



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

May 2021

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Welcome from the Director

Dear friends,

Its only mid-April, but today it feels almost like summer! I hope that everyone is getting out to enjoy the beautiful weather while we have it—as this is Oregon, there are no guarantees that it will last:).

I'm absolutely thrilled to be issuing this warning: Please take care and watch for flashing lights if you drive through town—because school is back in session! Those of you with school-aged family in the area will know that kids have finally been allowed back into the classroom, with all necessary precautions in place. I can't speak for other teenagers, but MY two kiddos were getting WAY too comfortable, attending class at home while still in their bathrobes! Please be careful and watch for school speed zones; we want to keep everyone safe and ticket-free.

Speaking of schools: May will bring a mid-year local election, including School Board officers. This time around, we have competition for EACH of the four eligible positions—in every case, incumbents have a challenger. Please read your election bulletin carefully and, above all, VOTE!

Hope to see you soon—Kathy

Canby Adult Center Drive Thru Mother's Day lunch—Tuesday, May 11th, 11:30 to 1 pm

We will celebrate Mother's Day a little differently this year—we will have a drive thru lunch event.

If you are a senior over 60, who does not receive home-delivered meals, please sign up for this event by 4 pm on Friday, May 7th. (Meals on Wheels will receive the same meal the next day, May 12.— no double dipping please!).

The menu will feature chicken saltimbocca with cream sauce, rice pilaf, Caesar salad and satin chocolate cake—sounds delicious, so sign up and let us see your shining faces. You do NOT have to be a mother to enjoy this lunch:).

May Reminders:

May 9th— Mother's Day

May 11th—Tuesday Mother's Day Drive Thru Lunch 11:30 am—1 pm

May 31st—Center Closed
Memorial Day



Are you a Golden Anniversary Couple? Let us know if you've been married 50+ years!



While we don't yet know when we will physically be open for lunch again, that doesn't mean that we can't celebrate our longest-married couples! For now, we'd like to invite couples who have celebrated 50 or more years of marriage to enjoy a special lunch, delivered to your door on June 11th. .

Please call us at 503-266-2970 and register for a "Golden Anniversary Lunch".



American Red Cross

Our next American Red Cross Blood Drive is scheduled for Wednesday, July 21st, 2021 10 am to 3 pm at Canby Adult Center Save the Date!!

Board News and Announcements

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

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(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

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(Term ends Sept 2023)

Dave May

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(Term ends Sept 2022)

Millie Reser

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(Term ends Sept 2022)

Loren Bell

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(Term ends Sept 2023)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

A word about our Board ~

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

April Board Meeting was postponed to April 21st
The minutes were not available at the time of printing;
Look for April board meeting minutes in the June edition.

COVID 19 updates

Finally, the COVID-19 vaccine is making its way through our community. We are hearing that more and more of you have been able to access a shot through websites, family members and medical providers. According to the CDC, those who are fully vaccinated can do the following:

- Visit inside a home or private setting without a mask with other fully vaccinated people of any age
- Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness
- Travel domestically without a pre- or post-travel test
- Travel domestically without quarantining after travel

Please keep in mind that you should still wear a mask in public, maintain 6 feet of distance from others and avoid large gatherings—and WASH THOSE HANDS!

PS: Please keep our local restaurants in mind—they are currently operating at 25% capacity and they are hurting. Several local establishments have come up with creative outdoor dining and virtually all of them offer take-out, so please show them some support if you can.

Address Changes? Please let us know if your address changes and we will change your newsletter delivery address so you don't miss an issue. The post office will **not** forward bulk mail such as our newsletter so a wrong or old address causes a delivery delay.

Clackamas County Behavioral Health Division Presents: Wellness Story Time with Jen

Are you feeling disconnected? Interested in getting together for an informal session of just sharing, inspiring and supporting? We have a great opportunity for you. Clackamas County Behavioral Health Division offers Wellness Story Time. Jen Patterson from Clackamas Safe + Strong will facilitate the weekly wellness group on Thursdays at 11

am starting in May. Join for encouragement, inspiration, and supporting in reaching your wellness goals!

The link to join is <https://us02web.zoom.us/j/86186100821> Meeting ID:861 8610 0821

If you have any questions, contact Wendy May at 503 266 2970 or by email at caccsc@canby.com You can join by phone if you don't have a computer.



Sign up To Donate Your "Community Rewards" Points to CAC

Community Rewards points accumulate through each quarter and Kroger/Fred Meyer issues a check to the Center for a percentage of dollars spent from all participants who chose the Center as their non-profit.

To sign up, access your Fred Meyer account using the number on your rewards card; you 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! Rewards points don't take away from personal quarterly points. Thank you!



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 offer 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

Updates: COVID Vaccine & Economic Stimulus Payment

Have a question about the COVID-19 vaccine?

Here are some resources that can provide information you might need regarding obtaining the COVID-19 vaccine. These resources include websites, texts, phone, and email.

Check this *Website*:

<https://govstatus.egov.com/OR-OHA-COVID-19>

Text ORCOVID to 898211 to get text/SMS updates (English and Spanish only)

Email: ORCOVID@211info.org (All languages)

If you can't find the answer on the website, by text, or by email:

Call 211 or 1-866-698-6155 between 6 a.m. – 7 p.m. daily, including holidays. Wait times may be long due to high call volume. There is an option to get a call back rather than wait on hold. (Languages spoken: English and Spanish. Free interpretation available for all other languages.)

TTY: Dial 711 and call 1-866-698-6155

COVID Call Center

OHA COVID Vaccine Website:

<https://covidvaccine.oregon.gov/>

Email: eocallcenter@multco.us

Call 503-988-8939

Scams... did you know...

Telephone scammers: try to steal your money or personal information. Scams may come through phone calls from real people, robocalls, or text messages. Callers often make false promises, try to get you to purchase products or invest your money.

Do not provide personal information!

On-line scams: A fraudster will send an email *that appears* to be from a legitimate source. The message attempts to deceive you into providing valuable and sensitive personal data, such as passwords, credit card numbers and bank account information. **Do not provide personal information!**

Lottery & Sweepstakes scams: You might receive an email, letter or text message from a lottery or sweepstakes company saying you have won a lot of money or fantastic prize in a lottery or sweepstakes competition **you did not enter.**

They try to trick you into giving money upfront or your personal details in order to receive the prize. Remember you can't win if you haven't entered!

Don't provide personal information.

Throw Out The Scams (But Not Your Economic Impact Payment Debit Card)!

*An important message from
Oregon Attorney General
Ellen Rosenblum~*

If you receive a white envelope in the mail with a U.S. Treasury Department seal in the upper left window and these words in red on the front: "Not a bill or an advertisement. Important information about your Economic Impact Payment". **Don't toss it!** Inside is an actual prepaid debit card loaded with your stimulus money. **You just need to activate it and it is yours to spend.** In other words: **IT'S NOT A SCAM!**

Although these cards are legitimate, you could become the target of other types of scams related to the stimulus money—economic impact payments (EIPs). EIPs were authorized by the Coronavirus Aid, Relief, and Economic Security Act (CARES Act). The U.S. Treasury is in the process of paying EIPs. **Payments are being made by direct deposit into the recipient's bank account, checks, and even these debit cards.**

There has been a wave of phishing schemes and scams relating to EIPs. Be especially wary of someone offering to help you with your stimulus payment.

Scammers might try any of the following methods ... —

- Ask you to sign over your EIP to them.
- Tell you that they need personal or banking information in order for you to receive your EIP.
- Offer to expedite your EIP by working on your behalf.
- Mail a bogus check to you, opening the door for you to "correct" your personal information online.

What To Do if someone contacts you about your stimulus payment:

- *Do not engage* with anyone who seems even slightly suspicious.
- *File a complaint* with the Oregon Department of Justice online at www.oregonconsumer.gov or call the Consumer Hotline at 1-877-877-9392 and ask that a complaint form be mailed to you if you receive unsolicited emails, text messages or phone calls from someone who claims to be associated with the IRS or an organization closely linked to the IRS, such as the Electronic Federal Tax Payment System (EFTPS).

Learn more online at www.oregonconsumer.gov.

Services Available in May

Client Services Available in May

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 May: 3rd, 17th, 24th. 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 -

We are sorry to announce that the WWE class has been suspended until further notice. Please watch future newsletters for any details on when class may resume. Thanks for your patience.

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/>

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**



VIEWS Conversations on Aging

Volunteers Involved for the Emotional Well-being of Seniors

FREE facilitated discussion groups on topics important to people 60 years and over. Interactive conversations and discussions, opportunities to explore new possibilities and resources; discuss your feelings and experiences on specific topics of aging. Discussion groups are a place to share feelings and listen to others; confidential discussions held in a private setting, facilitated by trained VIEWS Conversation volunteers that are age 55+. 90-minute sessions that are most effective for groups of 8-10.

Join virtually Wednesday May 26th, 1 -2:30 pm for a conversation on the topic of: “Engaging with Adult Children”. Relationships with children change as we age. Examine current problems and foster greater understanding between generations. Talk about some of your concerns on relationships with adult children.

VIEWS conversations are the last Wednesday of each month from **1-2:30 pm thru July.**

Upcoming topics:

June 30th— Talking with your Doctor; and
July 28th— The Elder Journey

No fee; advance registration required;
Contact Wendy May at 503 266 2970 or
Email caccsc@canby.com.

Saturday May 21st is Arthritis Awareness Day!

Oregon arthritis statistics:

- 27.2% of the population is affected by arthritis;
- 838,000 adults are living with diagnosed arthritis;
- 478,000 adults have activity limitations caused by arthritis; and
- 40.5% adults have work limitations.

The Arthritis Foundation can help connect you to resources, support, exercises, helpful tips and recipes to manage arthritis. Visit Arthritis Foundation at: <https://www.arthritis.org/> or call the Helpline: 1 800 283 7800.

Looking to meet other people who understand what daily life with arthritis is really like? Looking for support, encouragement, or just a bit of fun?

Live Yes! Connect Groups bring together people with arthritis, friends, loved ones, and caregivers for fun social and informative educational events and activities focused on mutual support and positive coping strategies for living well.

Through your local Live Yes! Connect Group, you can gain the knowledge and resilience to be an empowered patient — **who doesn't just survive life with arthritis, but also THRIVES.**

Connect through www.arthritis.org.

NAMI Veteran Peer Support Group

This is a free, drop-in, peer-led support group for Veterans and Active/Prior Military Service Members living with mental illness.

This group meets monthly on the **third Wednesday** 6 PM-7:30 PM ONLINE VIA ZOOM. To join this group please contact by email: education@namimultnomah.org

Client Services—Resources & Support Groups

A New Way for Oregonians to Build A Better Future

Oregon is in an affordable housing crisis that threatens a stable future for many of us. Many organizations exist to address part of the problem, but most can't move fast enough to really solve it.

Home Share Oregon is the creative and cost-effective solution. Home sharing is a time-tested tradition that many communities all over the world use to create homes for more people and bring the community together. With technology, Home Share Oregon can connect homeowners with great renters and roommates without using up too much valuable time or resources.

Home Share is made up of passionate Oregonians who are dedicated to creating innovative ideas that benefit everyone.

A New Option for Oregon Renters

Everyone goes through a time when tomorrow isn't certain. One of the best ways you can create stability for your future is by securing an affordable home.

Home sharing gives you the opportunity to live in a more comfortable, established home than you could on your own, while also building a new friendship so you don't have to live life alone.

All Home Share Oregon services are free to renters! They also offer these services to those who qualify:

- Assistance creating your home sharing profile
- Resources for move-in costs
- Tools for creating alternative rental agreements

And more

Join today to explore your options.

A New Home, A Brighter Future: You Hold the Key

Home Share Oregon brings the classic community tradition of home-sharing into the modern age!

People of all ages and lifestyles are choosing to invite a roommate to build community and prevent going it alone.

Our area faces big challenges, from housing insecurity to social isolation. Now you can be part of the solution while creating a new friendship and a new stream of income from your home.

Our special partnership with Silvernest means that your roommate matching process is easy and secure. We're with you every step of the way, including:

- Help preparing your space for home sharing
- Assistance creating a profile and listing
- Landlord tools and templates

And more

Our services and a limited quantity of Silvernest memberships are free to qualified homeowners. [Request more information or get started today!](#)

Need emotional and mental health help right now? If you or someone you love is struggling, call the Safe + Strong Helpline: [Call 1-800-923-HELP \(4357\)](tel:1-800-923-HELP).

Use <https://www.safestrongoregon.org/> to find resources to get through COVID-19 safely and make a plan that will help keep our communities strong, together .

Virtual Expungement Clinic

Is a Criminal Record Holding You Back?

The Virtual Expungement Clinic may be able to help

What is the Virtual Expungement Clinic?

The Virtual Expungement Clinic is a volunteer lawyer partnership program between Legal Aid Services of Oregon and Intel. Volunteer lawyers provide **FREE consultations** to those who may be eligible for expungement. Attorneys review the records and assist with filling out the necessary paperwork for offenses committed in Oregon. All consultations are conducted over the phone and documents are mailed to you.

What des Expungement do?

If an expungement is granted, your conviction or arrest is sealed and you are deemed to not have been previously convicted or arrested.

To find out if you qualify, call Legal Aid Services of Oregon 503 224 4086

 Legal Aid
Services of Oregon



Are you 65 years or older?

Interested in Participating in FREE Online Exercise Classes?

Exercise is essential for health and overall well-being during COVID-19 pandemic.

The Exercise & Healthy Aging research team at **Oregon Research Institute** is currently conducting a clinical study, supported by the *National Institutes of Health*, to evaluate the effects of **THREE** different types of exercise, delivered online with Zoom, on health-related outcomes among older adults.

During the study, the research team will evaluate your general health, memory, physical activity and mobility. All assessments will be completed online.

If you are interested in the study, want to find out if you qualify, or just want to know more about this project, please contact ORI at 541-434-1548 or 855-434-1548 (toll free).

EXERCISE



Healthy Body—Healthy You!

Spring has SPRUNG! This beautiful weather has sure helped kick the winter blues away! I hope everyone is able to get outside, walk your neighborhood or up and down your driveway and soak up some of this beautiful sunshine. Our topic this month is **Arthritis Awareness**. Lots of good info below, read on! Hope to see you all soon.

Take care- Mindy

WHAT IS ARTHRITIS? Arthritis is more than just wear and tear or an "old person's" disease. It is very common but is not well understood. Actually, "arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go; they can be mild, moderate or severe. They may stay about the same for years but can progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs.

Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.

TYPES OF ARTHRITIS include Degenerative Arthritis; Osteoarthritis is the most common type of arthritis. When the cartilage – the slick, cushioning surface on the ends of bones – wears away, bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic. Risk factors include excess weight, family history, age and previous injury (i.e., an anterior cruciate ligament, or ACL tear).

Regular physical activity, hot and cold therapies, over-the-counter pain relievers and assistive devices are commonly used to help manage mild to moderate osteoarthritis symptoms. If joint symptoms are severe, causing limited mobility and affecting quality of life, joint replacement may be necessary. Osteoarthritis may be prevented by staying active, maintaining a healthy weight and avoiding injury and repetitive movements.

Inflammatory Arthritis—A healthy immune system is protective. It generates internal inflammation to get rid of infection and prevent disease. But with inflammatory types of arthritis, the immune system doesn't work properly and mistakenly attacks the joints with uncontrolled inflammation, potentially causing joint erosion. Inflammation can also damage to internal organs, eyes and other parts of the body. Rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and gout are examples of inflammatory arthritis.

Researchers believe that a combination of genetics and environmental factors can trigger autoimmunity. Smoking is an example of an environmental risk factor that can trigger rheumatoid arthritis in people with certain genes.

With autoimmune and inflammatory types of arthritis, early diagnosis and aggressive treatment is critical. Slowing disease activity can help minimize or even prevent permanent joint damage.

Other types of arthritis include:

Infectious Arthritis—where a bacterium, virus or fungus enters the joint and triggers inflammation. Examples of organisms that can infect joints are salmonella and shigella (food poisoning or contamination), chlamydia and gonorrhea (sexually transmitted diseases) and hepatitis C. In many cases, timely treatment with antibiotics may clear the joint infection, but sometimes the arthritis becomes chronic.

Metabolic Arthritis—when high levels of uric acid remains in the body as it breaks down purines, a substance found in human cells and in many foods. In some people, uric acid builds up and forms needle-like crystals in the joint, resulting in sudden spikes of extreme joint pain, or a gout attack. Gout can come and go in episodes or, if uric acid levels aren't reduced, can become chronic, causing ongoing pain and disability.

WHAT CAN YOU DO? The most important first step is to get an accurate diagnosis of what's causing your joint pain. Talk to your primary care doctor about your symptoms. You may be referred to a rheumatologist or orthopedist, doctors who specialize in arthritis and

related conditions. There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential. The Arthritis Foundation is the only nonprofit organization dedicated to serving all people with arthritis, providing many resources for learning about arthritis, connecting with other people who have arthritis and helping raise funds for a cure.

EXERCISING WITH ARTHRITIS When you have arthritis, regular and consistent exercise can help better maintain range of motion and improve symptoms such as joint pain, says Dr. James R. O'Dell, of the University of Nebraska Medical Center in Omaha.

People with arthritis who exercise regularly sleep better and have more energy, improved daily function, and less pain, according to the American College of Rheumatology (ACR).

GET STARTED WITH AN EXERCISE PLAN Getting started with a gentle exercise program can be helpful to people with arthritis. Modifications may need to be made depending on your level of fitness and ability. Water-based exercises are a gentle start; then move to more traditional land-based exercises, or start with chair yoga instead of classic yoga.

Always warm up before exercising and cool down after. Exercise should not be painful, so the onset of pain tells you to slow down or modify your exercise. The goal is to keep moving at your fitness level to prevent injuries. If you are new to exercise, group classes or a trainer can be helpful. A meeting with your physical therapist can help you get the most out of your exercise program.

FINDING THE RIGHT WAY TO START Find time and commit to your program—it's important to find activities you enjoy so you are motivated to do them. Find fun ways to stay active. Consider walking in nature, trying a swim class, or taking a sturdy bike for a spin. If you're looking to start exercising, be sure to talk to your doctor first. With the right guidance, exercise can be an invaluable start to an effective treatment plan.

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

The movie theater is now open! Check their website at www.canbycinema8.com for show listings and times. You may purchase tickets online!

Wilco Farm Store – 503 266 2213

197 SE Hazeldell Way, Canby

Order on-line: www.farmstore.com, choose the Canby store location. On-line orderin; 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. 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 places orders one day in advance;
- 4) \$5 shopping fee per order.

The 2021 Wooden Shoe 5k/10k and 1/2 Marathon Tulip Trail Run – Saturday, May 1st

The 2021 Wooden Shoe 5k/10k and 1/2 Marathon Tulip Trail Run is an off-road run through the tulip fields of the Wooden Shoe TulipFest. The 1/2 MARATHON route will take place entirely on the farm in response to adjustments necessary for restrictions concerning Covid-19. Runners should be prepared for a variety of weather conditions, some mud and FUN! Admission to the festival is included in the run registration

RACE START TIMES:

- 7:00 AM 1/2 MARATHON RUN
- 7:45 AM 5K RUN/WALK

Packet pickup will be held from 6 pm -7 pm at the ticket booths at the top of of PIONEER MEMORIAL STADIUM (1417 12th St., Oregon City, OR 97045) the week prior to the race on April 26th, 27th, 29th and 30th.

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.

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

Library Reopens in phases and is now open for Limited In-Person Hours! The library is now open for limited in person visits Thursday, 2pm - 6pm, & Fridays 10am - 2pm.

In-Person Services Available: Quick browsing, hold pick-up, self checkout, book returns, library cards, mobile printing, & lobby restrooms.

Services NOT available: In-person events, seating, meeting rooms, computers, copy machine, taking payments, in-person reference.

Extended Curbside hours:

- ◆ Mondays - 10am - 2pm
- ◆ Tuesdays - 2pm-6pm
- ◆ Wednesdays - 10am - 2pm

Library Staff Available by Phone— Weekdays 10 am to 4 pm; providing help with online resources.

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!

Farmers Market Now Open! - NW 2nd & Holly.

This market— a local favorite for young and old alike. You will find the best that the Willamette Valley has to offer, from freshly picked produce and flowers, to unique hand crafted gifts and accessories. Open on every Saturday from 9:00 am - 1:00 pm.

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. Drive-through service only; call Gretchen McCallum at 503-701-9135 for more information.

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.

April Trips Suspended

Armchair Travel for your enjoyment!

Most Oregonians can renew driver license online starting in early May

Many Oregon residents will be able to renew their driver licenses, permits and identification cards online at DMV2U starting in early May. This new feature coming to DMV2U.Oregon.gov will save thousands of customers a trip to a DMV office and free up appointment times for others. Demand for appointments and DMV services remains high because of the COVID-19 backlog. The hope is that people will consider renewing online instead of making an appointment at a local office. When you renew online, you will be able to print a receipt to carry with you. Law enforcement can verify your driving privileges electronically in the event of a traffic stop.

DMV has added more online services to better serve customers. In-person appointments are needed to change from a regular driver license or ID card to a Real ID-compliant credential, or adding a motorcycle or farm endorsement, a veteran designation, or renew a limited-term credential, or renew in other uncommon situations. A programming error delayed the mailing of DMV renewal reminders; those customers may be eligible to renew online in May faster than waiting for an appointment.

Grace period for late renewal: If your permit or driver license expired between 11/1/20 and 4/30/21, you have up to three months after their expiration date to renew. A bill making its way through the Oregon legislature would grant a six-month grace period from expiration through the end of 2021. There is no penalty or extra fee for renewing your driver license, permit or ID card up to 12 months after your expiration date.

Credentials you can renew online starting in May include: Driver license, Commercial driver license (except CDL with hazmat or farm endorsement), ID card, disability golf cart driver permit. You can also change your address if you have moved and add or remove the organ donation option from your record. In order to qualify for online renewal your card must be within 12 months of its expiration date; Your previous renewal was done in person at a DMV office; and you are not suspended or owe a reinstatement fee from a previous suspension.

Vision test waived for drivers age 50 and older renewing online
For the next two years, the vision test will be post-poned for drivers age 50 and older who renew online. Drivers 50 and older who renew online will be required to pass that screening no later than their next renewal.

Find out if you're eligible online in May

To be certain that you are eligible to renew online, visit DMV2U.Oregon.gov in early may and use the online renewal option. It will ask you questions, and if you're eligible to renew online, you will be able to complete the transaction using a debit/credit card.

More information on accessing DMV services: https://www.oregon.gov/odot/dmv/pages/covid_alert.aspx

If you plan to travel by air, make sure you have the right ID

Starting Oct. 1, 2021, you need a Real ID-compliant form of identification at airport security checkpoints for all flights. Many people already have a Real ID-compliant credential, like a passport or passport card. Find out your best option for air travel ID at Oregon.gov/RealID.

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.

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!

Feeling anxious? Try Stress Busters!!

If you're feeling stressed or anxious, here are some tips to help you:

- Take 60 seconds to focus on breathing.
- Take three minutes and dance to a favorite song.
- Find five minutes to reflect.
- Seven minutes to say a poem, prayer, mantra.
- Ten minutes to walk around the block.

Each of these can reduce stress and help you collect your thoughts. Give yourself the time and space to think about what YOU need. Questions to think about:

- Are there ways that I can slow down?
- What am I really feeling? What worries me, what gives me hope?
- What do I need? What do I need to prioritize and what do I need to defer?
- Who are the people and organizations that support me?
- Am I living into my values and priorities?
- What can I do to lower my risk for COVID-19?
- Am I ready for this change? It's okay to take some time to decide this.

Thinking of concrete methods of how to get support and lower risk can help to manage anxiety. Slowing down can give you a break from stress and build resilience.

Need some help? You are not alone—Call The Safe + Strong Helpline at 1-800-923-HELP (4357) for helpful resources. Help is free and available 24/7.

Center Services Suspended for May

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



Thank you 2020—2021 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

Anonymous Donors	Jeanne Dinnel	Ted & Eileen Kunze	Bill & Jo Ellen Reif
Marc Anderson & Ann Paul-Anderson	Benny Dodge	Carole Laity & Sheldon Marcuvitz	Karen Reynolds
Thomas & Anna Adams	Deanna Edwards	Ray & Mary Lambert	Leslie Rhodes
Dave & Joleen Anderson	Scott & Susan Enyart	Donna Laney	Lisa and Jose Rivera
Jennifer & Richard Anderson	Greg & Reni Erk	David & Lori Lewis	Lynn Shirrell
Paul & Mary Ashton	Hickman Family	Ron Lindland	Danielle and Andrew Shull
Florence Ball	Jeff Feller	Larry & Ann McBride	Ann & Roger Skoe
Dean & Helen Basinger	Richard Freeman	Bernie & Mary McWilliams	Vicki Smith
Joe Bates	Dale & Bev Friedemann	CR Means	David & Tammy Snyder
Ted & Linda Baumgardner	Ron & Cheryl Fullerton	John & Tammie Merina	Bryan Stickel
Tina Borges	Keith & Jan Galitz	Kathy & Mark Milhauser	Ron Tatone
Buzz & Jo Brehm	Bruce Gehrke	Jeff & Laurie Mills	Mary Ann Tauffest
Robert & Vicki Breitbarth	Jared & April Gensman	Gerald & Brenda Mootz	Johni Thayer
Janice Brisbane	Fred & Nancy Gill	Marty Moretty	Jim & Marilyn Thompson
Marjorie Brood	Emmett and Ellen Gray	Steven & Brenda Morse	D'Anne Tofte
Carolyn Brown	Lowell Hall & Betty Myers	Phillip & Claudia Nelson	Jorge & Karen Tro
Gerald Brown	Bill Haas & Diane Thompson	Richard & Kathy Oathes	Rosemary Vanderzanden
Sheila Brown	Carmen Hamilton	Chuck Odell	Earl & Susan Voss
Noreen Caldwell	Laurie & Patrick Harmon	Sarah Odell	Jennifer & Sean Warren
June Casper	Leona Hart	Brian & Lynn Olson	Lawrence & Mary Weber
Joe & Jean Clarizio	Patty Hatfield	M. Mariah Olson	Maureen Whitman
Bob Cornelius	Jim & Paulette Hefflinger	Kate & Dan Owczarzak	James & Greta Wiersma
Stanley Cullington	Delbert & Rosa Hemphill	Dave & Sharon Painter	Patricia Williams
Bob Cullison	Robert & Charlotte Johnston	Jack & Chris Pendleton	Jay & Kathrine Wolfe
Jane & Steve Dahl	Paula Jones	Amy & Clint Perkett	Ron & Bonita York
Joan & Tom Daudistel	Karen Joy	Joyce Peters	Eleanor Zieg
Henry & Georgia Deetz	Gary Kohfield	Sunya & Wade Porter	
Mason Diegel	Oliver Korsness	Gretchen Prakken	The Estate of
Kim & Hardy Dimick	Darline Kraxberger	John Pursley	Randall Stewart Pitchford
	Karen Krettler		

March/April Donors

Financial Donors: Abbie Allen, Kevin Bonnell, Jane Carrasco Chew, Patty Hatfield, Toni Hvidsten, Mary Jo Meyer, Edyth Pavlicek, John & Sylvia Pigott, Rackleff Place, Katherine Thompson, Susan & Earl Voss

Annual Appeal Donors: Dean & Helen Basinger, Cub Hale & Diana Zeringue

In-Kind Donors: Barb Heath, Bobbie Beddow, Sue & Keith Kuppenbender

Gifts in Memoriam: Darline Kraxberger in Memory of Verlyn Kraxberger

Special thanks to: Mary Bosch for keeping our Library in order; Our newsletter folders, Carol, Dennis, Larry, Mary, Johni & Gina; Canby American Legion & Mark O'Shea—for delivering food boxes to local families

New and Renewing Members

Lynne, Bonnell, Velma Burkert, Linda Cosgrove, Darline Kraxberger, James Shea Sr., Katherine Thompson, Deb Williams,

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
Custom Plumbing & Construction
Cutsforth's Marketplace
Direct Link
Home Instead
Hulbert's Flowers
Kahut Waste Services
Marquis at Hope Village
Oregon Food Bank

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

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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: _____

Donors, Renewing Members & Birthdays

May 2021 Birthdays!



1	June Ball	20	Carol Booker
2	Ruthella Baurer	20	Noreen Caldwell
2	Dixie Isom	20	Kathy Hanson
2	Evelyn McKee	20	Linda Michaelson
6	Elverna Parkins	20	Reta Beam
8	Chris Parno	21	Mary Isaksen
8	Maria Valdez	21	Joyce Peters
10	George Schmidt	21	Janet Hill
11	Yvonne Hepler	22	Marian Larson
11	John Morton	24	Ron Lindland
12	Jeanette Blancie	25	John Meyerhofer
12	Marsha Meyerhofer	25	Mary Ann Kocher
13	Ron Berg	26	Edith Pavlicek
13	Dwight Knapp	27	Dennis Hardy
13	Darla Walker	28	Marie Riley
15	Kathryn Henderson	28	Shirley Simi
15	Sue Horton	28	Georgia Deetz
15	Debbie Schauer	29	William Tibbils
16	Helen Dobak	30	
17	Juda Hesse		
17	Laura Sattler		
18	Keith Jensen		
18	Kathryn Wells		
18	Greta Wiersma		



You can become a member of Canby Adult Center by completing the membership form on the last page of this newsletter or printing the form from our website; send it, along with your membership fee of \$15 (single) or \$25 (couple), to:

Canby Adult Center, 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 and discount on building rental.



Monday, May 31, 2021—Memorial Day

commemorates the men and women who died while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

The U.S. president or vice president typically presides at a Memorial Day ceremony at Arlington National Cemetery outside of Washington and places a wreath at the Tomb of the Unknowns, also known as Tomb of the Unknown Soldiers.

In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country.

Memoir Writing—Sharing

Where's the Pizza?

Betty Weedman

The vote to order pizza to be delivered for our supper was unanimous. I was too-pooped-to-pop, so I phoned in an order for a large family sized one. They promised to have it at my door, still warm and ready to eat, in thirty minutes. That sounded like a winner to me.

I really wanted to head for the shower and wash off some of the day's dirt and grass stains. But not wanting the pizza delivery boy to come and catch me in the shower, I sat down to patiently wait for him. Twenty minutes, and I was getting anxious. Thirty minutes, and I started listening for him. Forty minutes, and I was peeking out the windows for him. Fifty minutes, and I was so hungry that every time I swallowed my stomach said, "Thank you." Sixty minutes, I began checking my clocks to be sure they were still running. Sixty-five minutes, I determined it was high time to call and ask, "Where's the pizza?"

The lady tried to convince me they had already delivered it, but as Mark Twain once said, "He that is convinced against his will, is of the same opinion still." Slowly, but surely, I persuaded her to do some further investigating while I waited on the phone. She came back on the line

and said the delivery boy had given the pizza to my husband who was out mowing the front yard; furthermore he had paid cash for it.

I sighed, "That is curious, my husband was not in our yard, I finished mowing it over an hour ago."

Then, hearing the buzz of a lawnmower next door, I told her my neighbor was out in his front yard mowing, and that was undoubtedly where our elusive pizza had gone.

She apologized and promised me my pizza in thirty minutes.

Later, Glenn (my neighbor) concurred that the pizza was delicious. He thought Sharon had ordered it for him and their boys for supper since she was going to be late getting off work that evening. The delivery boy had told him, "Your wife ordered it."

They had eaten it hungrily — just as we did ours, when it **finally** arrived!

Memorial Day—Monday May 31, 2022



Memorial Day Last Monday in May



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR