



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

July 2021

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Welcome from the Director

Dear friends,

I can't believe I finally get to say this: We are UNLOCKING OUR DOORS, beginning July 14th! Fully masked folks can enter our building to get books, puzzles or just get reacquainted with the building and the staff. The following week, we will be happy to offer IN PERSON bingo, TOPS and selected other activities, subject to capacity limits. Unfortunately, as of this writing, we are not yet authorized to re-open the dining room for lunchtime service, but hoping that we will get there soon!

COVID 19 is bringing a whole new set of regulations and etiquette with it. Please go to page 3 for more information on what's reopening, what's NOT reopening yet, and how to play fair in the age of COVID and beyond.

Please also know that you will see some new furniture and equipment—get ready to complete a “new and improved” NAPIS and to learn how to sign in using MySeniorCenter, our electronic touch screen. It will be easy, we promise!

Hope to see you soon—Kathy

Thanks to Ed Schram Construction for the construction... deconstruction... of the front office to make way for our new reception area! Thank you Ed, we are grateful for your expertise!!

Golden Anniversary Couples Break Record

We had record-breaking participation in our Golden Anniversary celebration this past June. The kitchen crew made a gourmet meal that was delivered to 32 couples who participated—Golden couples married 50 years or more had an accumulated total of over 2000 years of marriage!

CONGRATULATIONS!

July Reminders:

July 4— Independence Day
July 5— Closed for holiday observance
July 14—Center opens for limited activities
July 15th—1 pm: Michael Rose Elder Law Virtual Presentation: How to Pay for Long Term Care



American Red Cross

The American Red Cross Blood Drive is Wednesday, **July 21st, 2021, 10 am to 3 pm** here at the Canby Adult Center. You can book your appointment by calling CAC at 266-2970 OR visit:

www.redcrossblood.org

Sponsor Code: CanbyCommunity.

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

Canby Adult Center opening for limited in-person events beginning July 20th

July 15th—Memoir Writing Group 10 am

July 20th—Handicraft Group 10 am

July 20th—In person bingo, doors open at 12:15, games begin at 1 pm

July 20th— TOPS Meetings

August 2nd—In person exercise classes (including Gerri-Fit and Better Bones & Balance) See activity calendar for class times; these classes are still available on line via ZOOM and in person!

August 4th—Quilting Group 9 am

Line Dancers are re-grouping for a comeback. Check in frequently for an update!

On line donations now accepted!

See page 2 for details!

Board News and Announcements

Excerpts from Board meeting Minutes—Wednesday, June 9, 2021

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

dlijewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupteam.com
(Term ends Sept 2022)

TREASURER

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2023)

SECRETARY

Ruth Howard

frhoward6680@gmail.com
(Term ends Sept 2023)

Dave May

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(Term ends Sept 2022)

Millie Reser

softballady63@gmail.com
(Term ends Sept 2022)

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2023)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

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.

Directors Present: Bill Reif, Jim Davis, Johni Thayer, Dave May, Millie Reser and Ruth Howard

Directors Excused: Loren Bell and Brenda Mootz

Staff Present: Kathy Robinson

City Liaison: Greg Parker

CAC Members Present: None

Guests Present: None

The Virtual Meeting was called to order by Debbie Jewell; it was established there was a quorum. The minutes from the May meeting were unanimously approved and accepted.

City Liaison Report: Greg Parker reported on city projects and demographic projections. It was noted the county's growth projections indicate a 50% growth among those 70 and above while only a 2% growth in those under 18 in the next 5 years.

Treasurer Report: Detailed report available upon request.

Directors Report: Available upon request. Kathy continues to formulate a partial reopening plan with a target date of July 14th for selected activities. She also noted that we are not yet approved to re-open the dining room, as that falls under a different approving authority at the county. Kathy shared the architectural proposal received from OrangeWall Studios.

New Business: A motion was made to approve the 2021-2022 budget as submitted; it passed unanimously.

Old Business: After discussion a motion was made to hold off on approving the OrangeWall architectural proposal until October 15th to allow time to meet with the City Administrator and the new Superintendent of schools to discuss the Ackerman building. The motion was then amended to say the decision on whether to pursue the Ackerman Building or proceed with renovation of current building would be made on October 15th. The amended motion then passed unanimously. Following the motion there was discussion regarding content of the proposed meeting. Jim Davis agreed to initiate a conversation with City Administrator Scott Archer. BOD will formulate questions.

The Nominating Committee will review all board of director applications received and will make recommendations at the August 11th meeting. Kathy will include an invitation for applications in the July newsletter. The August 11th meeting will be held in person.

The meeting was adjourned. There will be no meeting in July. The next board meeting will be held **IN PERSON on August 11th at 1 pm at Canby Adult Center.**

Respectfully submitted by Ruth Howard, Secretary

Board recruitment open!

The nominating committee is accepting applications for the Board elections in September. We already have five solid applications in hand for review, and several continuing mem-

bers from among our membership, so please e-mail your interest to Kathy so she can send you the qualifications we will be looking for this time around. If you feel that you meet one of the qualifications, you are welcome to submit an application.

Canby Adult Center Offers NEW On-Line Electronic Donation System—Available Now For Your Convenience!

Effective immediately we now offer a new option for accepting donations! We have an electronic donation system available on our website. This electronic system is easy to use and provides an immediate receipt for your records. You may choose to make a general donation, an annual appeal donation

or a memorial donation. You may also elect to make a one-time donation or a re-occurring donation. Donations are accepted in any amount of your choosing. **This is a user-friendly and secure donation system.**

Please check it out on our website:

Canby Adult Center,

then select **Support,**

click on **Donate,** then **Submit.**

Thank you!

Updates: COVID-19

Open for business, but NOT “business as usual” - please read on to learn about our new normal!

We are thrilled to be able to reopen for selected activities, beginning mid-July. To recap what is coming back, and roughly when:

- Books and puzzles browsing—from July 14
- Memoir writing group—from July 15
- Handicraft Group—July 20th
- In-person Bingo - from July 20th. Advance sign-up **required**, limited to 20 people. Call the Center at 266-2970 to reserve your spot!
- TOPS meeting, from July 20th. Weigh-in from 9:00 am, meeting starts at 10:00 am. Capacity limits apply.
- Better Bones and Balance and Geri-Fit, in person starts on August 2nd. We will also continue to Zoom the classes for those who prefer to exercise at home.
- Quilters group—starts August 4th at 9:00 am.
- Local trips—from July 20
- Transportation to and from the Center—August 2nd

What is NOT yet starting up:

- Dining room service
- Card games
- Afternoon movies

We're waiting for a full lifting of the mask mandate, followed by authorization from the state authorities, to start back up with face to face activities like those listed above.

Please note: we are not checking for vaccination status, so masks are REQUIRED AT ALL TIMES in the building, until we are informed that we remove our masks by the Governor's office. There are NO exceptions to this rule, regardless of your own vaccination status. If you are unable or unwilling to wear a mask while in the building and participating in activities, we kindly ask that you wait just a little longer before returning the Center. We realize that some of you won't be happy with this policy, but we risk heavy fines if we are found to be out of compliance with government regulations. Anyone found inside the building without a mask will be asked to put one on, or else leave the premises.

A note on COVID etiquette while in the building: We ask that you refrain from making the vaccine a topic of conversation—please don't ask others whether they have been vaccinated, nor project your own vaccination status from the rafters. There are very strong opinions on both sides of the vaccine question: Some feel that those who elect to be vaccinated are putting themselves at risk, while others feel equally strongly, that those who chose against getting vaccinated are the ones at risk. Conversations about vaccine status can get quite heated, so we ask that you leave the topic of the COVID vaccine at home, along with strong opinions about politics and religion!

Thank you for your understanding!

Transitioning back to pre-pandemic life can mean starting small

One thing is sure. The pandemic meant a time of change for everyone. Collectively we found ourselves working the front lines while worrying about safety, working remotely, learning to wear masks, moving our gatherings outside, and missing our loved ones.

Public health is also adapting, and despite best intentions, the guidance is sometimes frustrating and can be challenging to keep up with. Once again, we are facing more change, but this time the change involves reopening to life beyond COVID-19.

The transition to post-pandemic life can be gradual. It's okay if you prefer to stick with what's predictable. Even though the restaurant down the street may have opened their indoor seating, it's still fine to order takeout and eat at home. Or to wear a mask on a neighborhood walk.

Since the pandemic began, we have had to experiment. You might ask yourself 'what was successful for me?' Next, you may want to think about:

- How can I hold onto what worked?
- How can I let go of what didn't work?

What do I need to thrive?

Maybe you like being at home more and want to keep that as a practice. Or maybe you've found that you want to see friends more often. You can make a plan to keep the practices that you appreciate. Consider writing these down, mark your calendar, or set a reminder on your phone.

We may also feel out of step with others. While we are each impacted in unique ways, we are going through this together. Remembering that will help when we take on this new change. Working through this transition with others will take time and understanding.

If you're having trouble transitioning back to your pre-pandemic life, start small. If you're fully vaccinated, you might choose to do one thing you haven't done in long time. Maybe that's getting a haircut, going to a park with your pet, catching up with a friend in person, or shopping at a bookstore. Any of these can be your first step.

It's okay to take the time you need.

small changes
can have
a big
impact

Services Available in July

Client Services Available in July

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 July: 19th and 26th**. 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 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.

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 through July 13th—after that, we are LIVE!!

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.

Beginning Tuesday, July 20th, we are back to LIVE bingo at CAC! You know the drill: Doors open at 12:15, games begin at 1 pm
Regular games: 1 packet \$5, 2 packets \$8, 3 packets \$10

Special games: \$2 for four games, 3 cards to a game, and payouts vary by number of games purchased.

Minimum Payout: \$5 per game for 7 – 11 players, \$7 per game for 12-18 players & it keeps going up!

Black-out Bingo: 1 number added every week!
Maximum pot \$200, weekly \$20 consolation prize

Advance sign-up REQUIRED—call the Center at 266-2970.

Walk With Ease (WWE) Class - looking for facilitator!

Want to get outside? Like to walk? If so, we'd love to hear from you! We're looking for a new facilitator for our seasonal Walk with Ease class, a group walking program designed for older adults living with arthritis. The class meets twice a week; there is a short, online training involved in order to facilitate the group. You would need to receive First Aid training at our expense, and be willing to carry your cell phone with you while on walks in the event of an emergency. We will pay you a small stipend for your efforts. Please see Kathy if interested in this opportunity. In the meantime, walkers can meet up informally for group walks starting at CAC 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/> .

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: 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—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



IEWS Conversations on Aging

Volunteers Involved for the Emotional Well-being of Seniors

FREE facilitated discussion group on topics important to people 60 years and over; interactive conversations, opportunities to explore new possibilities and resources; discuss feelings and experiences on specific topics of aging. Discussions are confidential and held in a private setting, facilitated by trained VIEWS Conversation volunteers that are age 55+. 90-minute sessions meet with groups of 8-10.

Join virtually Wednesday July 28th, 1 -2:30 pm for a conversation on the topic: "The Elder Journey" - What new perspectives have you formed through your life? What brings meaning and purpose to you now? Come and join us for a thoughtful discussion about the new roles that appear for you as you enter this next stage of life.

Meeting ID: 957 4450 7460
Passcode: 389560
+1 253 215 8782 US (Tacoma)

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

Reduce YOUR Internet bill with FCC's Emergency Broadband Benefit

DirectLink is an approved provider of the new [Federal Communications Commission Emergency Broadband Benefit \(EBB\)](https://www.fcc.gov/broadbandbenefit) program which helps pay for Internet connection. This program launched in May 2021 and provides up to a \$50 monthly discount on Internet service to eligible households. There are eligibility requirements for this benefit, but if you already qualify for Lifeline assistance, then you will also qualify for EBB assistance as well. Additional information and enrollment qualifications can be found at: www.fcc.gov/broadbandbenefit.

The temporary program ends when funds are exhausted, or six months after the Department of Health and Human Services declares an end to the pandemic. Apply for the program at: www.GetEmergencyBroadband.org

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



Combined hearing and vision loss? Learn about a FREE equipment program

iCanConnect provides equipment and training to people with significant combined hearing and vision loss so they can stay connected to friends and family. Sending email or chatting on the phone can be difficult without access to the right equipment. **iCanConnect** puts that technology into the hands of these individuals to enhance their independence.

Contact **iCanConnect** to learn more about the program's income and disability guidelines, refer someone you know, or to apply for the program.

iCanConnect: The National Deaf-Blind Equipment Distribution Program
www.icanconnect.org/USA
503 361 1201 TTY 800 677 7512

Client Services—Resources & Support Groups

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 or visit ageIDEA.org



SCHOOL OF SOCIAL WORK

UNIVERSITY of WASHINGTON



Willamette Valley Hospice offers Grief Support Groups

Willamette Valley Hospice offers 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 are offered online if not available in person, due to Covid. Check wvh.org/grief for details. Or call 503 588 3600.



If you feel anxious or depressed or just miss the sound of another voice call Lines For Life (a state-wide service). A friendly person is available to talk with and offer emotional support and understanding. Calls are confidential—call any time. Senior Loneliness Line: **503 200 1633**



You CAN Afford Long Term Care—
Virtual Presentation—
July 15th 1:00 PM

Attorneys Michael Rose and Jennifer Trundy from **Rose Elder Law** are presenting on how to pay for long-term care using private funds, qualifying for Medicaid, and Veterans benefits. They will help answer important questions such as:

1. How can I qualify for Medicaid without Impoverishing my spouse?
2. How can I qualify if I am over the income or asset limit?
3. Can I legally preserve my legacy and qualify for government benefits? And much more!

Questions? Call 971-865-3171

Registration required.

Registration Link:

<https://roseelderlaw.com/events/you-can-afford-long-term-care-179-965/>



Life History Sharing project from **VIEWES (Volunteers Involved for the Emotional Wellbeing of Seniors)**

Life History Sharing is a time-limited group offered through VIEWES, giving participants the opportunity to explore their life experiences and to share written or verbal memories from various portions of their lives, and importantly, to witness the same from other group members. The facilitators are trained facilitators. VIEWES provides a safe place for participants to explore the times, the people, and the events that helped to shape their lives. Watch for more information in the August newsletter.

Veterans: Are you missing out on some of your benefits? Did you or a loved one serve in the military? Do you need help obtaining services such as health care, in-home care, or financial assistance?

Call 1-833-604-0885 to speak with an Oregon Department of Veterans' Affairs (ODVA) trained Veteran Volunteer today. Free services to veterans and their families.

Veterans and their spouses or dependents are not always aware of the VA benefits they may be entitled to, which could include:

*Burial benefits for veterans and their spouses;

*Caregiver benefits for family caregivers providing personal care services to disabled veterans in their own home;

*Health care provided by the Veterans Health Administration;

*Tax-free pension benefits for wartime veterans and survivors with limited or no income or high medical expenses; and

*Tax-free compensation benefits for veterans with an injury or illness incurred during, made worse by, or as a direct result of military service

VA issued benefits continue to change. **You may be eligible for benefits now that you were previously denied.**

If you currently receive VA benefits, you **may still be eligible for additional benefits**. This could include an increase in your disability compensation due to the worsening of your service-connected conditions, or special monthly compensation if you require aid and attendance due to your service-connected disability.

Other benefits that veterans and their families may be eligible for include:

Oregon property tax exemptions
License plate and parking placard for disabled veterans

Oregon State Parks Special Access Pass and Golden Access Federal Park Pass

Call 1-833-604-0885 to speak with an ODVA Veteran Volunteer today. You can also find updated information online at www.oregon.gov/odva.

Healthy Body—Healthy You!

HAPPY SUMMER!!! School is out, kids are eating all the food in sight.....it MUST be summer break! Grab your sunscreen and your water (remember to hydrate!!) and get out in the beautiful Oregon sunshine! Hepatitis Awareness is more important than ever. According to the American Liver Foundation, baby boomers are most at risk. Stay cool this month, hoping to see you in the center soon - Mindy

What is Hepatitis?

The word 'hepatitis' means inflammation of the liver. Toxins, certain drugs, heavy alcohol use, bacterial and viral infections can all cause hepatitis.

What is Viral Hepatitis?

Viral hepatitis is the inflammation of the liver caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B and Hepatitis C. Up to 5.3 million Americans have chronic Hepatitis B or Hepatitis C infection. About 75% of the infected population are unaware that they are even infected.

Hepatitis A (HAV): is a liver disease caused by the Hepatitis A virus. It usually goes away on its own in almost all cases with no serious complications. However, HAV may cause some patients to suffer liver failure. In the United States, there are about 100 deaths a year due to HAV. Those at risk of serious long term effects from HAV include people with other liver diseases and people over 60. A vaccine is available for Hepatitis A.

Hepatitis B (HBV): is a highly preventable liver disease caused by the hepatitis B virus (HBV). HBV causes the liver to swell and prevents it from working well. About 95% of adults who are exposed to HBV fully recover within 6 months (acute HBV) without medication. About 5% have HBV all their lives (chronic HBV) unless they are successfully treated with medications. Infants born to mothers infected with HBV are at high risk of developing chronic HBV, which can lead to cirrhosis (scarring) of the liver, liver cancer, and liver failure. 1.2 million people are living with chronic Hepatitis B. A vaccine is available. HBV is spread through blood and body fluids.

Hepatitis C (HCV): is a disease caused by a virus that infects the liver. When first infected, a person can develop an "acute" infection, which can range in severity from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. Acute hepatitis C infection is a short-term illness that occurs within the first six months after someone is exposed to the hepatitis C virus. For most people, acute infection leads to chronic infection but for reasons that are not known, approximately 15% to 25% of people clear the virus without treatment.

Chronic hepatitis C infection is much more common. It can last a lifetime and lead to serious liver problems, including cirrhosis (scarring of the liver) or liver cancer.

What are the main differences between HEP A, B & C:

Although they are all viruses that infect the liver, how you get them and how they can cause long-term health problems differ.

Hepatitis A can be contracted through food or water that has been contaminated by fecal matter and raw shellfish. It does not lead to chronic disease and can be prevented through vaccinations. People generally recover within three to six weeks with no permanent liver damage.

Hepatitis B is also less common in the U.S. – affecting less than five percent of our population. It is spread through blood and body fluids, including saliva. There are also vaccines to prevent hepatitis B and newborns are vaccinated against this form of hepatitis before they even leave the hospital.

Hepatitis C: Unfortunately, there are no preventative vaccinations for hepatitis C, but early detection and advances in treatment can cure many strains of the disease.

An estimated 2.7 – 3.9 million people in the United States have chronic Hepatitis C and there are approximately 17,000 new Hepatitis C cases each year in the U.S.

As many as 75% of those with chronic Hepatitis C virus in the United States are unaware that they are infected. Of all persons living with Hepatitis C viral infection, about 75% were born during 1945–1965.

The American Liver Foundation and Merck are working together to raise awareness among U.S. veterans about their increased risk for chronic Hepatitis C.

Can Hepatitis C be cured? Yes, you are considered cured if the hepatitis C virus is not detected when measured with a blood test three months after you've completed treatment. This is called a sustained virologic response (SVR) and data suggest that you will stay virus free indefinitely. And with newer drugs coming to market, cure rates of up to 90% have been seen in patients with hepatitis C. Even more important sustained virologic response has been associated with lower rates of liver cancer, cirrhosis and all-cause mortality. This means that getting rid of hepatitis C allows individuals to live longer lives.

The American Liver Foundation has a wealth of resources about preventing, screening/testing, treatment and living with hepatitis C, including a dedicated website hepc123.org, a national helpline – 1-800-GO-LIVER, on-line communities for people living with hepatitis C and a national database of liver specialists.

People don't think about their livers as much as other organs but they should. Liver disease — and there are more than 100 types — is not something that just happens to alcoholics or drug users but some 30 million Americans, including children. Liver diseases have many causes including heredity, reactions to drugs or chemicals, lifestyle choices and viruses.

Source: American Liver Foundation



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 ordering; 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 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.

6th Annual Junk Refunk Street Market

Friday, July 9, 2021 at 4:00 pm to 8:00 pm.

Clackamas County Fairgrounds & Event Center, 694 NE 4th Ave.

Junk Refunk Street Market is in its 6th year. Come and enjoy some of your favorite vendors from the last few years and meet some new vendors too.

CANBY LIBRARY: WE ARE OPEN!

220 NE 2nd Ave, 503-266-3394

Please join us for Summer Reading. Read 30 hours this summer and get entered into a drawing for one of 15 \$20 gift certificates to the *Book Nook* in downtown Canby, located in the former Parson's drugstore building. Entry forms are available at the library and at the *Book Nook*.

Updated Library hours are:

- ◆ Monday - Thursday 10:00 am - 6:00 pm
- ◆ Friday & Saturday 10:00 am - 4:00 pm

American Legion Auxiliary Breakfast



American Legion Post 424, NW 1st Street

Breakfasts are suspended until September 12th.

Friday Hamburger feeds are 5:30pm - 7:30pm outside on Patio. Cost is \$6 & \$7 and comes with two sides. Proceeds support a variety of charitable causes.

Clackamas County Fair & Rodeo Returns!

This year's event is set for

August 17-21

COVID 19 VACCINE every Tuesday 4 pm to 8 pm

Canby Foursquare Church

2350 SE Territorial Road

Canby Oregon 97013

No appointment needed

Source: <https://www.clackamas.us/coronavirus/vaccine>

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.

July Trips

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 24-31st 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 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!

CURRENT COVID 19 REQUIREMENTS for TRIPS

FACE MASKS REQUIRED for duration of trip
Limited to 4 passengers per bus trip

Instead of coming to the center to sign up for trips on the last Monday of the month, we will now have you call in between 8:30 and noon the last Monday of the month to sign up directly with Lynne. Call 503-266-2970

Trip #1

Bauman Farms

July 20, 2021

Bauman Farm is open with the beautiful aroma of hundreds of kinds of flowers and plants, fresh veggies and fruit, and baked goodies. The coffee bar is ready to take your order for a warm or cold treat as you shop. We'll stop in Hubbard for lunch and shop our way safely through Garden Gallery after. (Limited to 4 passengers on the bus at this time)

Depart: 9:30am
Cost: Donations Accepted
MAXIMUM RIDERS 4

Return: 1:30 pm

Trip #2

A Drive in the Country

July 27, 2021

Come along and enjoy the sights in the countryside. We will drive up the Molalla River Corridor, over to Wilhoit Springs Park, view some of the burn affected areas in the Molalla area that caused some of the smoke and upheaval with our area in September of last year. Bring money for a take-out lunch or ice cream treat in Molalla on the way home.

Depart: 9:30am
Cost: Donations are accepted.
MAXIMUM RIDERS 4

Return 1:30 pm

FORGETFULNESS

I know my memory is still good.
Cause I can remember I forgot
But if you ask me what it was
I can't remember what

But I don't worry much about it
For there are hundred's just like me
So I just sit down to relax
And drink a cup of tea

My tea seemed kind of weak
So I looked into the pot
There was no tea bag in it
you suppose I just forgot?

When you can't find
the sunshine, ...
be the sunshine!



Best 4th of July Fireworks Are:

New York City hosts the largest Independence Day Fireworks show in the United States. The annual Macy's 4th of July **Fireworks** celebration is the country's largest pyrotechnic **show**, with **fireworks** shot from multiple barges along the East River near the Brooklyn Bridge.

St. Louis, Missouri also hosts a great Celebration on the 4th at "[America's Biggest Birthday Party](#)" under the Gateway Arch in St. Louis. The Arch is one of America's most famous landmarks and is a gorgeous place to view fireworks. Each year, the city's major celebration kicks off with a 4-mile run, followed by a parade and concerts, culminating in a majestic fireworks display over the river.

Nashville, Tennessee also has its annual "[Let Freedom Sing!](#)" event on July 4th. An epic celebration featuring performances from dozens of Nashville musicians and the region's largest fireworks show - a 27-minute show choreographed to a live performance by the Grammy-winning Nashville Symphony.

Center Services for July

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

May/June Donors

Financial Donors: Linda Allen, Rosie Cranston, John & Linda Calvert, Michelle Ford, Patty Hatfield, Arbie & Bonnie Irwin, William Pliska

In-Kind Donors: Louise Doney, Lynn Sanchez, The Family of Marilyn Thompson

New and Renewing Members

Steve & Linda Avery, Reta Beam, Peggy Brune, Nora & Kirk Clark, Gloria Coats, Stephanie & Gary Frye, Karen & Thomas Johnson, Kathy Levy, Sharon Mrokowski, Mary Rydmark, and Ilse-Dore Vaughn

Special thanks to: Millie Reser, Sue Goetchius and Mary Bosch for help with the cute Father's Day Root Barrel Tie treats!



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: _____

Memoir Writing—Sharing

A Special Birthday Party

Barbara Nuxall Isom

Happy birthday to me — happy birthday to me! Having lived this long I have celebrated many birthdays. Not all of these birthdays came with cake, ice cream or a party, but I certainly have enjoyed my share of the aforementioned.

On my 50th high school class reunion, one of my lifetime classmates reminded me of what was probably my 10th or 11th year birthday party. She asked if I remembered the party when we pulled taffy and my mother taught everyone how to dance. Sometime after that party, she said, her dad announced that he was taking the family to the country weekend dance and was going to teach her how to dance. She said she boastfully answered him with, “Why Anna Nuxall taught us girls how to dance at Barbara’s birthday party. “Well then, I’d say that you had learned from the best hooper in the country.” I thanked her for sharing the story and only wished my mother was still around as she would have enjoyed that story immensely.

The next birthday party was my 18th and it was such a surprise that I helped orchestrate the whole affair. It was the summer following our high school graduation and some of our classmates were moving onward. I was let to believe that the party was a well wishing one for my friend Maxine, also known as Mickey as she was preparing to leave for Spokane to attend Kinman college, a business preparation school. Everyone did bring small going away gifts for her, but then there were happenings, finally explained to me, that were actually a surprise birthday party for me. I was so surprised that I was rather dense in realizing they had really pulled one over on me.

The next memorable birthday party was also a surprise on my 40th. Our friends, the McClains, had invited us over to their house to meet before attending a function. We had worked that day on a neighborhood get together so I wasn’t real enthused, but we were committed. Nancy even called with a great story about her neighbors throwing a party so to expect to see cars parked on over necessitating us to pull into their driveway. She even added something about ignoring any beer cans tossed over the hedge from the neighbor. We arrived and visited a bit in the kitchen and Nancy was telling me about the couch she had purchased to replace “Old Killer” and insisted I see it before we left. She guided me through the door into the living/dining room where upon I was greeted by a very vociferous group

who had been restraining their merriment. Some friends unable to attend sent a “singing telegram” message. A couple who were notorious for script writing had a skit about my life so far. And the outlandish gifts of sexy underwear—even some made out of red licorice! They had rounded up quite an assortment of people from my past; even some old friends from the Montgomery Ward Engineering Department (my first job in Portland). We ate, we drank, we visited, we laughed and we danced.

On my 60th birthday I announced that I was giving myself a party—ladies only (an old hens party). In days gone by, a group of us had dressed up mimicking “old people” for parties, and much to my surprise, my friend Carol showed up in costume which delighted everyone. As it turn out, my daughters didn’t believe I should have to give myself a party so they pretty much took over the arrangements. We girls had so much fun recalling stories and sharing pictures of past antics. One man came with his wife as he or she didn’t read the fine print, but he seemed to enjoy himself anyway. My girls have always enjoyed their mother’s merriment.

The last memorable birthday part was my 70th which my daughter hosted. All my family was present and did all the preparations. It was a hot summer day, but they had set it up outside and provided shade for everyone and cool drinks. There was someone there presenting almost every phase of my life from a high school friend, a college friend, quilting friends, old neighbors, new Canby friends and even cousins. The best story of the party was when my youngest grandson, Nick, was passing out note cards and requesting each guest to write some memory of our relationship. Jean said she commented that it was hard for her to fathom that her good friend was 12 years older than her. She said Nick immediately did the math and replied, “That makes you 63,” and not skipping a beat, he continued, “and you don’t look a day over 40.” he was pretty smooth for 11 years old—huh?

Soon after that party, Melissa and I made our trip to Russia—my last trip abroad.

And—that’s —s-s all folks!



Memoir Writing Group—We meet 1st & 3rd Thursday of each month at 10 am for discussion and writing. A prompt is provided to get you started!

Class Facilitator: Barbara Isom