



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

**June 2021**

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**Welcome from the Director**

Dear friends,

Happy summer to you all! As official COVID guidance is updated and we see the state slowly begin to open back up, we are getting the constant question: "When will the Adult Center open its doors??" The short answer is: "We still don't know". Until, quite literally, this morning (May 24th), senior centers were grouped with hookah bars as entities to remain closed for the duration of the pandemic, regardless of the "phase" in which we find ourselves.

We have just been informed that designation has been changed, but there is still much to figure out: staff and volunteers must still comply with OSHA requirements (which haven't yet been revised), transportation falls under different guidance than exercise and entertainment; senior dining is yet another approving authority. Whatever we do, must be approved by our Board of Directors and pass muster with our insurance provider. Like it or not, vaccination status will likely be figured into our reopening plans in some form, so we need to carefully consider the systems we put into place to respect personal choice while complying with the law.

Rest assured that we are doing everything we can to reopen, while keeping you safe, the Center protected, and everyone reasonably happy regardless of their stance on COVID-19, masks and vaccination.

Hope to see you soon—Kathy

**Canby Adult Center Drive Thru  
Father's Day lunch—Tuesday,  
June 22, 2021, 11:30 to 1 pm**

We will celebrate Father's Day a little differently this year with 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, June 18. (Meals on Wheels will receive the same meal the next day, June 23 – no double dipping please!).

The menu will feature **MENU**—sounds delicious, so sign up and let us see your shining faces. You do NOT have to be a father to enjoy this lunch:). Sorry—no root beer floats this time!

**June Reminders:**

June 10—Golden Wedding Anniversary Celebration  
June 14—Flag Day  
June 21—Summer Begins!  
June 22—Father's Day lunch Drive Thru 11:30 am—1 pm

**Golden Anniversary Couples  
Honored Thursday June 10th**

**On June 10th** we will be celebrating our longest-married couples! Couples who have celebrated 50 or more years of marriage are invited to enjoy a special lunch, especially prepared by Chef Hurley and our kitchen team, delivered to your door on June 10th. You must be home between 11:30 am and 1 pm on the 10th in order to participate.

Golden couples must call us at 503-266-2970 by Wednesday, June 2nd to register for the "Golden Anniversary Lunch".

Congratulations to all our golden couples!



**American  
Red Cross**

Our next American Red Cross Blood Drive is Wednesday, July 21<sup>st</sup>, 2021, 10 am to 3 pm at the Canby Adult Center. You can book your appointment by calling CAC at 266-2970 OR visit: [www.redcrossblood.org](http://www.redcrossblood.org), Sponsor Code: CanbyCommunity.

Blood supplies are critically low—please give the gift of life and sign up to donate!

# Board News and Announcements

## BOARD OF DIRECTORS 2020-2021

### CHAIR

**Debbie Jewell**

[djewell2@canby.com](mailto:djewell2@canby.com)  
(Term ends Sept 2021)

### VICE-CHAIR

**William Reif**

[billr@equitygroupteam.com](mailto:billr@equitygroupteam.com)  
(Term ends Sept 2022)

### TREASURER

**Brenda Mootz**

[mootzb@canby.com](mailto:mootzb@canby.com)  
(Term ends Sept 2023)

### SECRETARY

**Ruth Howard**

[frhoward6680@gmail.com](mailto:frhoward6680@gmail.com)  
(Term ends Sept 2023)

### Dave May

[dmay@utep.edu](mailto:dmay@utep.edu)  
(Term ends Sept 2022)

### Millie Reser

[softballady63@gmail.com](mailto:softballady63@gmail.com)  
(Term ends Sept 2022)

### Loren Bell

[loren@canbylawfirm.com](mailto:loren@canbylawfirm.com)  
(Term ends Sept 2023)

### Jim Davis

[jimmik7@canby.com](mailto:jimmik7@canby.com)  
(Term ends Sept 2021)

### Johni Thayer

[johnit1940@gmail.com](mailto:johnit1940@gmail.com)  
(Term ends Sept 2021)

## A word about our Board ~

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

## Board meeting Minutes—Wednesday, April 21, 2021

**Directors Present:** Bill Reif, Loren Bell, Jim Davis, Johni Thayer, David May and Ruth Howard

**Directors Excused:** Brenda Mootz and Millie Reser

**Staff Present:** Kathy Robinson and Timpra McKenzie

**CAC Members Present:** None

**City Liaison:** Greg Parker was excused.

**Guests Present:** None

**The Virtual Meeting** was called to order by Chair Debbie Jewell; it was established there was a quorum. Minutes from the March 10, 2021 meeting unanimously approved and accepted.

**City Liaison Report:** Report was submitted by Greg Parker and Kathy read the report which included updates on the progress of various City projects.

**Treasurer Report:** Detailed report available upon request; the Center remains financially strong.

**Directors Report:** Available upon request. Kathy reported that donations to the Center continue to be generous and also noted that it had recently come to her attention that per OHA, Senior Centers are to remain closed in all phases of COVID shutdowns.

**New Business:** None

**Old Business:** Emergency Preparedness manual is in progress; Building remodel in the short term will focus on remodeling the reception area to update and make COVID compliant. Kathy will reach out to Designs West to continue progress on the rest of the building. Online donation option has been finalized and should be up and running on the website in June. In person board meetings are on hold while we wait to hear if Clackamas County will be moving to the extreme risk category. Board Members continue to look for possible candidates to fill upcoming BOD positions.

The meeting adjourned and the next meeting will be held via **ZOOM on May 12 at 1pm.**

Submitted by Ruth Howard, Secretary

## Board meeting Minutes—Wednesday, May 12, 2021

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

**Directors Excused:** Debbie Jewell

**Staff Present:** Kathy Robinson

**CAC Members Present:** None

**City Liaison:** Greg Parker

**Guests Present:** None

**The Virtual Meeting** was called to order by acting Chair Bill Reif; it was established there was a quorum. Minutes from the April 21st board meeting were approved and accepted.

**City Liaison Report:** Greg Parker reported that City projects and budget are in good shape. The City hopes to focus on infra structure improvements that will withstand potential emergencies and natural disasters.

**Treasurer Report:** Detailed report available upon request. Financially the Center remains strong.

**Directors Report:** Available upon request. Motions were made and approved to purchase "My Senior Center" electronic sign-in kiosk with the advertising option; A motion was made and approved to allow up to \$5000 for a remodel of the reception area to accommodate the new electronic sign-in as well as possible plexi-glass barrier for safety.

**New Business:** None

**Old Business:** Wendy May is gathering information for the Emergency Preparedness manual. Online donation option has been finalized and hope to have it up and running June. Board members will continue to look for possible candidates to fill upcoming BOD positions. We will reach out to the Kiwanis membership for possible candidates. In-person meetings remain on hold.

The meeting was adjourned with the next meeting set via **ZOOM for June 9, 2021 at 1pm.**

Respectfully submitted by Ruth Howard, Secretary

# Updates: COVID-19

## Vaccination

**Congratulations, you've been inoculated against the coronavirus — and you have an official COVID-19 Vaccination Record Card to prove it, read on...**

You should keep the card, which bears your name, date of birth, vaccine type and vaccination date, in a safe place. You may need it in the future. You should also take a photo of the card as a backup, the Centers for Disease Control and Prevention (CDC) advises.

**Here's what you shouldn't do with your vaccine card:** Laminate it.

Georges C. Benjamin, 68, executive director of the [American Public Health Association](#), counsels against laminating your vaccination record. That's chiefly because that card has blank spaces to record future shots, whether the second dose of a two-dose regimen or a booster shot should one become necessary. Sealing the card in plastic would prevent the vaccine provider from adding such information to the original card.

**Protect your vaccine record:** Follow CDC advice and record a digital picture of your card on your mobile phone. Keep the original paper card in a drawer where it will be safe, such as where you keep your passport or other important documents.

Keep the card safe and stain-free in a plastic sleeve — like the ones used for ID badges. AARP urges you to not post your vaccine card on social media because it contains sensitive information. Doing so is waving red meat in front of a sharp-fanged identity thief. Instead, treat your hard-earned vaccine card like you would your Social Security card. It's important, private and uniquely yours.

**How to get a replacement vaccine card:** If you have already laminated your vaccine card, don't panic. Some big-box stores have been promoting free lamination of COVID-19 vaccine cards — in an apparent bid to drive foot traffic. Should you need a COVID-19 booster in the future, you can ask for another paper record to prove it.

If you lost your vaccine card, or never received one in the first place, [the CDC recommends](#) contacting the site where you got your first shot. If you are unable to reach the original vaccine provider, try your state health department's Immunization Information System (IIS). Vaccine providers are required to report all COVID vaccinations to the state.

Source: AARP.org

## So what's up with masks and the latest guidance?

### I'm vaccinated. Can I burn my mask?

While the CDC has now stated that fully vaccinated individuals may safely use indoor public spaces without masks, the State of Oregon has qualified that statement as follows:

People who are fully vaccinated will no longer be required to wear masks indoors in most public settings **where vaccination status is checked**. In public settings where vaccination status is not checked, masks will still be required. Businesses and venue operators remain free to establish their own, more restrictive, policies regarding usage of masks.

Checking vaccination status is a tricky, labor-intensive endeavor. As such, many businesses and other public venues may well decide it is safer and more fair to continue to require masks of everyone for the near future. Please show patience and understanding by continuing to follow mask regulations of local businesses, even if you are fully vaccinated—they are trying to stay afloat, navigate through constantly changing regulations and keep their customers happy.

### How much longer?

The risk categories assigned to counties in Oregon based on new COVID cases, hospitalization rates, etc, remain in place. However, those counties showing at least a 65% vaccination rate of residents age 16 and above drop to a lower risk level, regardless of number of COVID cases. Lower risk levels mean more opening up of businesses, the possibility of larger public and private gatherings, etc. So far, at least six Oregon counties have been moved to the lower risk level. Clackamas County, as of this writing, has a vaccination rate of 58.5%, so we have a distance to go before we can open up further.

The statewide vaccination rate is currently at 59.5%. It is expected that most COVID restrictions will be dropped if/when the state vaccination rate rises to 70%, according to the Governor's office. While getting vaccinated is very much a personal choice, all three vaccines are now widely available. IF you want to receive a COVID-19 vaccine but have not been able to find an appointment or a location, please call Wendy May or Kathy Robinson at the Adult Center, and we will make every effort to connect you to a vaccine.

"Well, I must endure the presence of a few caterpillars, if I wish to become acquainted with the butterflies."

**Antoine de Saint-Exupery**

*Patience is a flower that doesn't grow in everyone's garden.*  
**~Unknown**

# Services Available in June

## Client Services Available in June

**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 June: 7th, 21st & 28th. 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.

**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](mailto: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](mailto: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 official, monitored WWE class has been suspended until further notice. Please watch future newsletters for details on when class may resume. Thanks for your patience. In the meantime, walkers are welcome to meet up informally for group walks starting at the Center on Tuesdays & Thursdays at 10 AM.

## 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.

# 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](http://www.SeniorLonelinessLine.org)

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

**Resources to help during COVID-19:** 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



**National Senior Planet Answers Technology Questions Hotline:**  
920-666-1959 M-F, 9 am-5 pm

**Senior Planet** is a program created and sponsored by national nonprofit Older Adults Technology Services (OATS) and is affiliated with AARP; they help with technology questions! For more information contact:  
<https://seniorplanet.org/>

**FREE Virtual Events**, open to ages 60+; get help with basics of home internet, choosing a computer, staying safe online, and more. Register at: <https://seniorplanet.org/aging-connected/>  
Questions? Call the Aging Connected hotline: 1-877-745-1930

**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**



**VIEWES 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 and held in a private setting, facilitated by trained VIEWES Conversation volunteers that are age 55+. These 90-minute sessions meet with groups of 8-10.

*Join virtually Wednesday June 30th, 1 -2:30 pm for a conversation on the topic: "Talking with your Doctor".*

If you've ever been anxious or frustrated by a doctor's visit in which your needs were not met—we will talk about what it would take to feel that you and your doctor are part of the same team.

VIEWES conversations are the last Wednesday of each month from **1-2:30 pm thru July**. **Upcoming topic:** July 28th— The Elder Journey

No fee; advance registration required; Contact Wendy May at 503 266 2970 or Email [caccsc@canby.com](mailto:caccsc@canby.com).

## Cash Oregon Tax Resource

If you have not yet filed your tax return and need help doing so—you might contact "Cash Oregon" at 503-243-7765. They have offices located in Beaverton & Portland at the Lloyd Center.

There is some criteria for using this free service, including an income limit that does not exceed \$57,000.



Understanding Parkinson's Dementia  
June 22, 7:00 pm

Parkinson's Resources of Oregon (PRO) is pleased to present for the Oregon Care Partners as part of their series of classes for family caregivers. PRO staff, Heather Balducci and Libby Kennard will discuss PD dementia and explore how it is (or is not) similar to other forms and causes of dementia.

For details and registration information for this program go to the following website:

[www.oregoncarepartners.com](http://www.oregoncarepartners.com).  
Or call 1 800 426 6806.

**NAMI Veteran Peer Support Group**  
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](mailto:education@namimultnomah.org)

**PTSD Foundation of America Group Meeting**— Wednesday, June 2nd, 6 pm to 7 pm at Fort Kennedy, 7600 SE Johnson Creek Blvd, Portland 97206

Post Traumatic Stress Disorder (PTSD) Classes offered weekly at Fort Kennedy for addressing the injury and to help Veterans who are battling with this disorder. For more information, contact Fort Kennedy at 503 765 2661 or visit <https://www.fortkenedy.org/>

# Client Services—Resources & Support Groups



Oregon Care Partners is partnering with Teepa Snow, nationally recognized dementia care specialist and founder of Positive Approach to Care®, to offer a free dementia care webinar series for family and professional caregivers in June.

Teepa Snow will offer insights from more than 40 years of dementia care experience and provide strategies to help with personal hygiene, eating and nutrition, pain management, and effective care partnering with individuals living with dementia.

Teepa's Positive Approach to Care® strategies can help you improve the quality of life and care for individuals living with Alzheimer's or related dementias. This is a wonderful opportunity to learn from one of the nation's foremost leaders in dementia care. Register today!

## Teepa Snow Dementia Care Webinar Series

### [Teepa Snow: Getting Clean when Dementia is Involved](#)

June 1, 9:00 am – 12:00 pm | CEUs 3.0

### [Teepa Snow: Eating and Nutritional Issues in Dementia Care & Pain and Dementia](#)

June 16, 1:30 pm – 4:30 pm | CEUs 3.0

### [Teepa Snow: Changing Resistance to Care to Participation in Care](#)

June 21, 9 am – 12:00 pm | CEUs 3.0

Free trainings from Oregon Care Partners are available to anyone living or working in Oregon. Find more helpful trainings at [OregonCarePartners.com](http://OregonCarePartners.com).

For assistance please email [info@oregoncarepartners.com](mailto:info@oregoncarepartners.com) or call 1-800-930-6851 for assistance.

## Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Does someone you care about have memory loss? This FREE program for LGBTQ+ adults can help!

CALL 1-888-655-6646

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your own home.
- Compensation for completing five phone interviews.

CALL 1-888-655-6646, email [age-IDEA@uw.edu](mailto:age-IDEA@uw.edu) or visit [ageIDEA.org](http://ageIDEA.org)



SCHOOL OF SOCIAL WORK

UNIVERSITY of WASHINGTON

## Another "POWER" Scam

"When I answered the phone I heard, 'This phone call is to let you know since you are past due on your PGE payment, your power is being shut off in 30 minutes'."

PGE says these scammers usually ask for all your information and then demand payment over the phone and often through an on-line payment service.

PGE suggests you report the scam to 1-800-542-8818 or 503-228-6322.

## Medicare 101 - Presented by Oregon State SHIBA Office

Learn the A, B, C, and D's of Medicare. Find out when and how to enroll and gain an understanding of costs. Get information on where Medicare recipients in your community can go for help.

- **Thursday, June 10, 10 a.m. to noon**—Register at <https://bit.ly/3bhapIG>

## National Welcome to Medicare Event – June 23, 2021 Noon - 4 pm

Learn about signing up for Medicare. Registration for this free event opens in February. Visit <https://www.shiptacenter.org/about-medicare/news> to find out more.

This virtual Medicare fair is for people new to Medicare. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be experts from your state health insurance assistance program to answer your individual questions.



Willamette Valley Hospice offers Grief Support Groups

A variety of adult, child and family groups and workshops that are designed to encourage, educate and empower you as you grieve the death of a loved one.

Groups offered online if not possible in person, due to Covid-19 Check [wvh.org/grief](http://wvh.org/grief) for details. Or call 503 588 3600.



## Feeling Isolated? You're 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. Calls are confidential. Call Senior Loneliness Line: 503 200 1633  
**A state-wide service of Lines for Life**

# Healthy Body—Healthy You!

Hello friends, it's June ALREADY?! This spring has been crazy with the weather, it almost feels like we've hit ALL the seasons in just the past 2 weeks. I hope you're able to take advantage of the sunny days and get out for a short walk, or sit on a bench and soak up some Vitamin D. PTSD can effect 1 in 11 Americans. For more information, please read on. I hope to see you all in person soon!  
- Mindy

## Effects of Trauma on the Human Body

Emotional trauma can hit even the most grounded among us with incredible power. Actual injuries and wounds are normally outwardly quantifiable and can prompt injury-related actual agony, yet passionate emotional trauma and Post Traumatic Stress Disorder (PTSD) can likewise profoundly affect the human body.

Emotional trauma can cause enduring mind changes that may prompt dependence, discouragement, and a large group of different worries that can wreck lives whenever left untreated. At the point when awful mishaps happen, it can take a lot of effort to get over the recollections, the feelings, and the sensation of simply not having the option to have a sense of security.

At the point when everything is great, our cerebrum is the best supercomputer on earth. A perplexing organization of around 100 billion neurons, it's not just extraordinary at handling and arranging data — it's extremely quick. Consistently, somewhere close to 18 and 640 trillion electric heartbeats are zooming through your mind. This framework cautiously encodes and stores your recollections and encounters, on the whole making up the novel mosaic of you.

Be that as it may, what happens when a stun disturbs this framework? What's more, can anyone explain why this stun or emotional trauma can wait in the body and psyche, influencing your wellbeing for quite a long time to come?

**Emotional trauma isn't simply "in your mind". It leaves a genuine, actual engraving on your body, shaking your memory stockpiling measures and changing your mind.**

Untreated past emotional trauma can immensely affect your future wellbeing. The enthusiastic and actual responses it triggers can make you more inclined to genuine ailments including coronary failure, stroke, stoutness, diabetes, and disease, as per Harvard Medical School [Study](#).

Moreover, the danger of creating mental and actual medical issues increments with the number of horrendous mishaps you've encountered. "For instance, your danger for issues is a lot higher if you've had at least three negative encounters, called antagonistic youth encounters (Experts)," says Harvard research researcher Andrea Roberts.

From outward appearances, an emotional trauma survivor may look entire and solid, yet emotional trauma can putrefy like an imperceptible emotional trauma, debilitating the body's protections until it shows as a disease.

## Why Emotional Trauma May Occur

Researchers have investigated loads of points to clarify what emotional trauma means for the body. Some have taken a gander at whether the surge of pressure chemicals like cortisol and norepinephrine is at fault. Stephen Porges, Ph.D., of the Kinsey Organization Awful Pressure Exploration Consortium at Indiana College, has an alternate hypothesis.

His hypothesis, the polyvagal hypothesis, proposes that our sensory systems have developed so we can feel things like closeness and wellbeing around others. However, on the off chance that we recognize peril, the other, crude pieces of our sensory system kick in — like the thoughtful sensory system, which controls our "battle or flight" reaction, and the parasympathetic sensory system, which makes us shut down and ration energy.

These frameworks additionally control things like assimilation and pulse. So once they get a move on, the body works unexpectedly. This could clarify why emotional trauma is connected to everything from clogging to swooning. Emotional trauma is related to long haul actual medical conditions, as well.

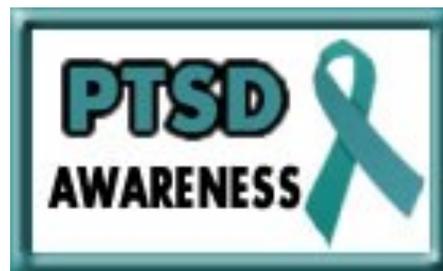
## The Benefits of Exercise for People With PTSD

Whether or not you have PTSD, regular exercise has a number of benefits. It can contribute to many positive physical health outcomes, such as improved cardiovascular health, weight loss, and greater flexibility and mobility. In addition to these physical health outcomes, regular exercise can also have a positive impact on your mental health by reducing anxiety and depression. Given the benefits of exercise, as well as the numerous mental and physical health problems experienced by people with PTSD, a regular exercise regimen may have a number of advantages for you if you have PTSD.

Several studies have looked at the effect of a regular exercise program on PTSD symptoms. In one study of adults with PTSD, a 12-week exercise program that included three 30-minute resistance training sessions a week, as well as walking, was found to lead to a significant decrease in PTSD symptoms, depression, and better sleep quality after the program ended.

A review of four randomized controlled trials (RCTs) on the effect of regular exercise on PTSD also found that physical activity significantly reduced depressive and PTSD symptoms. It suggested that more studies should be done on this relationship and concluded that including physical activity in the treatment of PTSD appears to be helpful

Source: Ben Lesser, [DualDiagnosis.org](#)  
Source: [Very Well Mind](#)



# 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](http://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](http://www.farmstore.com), choose the Canby store location. On-line ordering; sale prices available if you have an account; curbside pick up; **Senior discount program (age 55+) each Tuesday**, offers 10% off regular priced merchandise.

**Cutsforth's Market Curbside or Home Delivery Shopping for Seniors**

Store hours are 6:00 am - 9:00 pm. 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](mailto:office@cutsforths.com)**;
- 3) If possible, please try to place orders one day in advance;
- 4) \$5 shopping fee per order.

**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.

**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](http://www.FIDOAniMeals.org).

**Canby Gators Swim Club 5th Annual Plant Sale - June 5th, 10 am to 3 pm**

25159 NE Butteville Road, Aurora OR 97002

The 5th annual plant sale, **1-day only**, is hosted by Jamboree Gardens in Aurora to benefit the Canby Gators Swim Club. There are hundreds of plants available; trees, flowering shrubs, fruit trees, perennials, sedums and veggie starts! In addition to supporting the Canby Gators Swim Club, 10% of sale will be donated to the Canby Suicide Prevention Task Force.

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

**Library Reopens in phases and is now open for Limited In-Person Hours/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.

Friends of the Canby Public Library will be having **one outside book sale per month during the summer months. Join us Friday June 18<sup>th</sup>** at the Civic Center Plaza from 10 to 2. The monies raised selling donated books, along with other Friends fundraisers, are used by the Canby Public Library staff for programs benefitting children, teens and adults.

**American Legion Auxiliary Breakfast**



American Legion Post 424, NW 1<sup>st</sup> 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!**

## 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](mailto: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 3<sup>rd</sup> 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.

# June Trips Suspended

## Armchair Travel for your enjoyment!

### It is NOT TOO LATE for the Fall 2021 COLLETTE TRAVEL OPPORTUNITY

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

If you are thinking of joining us on this music tour in the fall, now is the time to get signed up! Contact Lynne at 503-266-2970 for more information! There is still time to get signed up and secure your place on this fun adventure.

This "safety first" trip is October 24-31<sup>st</sup> 2021 once things are open again in the U.S. This 8 day/7 night trip includes roundtrip airfare, hotel, some meals and visits to the French Quarter, Swamp Tour, Mardi Gras World, Graceland and Country Music Hall of Fame to name a few of the destinations we will visit!

Contact Lynne, Canby Adult Center Transportation Coordinator, at: [lynneb@canby.com](mailto:lynneb@canby.com) for more information on this fun filled adventure, or, check out the information on the Collette website at: <https://gateway.gocollette.com/link/961179>

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

### New Law and New DMV2U Features will help you get DMV services faster

A new state law and new online services will help Oregonians get quicker services at DMV.

House Bill 2137, signed [May 6](#) by Governor Kate Brown, will give Oregonians more time to renew their driver licenses and vehicle registration. It immediately extends a six-month grace period on expired licenses and registration through December 31, 2021.

In addition, **most** Oregon residents can now renew their driver license, permit or ID card online at [DMV2U.Oregon.gov](http://DMV2U.Oregon.gov) Combined with the news that airports won't require Real IDs until [May 2023](#), customers will be able to get DMV services more quickly.

### Effective immediately under House Bill 2137:

- The moratorium on traffic tickets for driver licenses, permits, ID cards, vehicle registration and disabled parking placards that are expired less than six months has been extended through 12/31/21.

### Effective [June 5](#):

- New Oregon residents will no longer need to pass the Oregon traffic law knowledge test when they exchange their current, valid driver license from their former state for an Oregon license – including out-of-state licenses expired less than a year.

- New drivers under 18 will no longer need to pass a second knowledge test.

- Oregon driver licenses will be eligible for renewal for up to two years after expiration without testing, if all other eligibility requirements are met. The previous law's limit was one year.

If you want to change from a regular driver license or ID card to a Real ID-compliant credential, **you will need to make an appointment** and come into the office. The same is true if you need to add a motorcycle or farm endorsement, or add a veteran designation. To find out if you are eligible to renew your current Oregon card online, go to [DMV2U.Oregon.gov](http://DMV2U.Oregon.gov) and start using the online renewal option. If you're eligible to renew online, you will be able to complete the transaction using a debit/credit card. DMV will mail your new license to you within about 10 days.

### DMV2U is open 24/7

Any time you need a DMV service, first see if you can get it at: [DMV2U.Oregon.gov](http://DMV2U.Oregon.gov).

DMV has added more than 20 online services in the past two years and is constantly looking at ways to introduce more services online. The two newest online services at DMV2U are:

- Ability to order replacement license plate stickers if they are damaged or stolen.
- Start a vehicle title and registration application online with a fillable form, which includes a fee calculator to help

figure out how much to include when you mail your transaction to DMV.

### Real ID enforcement delayed to 2023 due to COVID-19

The Department of Homeland Security (DHS) recently announced that it has extended the enforcement date for the Real ID Act for domestic air travel to [May 2023](#). This gives all Americans who travel by air another year and a half to make sure they have a Real ID driver license, passport or some other ID acceptable for domestic flights.

If you travel by air consider getting the Real ID option when you renew your Oregon license, permit or ID card. You will need to visit a DMV office in person to apply for your first Real ID card. Don't wait until you book flights or choose a college in another state. Make sure you have the ID you'll need to fly within the United States.

Under the new deadline, [May 3, 2023](#), you will need a Real ID-compliant form of ID 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](http://Oregon.gov/RealID). If you want the Oregon Real ID option, you can create a checklist of documents you'll need to bring to DMV with our online tool at <https://www.oregon.gov/ODOT/DMV/pages/realidtraveler.aspx>.

# Center Services Suspended for June

**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 Tautfest
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	
Kim & Hardy Dimick	Darline Kraxberger	John Pursley	The Estate of Randall Stewart Pitchford
	Karen Krettler		

## April/May Donors

**Financial Donors:** Abbie Allen, Mary Bosch, Canby Kiwanis Foundation, Patty Hatfield, Toni Hvidsten, Don & Carol Hyatt, Shirley Morris, John & Sylvia Pigott, Rackleff Place, Diane Skille, Jan Weeks, Marjorie Stathes in Honor of Geni Pittelkau

**Annual Appeal Donors:** Kathleen French

**In-Kind Donors:** Louise Doney, Edie Pavlicek, Del Hildreth, Mardeen Hultgren

**Gifts in Memoriam:**  
David & Rita Beyer in Memory of Irva Graham  
Orma Kraft in Memory of Irva Graham  
Ron Tatone in Memory of Irva Graham  
Sharon Stormo, in Memory of Irva Gramham  
Marlene Learfield in Memory of Irva Graham

Ron Tatone in Memory of Ben Sandsness

### New and Renewing Members

Gayle Acker, Dorothy Bebb, Lionel & Barbara Billeadeaux, Burl Boren, Mary Ann Briggs, Leta Bunnell, Cheryl Burgess, Velma Burkert, Gerry & Joe Casale, Sue Farnsworth, Joe & Gail Freeman, Wanda & John Hallam, Kathleen Hanson, Gina Henderson, Don & Carol Hyatt, Janet Jeffries, Linda Johnson, Judith Kallio, Michael & Penny Kissner, Norm & Phyllis Lind, Dave May & Chris Parno, Abby Miles, Bess Milhauser, Rose & Jerrell Mills, Diane Morin, Gary Needham, Judy Nygard, Leslie Rhodes, Therese Richardson, Ellen Schwarz, Ruth Stinson, Linda Tasker, Ralene & John Tennis, Janice Weeks, Katharyn Wells, Magel Wetmore, Tamara Wright

## 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  
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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: \_\_\_\_\_

# Birthdays & Fun Facts!



## Flag Day Monday, June 14, 2021

In the United States, Flag Day is celebrated on June 14. It honors “old glory” and commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress. The holiday is a day that Americans show respect for the U.S. Flag and what it represents: independence and unity. The [Star-Spangled Banner](#) has become a powerful symbol of Americanism and the flag is flown proudly.

Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.

### Did you know...

If you've ever attended a military funeral, perhaps you noticed that the honor guards pay meticulous attention to folding the U.S. flag that once draped the casket. Guards make crisp, precise folds a total of 13 times to complete the ceremony. Much like every other aspect of our nation's greatest symbol, each of the 13 folds holds a special significance.

Flag etiquette dictates that every time an American flag is to be stored or presented during a ceremony, its handlers should fold it in half twice lengthwise; then starting with the end opposite the blue field, make a taut triangular fold. Handlers continue to fold the flag in triangles until the flag has formed a triangular “pillow” with the blue field showing on the outside. It's a dignified way to treat the flag, and gives a powerful touch to patriotic ceremonies.

This 13-fold procedure was common long before the more modern assigned meanings. The source and date of origin of the meanings is unknown, but for those who participate or witness a formal flag folding ceremony, whether it be on Flag Day, Memorial Day, July 4th, Veterans Day, or at a military funeral, the 13 meanings can create an uplifting experience.

### This is what the 13 folds mean:

1. The first fold of our flag is a symbol of life.
2. The second fold signifies our belief in eternal life.
3. The third fold is made in honor and tribute of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace.
4. The fourth fold exemplifies our weaker nature as citizens trusting in God; it is to Him we turn for His divine guidance.
5. The fifth fold is an acknowledgement to our country, for in the words of Stephen Decatur, “Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong.”
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

7. The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
9. The ninth fold is an honor to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of men and women who have made this country great have been molded.
10. The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first-born.
11. The 11th fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.
12. The 12th fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.
13. The last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, “In God We Trust.”

Source: National Flag Foundation

## June 2021 Birthdays!



- |                      |                     |
|----------------------|---------------------|
| 1 Hank Baker         | 15 Marty Moretty    |
| 1 Elsa Cervantes     | 16 Carol Schreiner  |
| 1 Dale Nordlund      | 16 Nori Zieg        |
| 1 Barbara Palmblad   | 17 Scotty Lance     |
| 1 Sue Sheveland      | 20 Marilyn Ruger    |
| 1 Lynn Tibbils       | 21 Betty Meyers     |
| 3 Marjorie Stathes   | 23 Pat Kuppenbender |
| 3 Diane Morin        | 23 Dianna Warren    |
| 4 Ethel Henderson    | 24 Ron Burn         |
| 4 Georgette Kaniho   | 24 Joy Schmidt      |
| 4 June               | 26 Toni Lamb        |
| 5 Patricia Robertson | 27 Dale Ball        |
| 6 Alfred Aus         | 27 Gina Henderson   |
| 6 Stephanie Frye     | 27 Barbara Isom     |
| 6 Johh Kiefel        | 28 Bill Evans       |
| 7 Joe Clarizio       | 28 Fritse Hakkinen  |
| 8 Junior Hodge       | 28 Brenda Mootz     |
| 10 Todd Aune         | 29 Marsha Bell      |
| 11 Mary Ann Crites   | 30 Kathryn Hauser   |
| 11 Donna Sorrels     |                     |
| 13 Dorothy Bebb      |                     |
| 13 Dee Chalupnik     |                     |
| 14 Peggy Bartlett    |                     |
| 14 Helen Basinger    |                     |



### Enjoy some spinach—something to think about!!

Studies of spinach show how it can have an anti-inflammatory effect and has the potential benefit to bring relief from arthritis pain. Scientists have detected over twelve anti-inflammatory materials in the vegetable. Natural medicine experts state that besides easing arthritic and gout pains, it protects the heart from inflammation, and might even have a role in cancer prevention.

# Memoir Writing—Sharing

## Boot Camp

Mark O'Shea

I graduated from High School in 1960. After two months of a part time job interspersed with some summer vacation, I enlisted in the US Air Force. I grew up in San Francisco and the farthest away I had ever been was Crater Lake Oregon and Reno Nevada. USAF basic training or "boot camp" as it was known was in San Antonio Texas. I also had never been on an airplane. After a battery of written tests and a rather extensive physical I was accepted.

I had no idea that the economy was in recession and later learned the Air Force had a record number of enlistments that year.

The day before I departed for boot camp I spent the night at my best friend's house with him and three other friends. In the morning I had to go to Oakland to the recruit depot to be sworn in. I made arrangements with my father to drop my car off at his firehouse (he was just coming off shift as I was leaving). When I arrived at my dad's firehouse, he asked me where I was and I told him about spending the night. He said I should have asked for permission, I had to swallow to avoid laughing. I was on my own, he just didn't know it yet.

At the recruit depot there were six of us going into the USAF. There were about 30 who took the oath of office. The other were Army, and Navy. I don't remember any Marines. After the formalities we loaded into a bus and went to the Oakland Airport. We boarded a plane and flew 10 minutes to San Francisco. My first ever plane ride. After we picked up the civilian passengers we departed for Los Angeles. We had a four hour layover in LA and they gave us vouchers for a meal. The six of us went to a fancy restaurant and had a really nice dinner. It cost more than the vouchers, but we all kicked in the cash and gave the waitress a nice tip. She had treated us really well.

The flight to San Antonio was a red eye. I remember waking up in El Paso and going right back to sleep. We arrived in San Antonio about 6AM. They lined us up with others from elsewhere around the country, loaded us on a bus and the yelling began. Don't hustle and get yelled at, hustle and get yelled at. Sneeze and get yelled at. Just stand there and get yelled at. We headed to Lackland AFB.

An interesting aside, ten years later I arrived at Lackland an NCO destined for Officer Training School. Another NCO starting yelling at us (there were 5 of us officer candidates) to get off the bus. He learned we were officer candidates and suddenly sugar wouldn't melt in his mouth and he politely addressed us as "gentlemen".

The main administration building at Lackland AFB was a deep green and known universally as "The Green Monster". Little did I know over the next five weeks I would be in that place three or more times a week. It started on our first day with assignment to our BMT (Basic Military Training) squadron and flight.

We were yelled at to put our bags down at the rear of a huge room, an auditorium actually, and get in a seat - "follow the man ahead of you and sit at attention". From here we were assigned a flight and a Training Instructor (TI). Then we were told to get our bag and hustle outside to form up. More yelling.

Outside our new TI made us form into a squad - tallest in front and shortest were road guards. We marched two blocks or so and the TI stopped us for more yelling, telling us how we better shape up or else. Actually he did this yelling with a lower volume, but it was still yelling.

We arrived on a Friday, so we would not be issued uniforms and gear until Monday. We learned to march in civilian clothes and shoes. By Monday most of us had sore ankles from marching in loafers, sneakers or dress shoes. Boots (trainees) still in civilian clothes were known as "rainbows". Fortunately, my recruiter had told me to bring a couple of changes of underwear and socks. Some of the guys had to wash their underwear every night and in that humidity (San Antonio in August the humidity is just below 1000 per cent) put it on wet the next morning.

After the red eye flight to Texas and the first day which was stressful by any standard. I fell asleep instantly. The next thing I knew I was on the floor with my mattress on top of me and the TI was screaming at me to get my shoes on and get the hell out of the burning building...

It was a fire drill. I grabbed my blanket put on my shoes and ran outside. I was far from the last one out. After, yes, more yelling we went inside and back to bed. About 15 minutes later we had another fire drill. This one went better. I don't think any of us slept soundly again while in boot camp.

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**"Either write something worth reading  
or  
do something worth writing."**

*--Benjamin Franklin*

