctors to find/diagnose and treat. For example - alcohol causes changes in the heart and blood vessels. These changes can dull pain that might make a warning sign of a heart attack.

- * Cause some older people to be forgetful and confused – these symptoms could be mistaken for signs of Alzheimer's disease.

How Alcohol Affects Safety

Drinking even a small amount of alcohol can lead to dangerous or even deadly situations.

Drinking can impair a person's judgment, coordination, and reaction time. This increases the risk of falls, household accidents, and car crashes. Alcohol is a factor in 30 percent of suicides, 40 percent of crashes and burns, 50 percent of drownings and homicides, and 60 percent of falls. People who plan to drive, use machinery, or perform other activities

that require attention, skill, or coordination should not drink. In older adults, too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries. Older people have thinner bones than younger people, so their bones break more easily. Studies show that the rate of hip fractures in older adults increases with alcohol use.

For More Information on Alcohol Use & Safety contact:

Alcoholics Anonymous: Phone: 212-870-3400
On the web: www.aa.org

National Institute on Alcohol Abuse and Alcoholism
Phone: 888-696-4222
On the web: niaaaweb-r@exchange.nih.gov
www.niaaa.nih.gov

Substance Abuse & Mental Health Services Administration
Phone: 877-726-4727 (toll-free)
Phone: 800-487-4889 (TTY/toll-free)
On the web: samhsainfo@samhsa.hhs.gov

SOURCE - National Institute on Aging

Questions & Answers!

What Is A.A.? Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multi-racial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Alcohol Addiction Hotlines—Can help those struggling with alcoholism to find help during times of crisis. Usually toll-free, calling an AA helpline will connect you with licensed treatment facilities or assist you in finding recovery resources. Ready to call a free hotline for treatment options right away? For yourself or a loved one, we're standing by 24/7. Call: **1-855-831-2384**

Local in person AA meetings—are available:

Canby Saturday Morning Breakfast 9:00 -10:30 a.m.
Pappy's Greasy Spoon: 243 NW 2nd Ave Canby

Saturday evening in person AA meetings – 7:30 -9:00 p.m.
New Life Four Square Church 2350 SE Territorial Rd Canby

OR

On line—You can learn more about online meetings in Canby by visiting: <https://meetingsintheroom/search?>

Source: Alcoholics Anonymous
<https://aa.org>
Meetings in the room
<https://meetingsintheroom>

Around Town—COVID-19 edition

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

The Book Nook - New location is at: 294 NW Second Avenue. 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. 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

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

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; register 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. 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 10am-1pm; T/TH 2pm - 5pm.

Wireless Printing temporarily available—If you have 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. 10 free pages of black & white printing per day. (No color printing.) 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 have 7 days to pick it up **M/W/F 11am-3pm; T/TH 3-6 pm.**

American Legion Auxiliary Breakfast



American Legion Post 424, NW 1st Street

Fundraising breakfasts Sundays, 8:30 to 11:15 am.

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.

Sunday breakfasts are back now, subject to weekly turnout, so come support your local veterans' organizations!

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.

COMMUNITY SHRED DAY! - April 22nd

Securely shred your sensitive documents with the help of **Kahut Waste Services** on April 22nd. Suggested Donation is \$5/box. **Webber Consulting** will be available to securely wipe your hard drives; \$10 per hard drive. **Canby Police Department** volunteers can safely dispose of your old prescriptions. **Canby Lions** will be collect eye glasses, cell phones and hearing aids. Thursday, April 22, 12:00 pm - 4:00 pm at Clackamas County Fairgrounds Event Center.

Drive Thru Ag-Fest - April 23rd-25th

Clackamas County Event Center hosts drive-thru Ag Fest & exhibits! Experience the incredible world of Oregon agriculture from your car! 3-day event to show you where your food, fiber and flora come from! \$22 per car.

April Trips Suspended

Armchair Travel for your enjoyment!

Itching to Start Traveling Again? Here's What You Should Consider First!

At the time of this printing, the United States is still dealing with the [coronavirus](#), and has us waiting in place for the most part. But we are beginning to dream of when we can start getting out there again. The vaccine rollout during the first quarter of the year is offering a measure of hope for travelers eager to get back to exploring the world.

The Centers for Disease Control (CDC) continues to discourage U.S. citizens from traveling inside and out of the country for the time being, even those who are fully vaccinated, at least for a few more months. But the welcome mat that had been rolled up for Americans for much of 2020 is now back in place and more than 90 countries have reopened to U.S. tourists. Be sure to check the testing and quarantine requirements for your desired country. Conditions in each country at this time vary depending upon location.

Travel.State.Gov- The U.S. Department of State -Bureau of Consular Affairs continues to recommend U.S. citizens exercise caution when traveling abroad due to the unpredictable nature of the pandemic.

Passport Operations in Response to COVID-19

The Passport Services of the U.S. Department of State Bureau of Consular Affairs is open for business again and encourage you to apply by mail when possible because it is a safe, contactless option for certain services. There is no need to physically present at an acceptance facility, passport agency, or passport center for any of the following services:

- Renew your U.S. passport
- Change your name in a U.S. passport
- Correct an error in your U.S. passport
- Apply for your first U.S. passport card if you already have a U.S. passport book
- Apply for your first U.S. passport book if you already have a U.S. passport card
- Replace a limited-validity (valid for less than 10 years) passport
- Report a lost or stolen passport. (Note: you cannot replace a lost or stolen passport by mail, but you can report it as lost or stolen.)

Don't count the days...
Make the days count!!

COLLETTE TRAVEL OPPORTUNITY FALL 2021

The Canby Adult Center and Collette Travel is joining together once again to invite you to travel with us to New Orleans, Memphis, and Nashville Music Tour.

This "safety first" trip is planned for October 24-31st 2021 when things open up again in the US and world.

Please contact Lynne, Canby Adult Center Transportation Coordinator, at: lynneb@canby.com for more information on this fun filled adventure, or, check out the information from the Collette website at:

<https://gateway.gocollette.com/link/961179>

It is NOT too late to sign up for this wonderful adventure!



Most Oregon DMV Offices Reopen!

All Oregon DMV offices in Clackamas County are now open and available for appointments. You can find more information on accessing DMV services by following this link: https://www.oregon.gov/odot/dmv/pages/covid_alert.aspx

DMV2U is open 24/7 and expanding

DMV has been expanding services available online at [DMV2U.Oregon.gov](https://www.oregon.gov/odot/dmv/pages/covid_alert.aspx). See if you can get the DMV service you need from the convenience of home, such as:

- Renew your vehicle registration.
- Replace a lost, stolen or damaged license, permit or ID card.
- Change your address.
- Make a payment if you get a letter from DMV about missing or insufficient payment.
- Pay reinstatement fees.
- Reprint a temporary license, permit or ID card.
- Reprint a registration renewal receipt. and more.

Three-month grace period

Oregon residents with a vehicle registration, permit or driver license expiring between Nov. 1, 2020, and [April 30, 2021](#), have up to three months after their expiration date without being cited by law enforcement for an expired license or tags.

Center Services Suspended for April

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
- * 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
- * TOPS

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

Donors, Renewing Members & Birthdays

April 2021 Birthdays!



1 Tom Doudistel	15 Dale Williamson
3 Marguerite O'Brien	15 Mary Jean Pedersen
4 Jeanne Dinnel	19 Linda Hickman
5 Marjorie Irving	19 Louise Doney
5 Patricia Williams	19 Geni Pittelkau
6 Nancy Sebastian	21 Judy Adams
6 Luellen Fife	22 Ron Tatone
6 Dave Fife	23 Sue Goetchius
6 Gwen Reymore	24 Monna Hodge
7 Rod Ruger	25 Linda Schmidt
9 Joyce Holmes	26 Suzanne Marshall
10 Dorothy Barich	26 Cynthia Wales
10 Violet Burley	27 Caleb Lyman
11 Richard Dopp	27 Jan Kluth
11 Marylee Dobbis	28 MaryAnn McCann
12 Marlene Benson	28 Jeanne Sweet
12 Michael Monahan	29 Maria Cox
14 Galen Recknor	
14 Phyllis Lind	
14 Ramona Stevenson	



April Fools'

On April 1, 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other. Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar. People who were slow to get the news, or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1, became the butt of jokes and hoaxes.

Famous April fools Pranks

Robber Barons Rob America

Decades before the James Bond villain Goldfinger plotted to nuke all of the United States' gold at Fort Knox, a prankster dreamed up another heist that was just as ridiculous. On April 1, 1905, a German newspaper announced that thieves had dug a tunnel underneath the U.S. Federal Treasury in Washington, D.C., and stolen America's silver and gold (this was before the U.S. built its Bullion Depository in Fort Knox, Kentucky).

The newspaper said the heist was organized by American robber barons, whose burglars dug the tunnel over three years and made away with over \$268 million; and that U.S. authorities were trying to hunt down the thieves while publicly covering up the fact that the country had been robbed. The story

February/March Donors

Financial Donors: Abbie Allen, Jeanette Blancic, BPOE Elks #1189 Auxiliary, Jane Carrasco Chew, Rosie Cranston, Linda Dunn, Doris Eide, Patty Hatfield, Toni Hvidsten, Shirley Morris, Edythe Pavlicek, John & Syliva Pigott, Rackleff Place, Doug & Diane Skille, Kay & Dexter Walter

In-Kind Donors: Dan Hagman; Canby School District

Special thanks to: Pat Schauer, Martin Lackner and Canby VFW for repairing our flag pole pulley and taking care of our flag with honor and respect during the recent winter storm.

Gifts in Memoriam:

Ron Tatone in Memory of Mark Herman

New and Renewing Members

Norma Boggs, Linda Dunn, Doris Eide, Elsie Jamison, Betty Maschke, Cindy Waldron, Arlene Young,

spread quickly through European newspapers before people realized that it was an April Fools' Day prank by Louis Viereck, a New York correspondent for the *Berliner Tageblatt* newspaper who published the joke article under a fake name.

The Great Spaghetti Harvest

One of the most famous April Fools' Day pranks of all time is the BBC's famous "spaghetti harvest" segment. On April 1, 1957, a news broadcaster told his British audience that Ticino, a Swiss region near the Italian border, had had "an exceptionally heavy spaghetti crop" that year. The camera cut to footage of people picking spaghetti off of trees and bushes, then sitting down at a table to eat some of their "real, home-grown spaghetti."

At the time, spaghetti wasn't necessarily a dish that British people would've known about. That doesn't mean that no one realized the segment was a prank—some viewers were upset the BBC had aired a fictional segment during a serious news program. But other viewers reportedly asked about how they could grow their own spaghetti at home.

Spaghetti Seeds ??





Thank you 2020—2021 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

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Thanks to our February Annual Appeal Donors:

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Dale Nordlund, Bobbe Pfister,
Trina Riddle
Jim & Marilyn Thompson
Timmco Insurance
Ron & Bonita York

You can become a member by completing the membership form on the last page of the newsletter or printing the form from our website; send it, along with your membership fee of \$15 (single) or \$25 (couple), to us at **PO Box 10, Canby OR 97013.**

~ OR ~

You can make a gift of \$51 or more at any time and receive a one year membership. Membership includes receiving the monthly newsletter in hard copy or by email.

Sustaining Business & Organizational Donors: Donors: Donations of \$201+

808 Automotive Inc	Desert Rose Properties
American Legion Auxiliary	OBC Northwest Inc.
Anderson Properties	Rackleff Place
Canby Ford	Reif & Hunsaker Law Office
Canby Kiwanis Foundation	Roofmasters, Inc.
City of Canby	Strickland Directional Drilling
Clackamas County MOW	Trailer Tillicums of Oregon
Custom Plumbing & Construction	Uptown Medical Billing

Thank you on-going Business Partners for your in-kind support

Andrew Kauffman—Attorney at Law
Canby Kiwanis Foundation & Thrift Store
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Cutsforth's Marketplace
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CANBY ADULT CENTER MEMBERSHIP APPLICATION

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

Name _____ Birth Month _____ Birth Day: _____
Under 65 ___ *65-70* ___ *70-75* ___ *75-80* ___ *Over 80* ___

Name _____ Birth Month _____ Birth Day: _____
Under 65 ___ *65-70* ___ *70-75* ___ *75-80* ___ *Over 80* ___

Address: _____

Phone: _____ E-Mail Address: _____

Enclosed: Check: \$ _____ Cash: \$ _____

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

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

DONATION: Donor Name: _____ Donation Enclosed: \$ _____

Address: _____

MEMORIAL: In Memory of: _____ Memorial Enclosed \$ _____

Acknowledgement Address: _____

Memoir Writing—Sharing

Somewhere Over the Rainbow

Patti Busse

Somewhere Over the Rainbow is a classic song that speaks to all of us. This song was popularized by Judy Garland in the Wizard of Oz, and later on by the popular Hawaiian artist, Israel Kamakawiwo'ole or better simply known as "IZ".

I have thought long and hard of how I want to pass "over the rainbow" into the spirit world. Most of us don't have the privilege of knowing how or when we are going to move on, leaving our bodily life for another life beyond. Not everyone believes there is an after-life, but I do. I don't know what it will look like. Others are sure there are angels and family and friends... That would be wonderful, but I would add all the pups I have known and loved. Yes, imagine being smothered and licked by your loveable fur children.

I am still working through the practicalities of my death. I have purchased a noteworthy book, "Get it Together—Organize your Records So Your Family Won't Have To". There are 28 chapters to work through. This will be a gift to my family. Lessen the pain of dealing with so many things I never thought of before, like where are my passwords, who to notify, who is our lawyer?

The core, the want and the yearning I have is to die a "good death". To know that my children and grandchildren will be with me when I take the rainbow ride. I want to be home and comfortable and still wear lipstick. I want some control of how I go. Yes, I have an Advance Directive and my family has copies.

One of my wishes is to have a headstone. Maybe something humorous like, "*I was hoping for a castle*" on it with a usual name, dates of birth and death. I saw one tombstone that said, "*He loved Bacon. And his wife and kids.*" A tombstone is important to me as one who has a passion for knowing my "roots". I want to be cremated and become part of the earth.

I hope to jump over that rainbow when the weather is sunny and clear so that my celebration of life is outside. I wish to leave good memories to my children and grandchildren. No heavy organ music for this gal. Balloons, bubbles, informal flowers (no gladiolus) a picnic and good stories to share. I'll be watching, you know, "high above the chimney top that's where you'll find me".

Candles and How they Add to an Occasion

Gloria Randolph

One of my good friend's daughter was getting married one fine summer day and I was asked to assist in cutting her giant wedding cake in the church social room after the ceremony upstairs. It was a quaint old church in the Sellwood area of Portland, surrounded by many fine older homes. Parking was hard to come by and I remember I walked many blocks in my high heels and tight dress to reach the sanctuary. The only thing that saved me from heat exhaustion was the architecture of the variety of homes I passed by en-route to the church! I loved looking at the lead glass windows, porches and flower beds alive with color!

Once inside, I relaxed and went to my assigned post to make sure the cake was set up with all the accessories to make my part of the task turn out well. Yep, two knives, plenty of plates and silverware, napkins and a vessel of water to clean the knives occasionally so the blade would slip through the frosting and not damage the fiber of the cake. All was well, for now.

Upstairs it was cool and listening to the organ music was so relaxing so it was easy to unwind after the long walk from where I parked my car. My friend's aunty joined me shortly in the pew and started to chatter away about how nervous she was to cut this cake and serve it. Trying to set her mind at ease just made her worse so I closed my eyes and pretended to be enraptured by the soft music and the ambience of the church.

The bride was lovely in her frothy bridal gown and lace train and all went well reciting her vows with her handsome groom along side of her. Fast forward now to our station at the CAKE! Aunty and I decided she would cut the first layer and I the second, saving the small top one for the bride and groom as was customary back then. The other person would provide a plate and fork to the one in line and then keep doing this until it was time to change places.

Aunty was cutting the slices so big that a lumberjack would have trouble eating it, so she suggested I take the knife and show her how to do it. I had almost finished off the layer when she grabbed the knife and said, "okay, let me do it!" I could tell her nerves were shot by now and she shouldn't be wielding a sharp blade so close to me. After changing places so abruptly I leaned over to gather up more plates and got too close to a candle I guess.

One of the guests alerted me that my hair was smoking and emitting a strange odor! I was wearing a wig that day and was unaware it was smoldering atop my head. Needless to say, I left old Aunty and hastened to the ladies room to douse some water on it and try to rearrange a few strands of highly lacquered fake hair over the torched area. Laughing it off, I returned to the wedding cake and found Aunty close to a nervous breakdown. I later told the bride I hadn't meant to draw attention to myself in that manner and would try to do better in the future. We still laugh about this 45 years later at family gatherings and find it hilarious



For Your Health-Mindful Eating

Reduce Stress with Mindful Eating

Although food and eating are often thought of as physical acts, our thoughts and emotions often influence us when deciding what to put into our bodies. Mindful eating is all about balance—striking the right balance between feeding our bodies well and finding enjoyment in our food. During times of stress (such as most of 2020) food may begin filling a role that it is not meant to, leading to food choices that may not nourish us properly. We may struggle to learn other coping skills when we are experiencing emotional turmoil. Nutrition and fuel should be our focus when we eat— below are some mindful eating practices to help keep us healthy—physically, and emotionally.

Listen to your body: Emotional or boredom eating often occurs at night when we feel low. Evaluate if you are truly hungry, or if you are bored, lonely, or in need of other emotional support. After your first serving pause before taking another serving to see if you are really still hungry.

Find alternatives: The occasional sweet or treat can often help improve mood, but if eaten too often, it loses its effect and can even contribute to mood challenges. If you find you are wanting to emotionally eat, find active or mentally engaging things to do instead, such as reading a book, taking a walk, or calling a friend.

Play chef: Turn the act of cooking into an enjoyable and mindful experience; play some music and get creative with new foods and recipes.

Make food beautiful: Present your food and even the table setting in a way that is pleasing to the eye. Serve foods that vary in color and texture, arrange them nicely on the plate, or add any extra touches that make your food look as good as it tastes.

Slow down: Try to eat in a calm setting while sitting down—not driving or on the go; slow down whenever you can. Focus on eating slowly and chewing your food thoroughly during meals. These habits help us eat the right amounts for our bodies and also promote proper digestion. Savor and enjoy your food and limit distractions.

Be grateful: Avoid eating while extremely stressed. It's important to get out of "fight or flight" mode before eating. Expressing gratitude can help you get into "rest and digest" mode, which not only helps you become more mindful, but also benefits digestion. It could feel awkward at first if you're not used to doing it, so start by incorporating gratitude even a few times a week, or make a point to practice on days when you feel particularly disconnected, anxious, or down. .

Plan ahead— Weekly meal planning can help increase mindfulness by ensuring you are getting variety and balance in your diet. This helps you make better choices while shopping and at mealtimes—when we are hungry, our healthy-eating intentions seem to go out the window. If you plan well and meal prep ahead of time you'll be more likely to stick to what you planned to eat that day.

Easter Basket Fun Facts

The most popular goodies found in **baskets** on **Easter** morning are chocolate bunnies. They are followed by jelly beans, cream-filled chocolate eggs, and Peeps. Other popular items usually include crayons and coloring books, small toys, and bubble gum.

Americans eat approximately 1.5 million "Peeps" during Easter. The Bethlehem, Pennsylvania factory makes an impressive 5.5 million "Peeps" a day!

In 1953 it took 27 hours to make one Peep—they were hand-made using a pastry tube.

More than 1.5 million Cadbury Eggs are made every day.

Americans consume more than 16 million jelly beans during Easter.

Around 90 million chocolate bunnies are sold around Easter. And over 2.6 billion dollars is spent on candy alone during the Easter season.

