



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

August 2021

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Welcome from the Director

Dear friends,

Wow—much has changed since our last newsletter! As I write, I am listening to the preparations for our first in-person bingo in over a year—music to my ears, and I know the rest of the team feels the same way.

While we are working on reopening and masks are optional at the moment, please know that our status could change at any time. The DELTA variant is very much on the rise, which could necessitate a closed building once more.

You will see some changes when you come back to the Center, as well as a request to change how you manage contact with our team at the Center. Please read on for more information.

Hope to see you soon—Kathy

Call for volunteers!

As we move to safely reopen, we are looking to rebuild our fleet of amazing volunteers. A brief description of positions and responsibilities:

- ◆ Kitchen volunteers – one day/week or on-call. Assist with preparation of side salads, desserts and packaging of home delivered meals. Dish up hot meals for dining room guests. Shift is approximately 3 hours, requires working on your feet. This is a CONSTANT need, ideal for a social person!
- ◆ Hostess—Prepare and serve coffee and tea for dining room guests. 3 hour shift, requires working on your feet and serving beverages THROUGH lunch service.
- ◆ Front desk—good position if you're social but can't be on your feet. Answer phones, book appointments, welcome guests to the center. Morning and afternoon shifts available, 3-4 hours/shift.
- ◆ NEW POSITION: Greeter. Make first-time guests feel welcome when they come in for lunch. Show them around Center, explain how to sign in, make sure they are seated at a table.
- ◆ MOW/TRP drivers—provide services to seniors using your own vehicle. See Jeanne or Wendy for more information.

Call the Center to learn more about these great opportunities—a wonderful way to spend a few hours of your week!

Mask-optional policy—COVID-19 update

As of this writing: we are now a mask-optional facility. Unvaccinated individuals are encouraged, but not required, to wear a mask. As always, we strongly encourage people to maintain a safe distance indoors and to use the hand sanitizer widely available in the building. We are watching the growth of DELTA variant cases closely, so be advised that our status could change. Call in the Center for an update if you are in doubt. Let's stay safe, everyone!

New NAPIS forms REQUIRED

We require ALL visitors to the Center to complete a NAPIS form. This is both to fulfill county reporting requirements as well as to keep you safe. We require emergency contact information as well as a signed liability waiver. Once completed, you will receive a key card, to be used for future check-ins. The front desk or an employee can help you!

Additional services returning in August!

Beginning August 2nd, we will once again offer Better Bones and Balance and Geri-Fit—in person!

Line dancing is also making a comeback, starting August 5th, on Thursdays only. See inside for further details.

Note: The dining room is NOT yet open for hot meals. We hope to have better news on that front next month—stay tuned!

Center Services Available in August

Client Services Available in August

Meals on Wheels: Volunteer drivers deliver freshly prepared, nutritious meals four days each week (Monday, Wednesday-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.

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

Our client services coordinator manages the county Transportation Reaching People (TRP) program for rides originating in the Canby area. Rides are available to destinations in Clackamas, Multnomah & Washington counties; volunteer drivers are available to transport clients between 8:30 am and 4:30 pm, Monday-Friday. Contact Wendy May at the Center to see if your trip qualifies for a TRP driver; 5 to 7 business days minimum notice is required.

This is a volunteer based program and rides are not guaranteed; rides are filled based upon volunteer availability. This service is intended for rides outside of Canby only. For in-town rides, contact Canby Area Transit at 503-266-4022.

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. See page 6 for the monthly trip schedule and a detailed trip summary. Trip fees vary and bus donations are always gladly accepted.

FITNESS & WELLNESS

Fitness Programs: We offer a variety of fitness programs ranging from:

- * Better Bones & Balance Geri-Fit®
- * Tai Chi Pound Class
- * Walk With Ease— Advance sign-up required.
- * Line Dancing (this is an informal, volunteer-managed group)

Wellness Programs: Canby Adult Center offers time-bound workshops and one-time speakers on a variety of fitness and wellness topics. See inside for the schedule of guest speakers, which change monthly.

RECREATION and ACTIVITIES

CAC offers many opportunities to socialize and make friends. Scheduled recreation includes:

- * Bingo
- * Pinochle
- * Memoir writing
- * Crafting group/Quilting group

Activities and resources available on a drop-in basis include:

- * Ping Pong Pool
- * Exercise equipment Books/library*
- * Puzzles*

*Feel free to help yourselves to books from our library, magazines and puzzles. No check-out required. Donations are also always welcomed.

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.

Center Services Available in August

OTHER SERVICES

By way of volunteers and Friends of the Center we are pleased to offer services listed below, free of charge except as noted.

Legal Assistance

Generally the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month, Wednesday, August 11th. Appointment required. Call 503-266-2970 to schedule your appointment.

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. Each fall they provide a comprehensive Introduction to Medicare 101, along with individual counseling sessions. Call 503-655-8269 to request an appointment.

Free Blood Pressure Checks

Usually the 1st and 3rd Monday of each month, this month, 10 am to noon. We are hopeful this service will return in September.

No appointment needed.

Foot Clinics

Call **503.266.2970** to schedule an appointment for your foot care needs. Service provided by LaVerne Lind, retired RN.

LaVerne Lind, taking appointments this month **August 2nd, 16th and 23rd**. This service includes a foot soak, nail trim and callus removal. \$15 Please provide your own foot tub.

AARP Free Tax Clinic (seasonal)

This service is provided through AARP volunteers. Appointments are taken beginning in mid-January for tax services that run February through mid-April.

Lions Club Glasses & Hearing Aid Collection

We offer a collection box for your used eye glasses and hearing aids. A Lions Club representative maintains the box and delivers it to its destination where your donations can be re-used.

Bulletin Board

We offer a bulletin board for the community where advertisements are posted for upcoming events and personal services. These announcements and advertisements have not been vetted by the Center, but are made available for informational purposes only.

Inclement Weather Closures

Our inclement weather policy is based on Canby Schools: If the School District is closed due to inclement weather, then Canby Adult Center will also be closed. Our answering machine is updated when we close due to bad weather; call us at 503-266-2970 for updates.

Center Donations:

We gladly accept your donations of books (especially large-print books), puzzles, and small items for raffle.

We also accept locally grown fresh produce to use in our meals and to offer to our senior community to take home and use.

We keep a year-round food collection barrel located in our outer lobby to benefit Canby Center.

Unfortunately we are not able to accept:

Clothing, electronics, exercise equipment, furniture, medical equipment or supplies, VHS tapes, and musical instruments (including pianos and organs).

Please do not leave expired foods, bruised produce, empty boxes or clamshells, or packing materials (including bubble wrap or styrofoam peanuts) on our benches. We cannot use those items.

Thank You!

IMPORTANT CHANGE:

With regret, we announce that CAC no longer hosts a TOPS group. With a reduction in member numbers during the pandemic, the remaining members of the CAC group have merged with a group that meets at the Meadows, at Hope Village. We are grateful for the friends made – and volunteers secured – through the TOPS group, and wish them every success at their new venue.

If you are interested in finding a local weekly meeting group in order to participate in tops, please check out: <https://www.tops.org/> on line or call Advocate for Clackamas County Donna Mc Kinney (360) 597-4472.

August Speakers & Events

"Ready, Set, Bank" - August 10th



Senior Planet San Antonio is hosting another session of the financial literacy program series **Ready, Set, Bank**, starting **Tuesday, August 10th**.

This 2-week virtual course is designed to introduce you to online banking and help you decide if you'd like to start using it. During class, you'll use an online demo site to practice doing the following: navigate a bank website, manage accounts, set up alerts, send money digitally, and more!

For more information about Ready, Set, Bank and how to RSVP, visit <https://seniorplanet.org/>

Pre-registration is required, and is on a first come, first served basis. Please RSVP as soon as possible, as spots fill quickly!

Life History Sharing Project from VIEWS (Volunteers Involved for the Emotional Wellbeing of Seniors) Weekly, September 15th thru November 3rd

As we move through our lives, we carry with us the stories of our childhood. We may change them, forget or deny them, smile or cry over them, but like charms or spells, they bring back a sense of who we were and how we come to be the people that we've become.

Life History Sharing Project from VIEWS (Volunteers Involved for the Emotional Wellbeing of Seniors) is a time-limited group offered through **VIEW**S, 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 group is led by trained facilitators. **VIEW**S provides a safe place for participants to explore the times, the people, and the events that helped to shape their lives.

Sample questions/suggestions for topics of discussion are as follows:

- Tell about a gift that you received that you loved. What was a special gift that you gave to someone?
- What did "being good" mean in your family?
- Did you know something about your family that you thought no one else knew?

These Life History Sharing sessions will run for 7 weeks and the group will meet every Wednesday from 1 to 3 pm starting August 15th and ending November

August 31st, 10 am to Noon



BUILDING PARTNERSHIPS FOR
OLDER ADULT BEHAVIORAL HEALTH

**Suicide Prevention
You CAN help!**

Oregon ranks 10th highest in suicide rates, according to a report by <https://worldpopulationreview.com/>. Have you ever asked yourself if there was something you could do to help?

Older Adult Behavioral Specialist, Kim Whitely, will provide an introductory training for anyone interested to learn how to help a person at risk of suicide. Learn how to identify the warning signs of a suicide crisis, specifically for older adults and how to respond by following three simple steps.

The presentation will be virtual via ZOOM on August 31st from 10 to noon. If you don't have a computer, you can dial in using your phone.

Join Zoom Meeting

<https://clackamascounty.zoom.us/j/88583225099?pwd=Wlg2N016M2RDaXp4b2MrMFdFQTFFIQT09>

Meeting ID: 885 8322 5099

Passcode: 437679

One tap mobile

Dial by your location

+1 253 215 8782 US (Tacoma)

Meeting ID: 885 8322 5099

RSVP's are appreciate. Email Wendy May at caccsc@canby.com or call her at 503 266 2970

3rd (there is a week in October that is a skip week). No more than 8 participants in the class. Participants need to try and commit to all 7 weeks to get the most out of the group connection. This is NOT a writing class. This is a story sharing opportunity.

This is an in-person class hosted by The Canby Adult Center.

Registration is required – The class is closed to new participants after week two regardless of the class size.

To register:

E-mail Wendy May at caccsc@canby.com or call 503 266 2970.

The class meets from 1 pm to 3 pm (7 classes) on the following dates:

September 15th, 22nd and 29th
October 6th, (no class October 13th),
October 20th & 27th
November 3rd

Board News and Announcements

BOARD OF DIRECTORS 2020-2021

CHAIR

Debbie Jewell

djjewell2@canby.com
(Term ends Sept 2021)

VICE-CHAIR

William Reif

billr@equitygroupteam.com
(Term ends Sept 2022)

TREASURER

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2023)

SECRETARY

Ruth Howard

frhoward6680@gmail.com
(Term ends Sept 2023)

Dave May

dmay@utep.edu
(Term ends Sept 2022)

Millie Reser

softballady63@gmail.com
(Term ends Sept 2022)

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2023)

Jim Davis

jimmik7@canby.com
(Term ends Sept 2021)

Johni Thayer

johnit1940@gmail.com
(Term ends Sept 2021)

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.

No Board meeting held during the month of July

As is customary, no board meeting was held during the month of July. The next board meeting is Wednesday, August 11, 2021, at 1:00 pm. This meeting will be in person at the Canby Adult Center, Classroom 2. Members and guests are always welcome to attend.

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, meeting several of our key

qualifications. If you feel that you are a strong candidate, please e-mail your interest to Kathy at: cacdir@canby.com, so that she can send you the qualifications. If you feel that you meet one of the qualifications, you are welcome to submit an application.

NEW On-Line Electronic Donation System—Available Now For Your Convenience!

Over the years we have had a number of inquiries regarding making on-line donations or re-occurring monthly donations. We have now have the capability for you to do that!

Our electronic donation system is user friendly, secure, and provides you with an immediate receipt for your records.

If you are interested in making an electronic donation, or a re-occurring donation, simply

visit our website:

Canbyadultcenter.org

then select **Support**,

click on **Donate**, choose the type of Donation (general, appeal or memorial)

then click **Submit**.

Choose your donation type:

general donation, annual appeal donation or memorial donation); enter donation amount and card information. A receipt for your donation is immediately available.

This is a user-friendly and secure donation system. Let us know if you have questions.

A message for our friends:

As we work to reopen safely, we have made some changes to schedules and practices. As much as we enjoy seeing all of you and hearing about what's going on in your lives, we were finding it increasingly difficult to get daily work done before we closed for the pandemic, due to constant drop-in visits. Please note the following changes for casual visits:

Wendy May and Timpra McKenzie will have open door, drop-in hours daily, from 11:30 – 1:30. During those hours, you can “drop in” for questions, conversations or just a chat. Outside of those hours, please stop at the front desk if you need to see Wendy or Timpra. The receptionist will call them to see if they are available for a visit. If they are not, they will provide an appointment time.

Please respect the shared space for home delivered meals, transportation and fitness by refraining from entering if the door is closed, unless you have specific, MOW-related business to discuss with Jeanne. That room is the sole office space for several employees and it gets cramped and noisy very quickly.

In sum, we ask that you treat our work space as any other professional office: If a door is closed, please go back and check in with the front desk. It is closed for a reason – please do NOT knock or enter. If a stop sign is posted on a gate or a door, please respect the sign and check in with the front desk. This note is intended for everyone.

Thank you for your understanding.

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 resources; discuss feelings and experiences on specific topics of aging. Discussions are confidential and held in a private setting, facilitated by trained VIEWS volunteers age 55+. 90-minute sessions meet with groups of 8-10.

Make-Up Session on August 25th, 1 –2:30 pm: Engaging with Adult Children. Relationships with children change as we age. Examine current problems and foster great understanding between generations. Be part of a discussion about relationships with adult children. Talk about some of your concerns.

Join Zoom Meeting at: <https://zoom.us/j/92911446484?pwd=R1I5N05wSGNxejFYUIVnejRIUm44dz09>

Meeting ID: 929 1144 6484
Passcode: 236637

No computer? Join in using your phone. Dial by your location

+1 253 215 8782 US (Tacoma)
Meeting ID: 929 1144 6484
Passcode: 236637

RSVP strongly encouraged but not required. Email Wendy at caccsc@canby.com



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.

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 ageIDEA@uw.edu or visit ageIDEA.org



SCHOOL OF SOCIAL WORK

UNIVERSITY of WASHINGTON

Client Services—Resources & Support Groups

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: [educa-tion@namimultnomah.org](mailto:education@namimultnomah.org)

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 care-givers 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.

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.



American Foundation for Suicide Prevention

About the AFSP Oregon Chapter

The grassroots work we do focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

AFSP is dedicated to preventing suicide among lesbian, gay, bisexual, transgender and queer (**LGBTQ**) people. As a public health organization, AFSP believes that it is our individual and collective responsibility to support the mental health and wellbeing of LGBTQ people.

For more information, visit <https://afsp.org/chapter/oregon>

In crisis? Call 800 273 8255 or text TALK to 741741



Advocacy & Services for LGBT Elders

We refuse to be invisible

Talk and be heard at the SAGE LGBT Elder Hotline. We connect LGBT older people who want to talk with friendly responders who are ready to listen. If you are an LGBT elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT (5428). Hotline responders:

- Are certified in crisis response
- Offer support without judgment
- Answer questions factually and confidentially
- Provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs

The SAGE LGBT Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.

Members of our community are likely to live alone and feel isolated. Through our hotline, we can connect everyone with a phone to an LGBT responder who is friendly, knowledgeable, and ready to listen. The hotline is managed by our partner [United Way Worldwide](http://UnitedWayWorldwide.org).



Are You In Crisis?
Call 1-800-273-TALK (8255) or visit <https://suicidepreventionlifeline.org/>

No matter what problems you are dealing with, we want to help you find a reason to keep living.

By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, any-time 24/7.



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 you and offer emotional support and understanding.

All calls are confidential, and you may call any time, day or night.

Call the Senior Loneliness Line at **503 200 1633**.



Healthy Body—Healthy You!

What a month July was!! I hope everyone has stayed cool through the heat wave! I can't wait to see your smiling faces back **IN PERSON** in a couple short weeks! We'll take it easy at first while we get back into the swing of things, I hope to see you all soon! Take care, Mindy

This month's focus for our Healthy Body—Healthy You topic is suicide prevention. Many people have fleeting thoughts of death. Fleeting thoughts of death are less of a problem and are much different from actively planning to try suicide. Your risk of suicide is increased if you think about death and killing yourself often, or if you have made a [suicide plan](#). Each year, about 36,000 people in the United States die by suicide.

Most people who seriously consider suicide do not want to die. Rather, they see suicide as a solution to a problem and a way to end their pain. People who seriously consider suicide feel hopeless, helpless, and worthless. A person who feels hopeless believes that no one can help with a particular event or problem. A person who feels helpless is immobilized and unable to take steps to solve problems. A person who feels worthless is overwhelmed with a sense of personal failure. Most people who seriously consider or attempt suicide have one or more of the following risks:

- ◆ A personal or family history of suicide attempts;
- ◆ A family history of suicide attempts or completed suicide;
- ◆ A personal or family history of severe [anxiety](#), [depression](#), or other mental health problem, such as [bipolar disorder](#) (manic-depressive illness) or [schizophrenia](#)

Suicide rates increase with age and are highest among white men age 65 and older. Divorced and widowed men in this age group have the highest suicide rates, and their most common method of suicide is firearms. Take any mention of suicide seriously. If someone you know is threatening suicide, get help right away. If a suicide threat seems real, with a specific plan and the means at hand:

- ◆ Call **911**, a suicide hotline, or the police.
- ◆ Stay with the person, or ask someone you trust to stay with the person, until the crisis has passed.
- ◆ Encourage the person to seek professional help.
- ◆ Don't argue with the person ("It's not as bad as you think") or challenge the person ("You're not the type to attempt suicide").
- ◆ Tell the person that you don't want him or her to die. Talk about the situation as openly as possible.

You can take steps to prevent a suicide attempt. Be willing to listen, and help the person find help. Don't be afraid to ask "What is the matter?" or bring up the subject of suicide. . Remove all firearms from the home, or lock firearms and bullets up in different places. Get rid of any prescription and nonprescription medicines that are not being used.

Warning signs of suicide: It is hard to know if a person is thinking about suicide, but you can look for warning signs and events that may make suicide more likely. People may be more likely to attempt suicide if they:

- ◆ Are male.
- ◆ Have attempted suicide before.
- ◆ Have a family member who has attempted suicide or who has died by suicide.
- ◆ Have had or have mental health problems such as severe depression, bipolar disorder, schizophrenia, or anxiety.
- ◆ Have been through family violence, including physical or sexual abuse.
- ◆ Drink a lot of alcohol or use drugs.
- ◆ Are older—older Americans have the highest suicide rate of any age group. The rate is highest among white men ages 65 and older. Within this group, divorced and widowed men have the highest rate.
- ◆ Are veterans or are members of the armed services.

Events that may put people at greater risk for suicide include:

- ◆ Changes in life such as the death of a partner or good friend, retirement, divorce, or problems with money.
- ◆ The diagnosis of a serious physical illness, such as cancer or heart disease, or a new physical disability.
- ◆ Severe and long-lasting pain.
- ◆ Loss of independence or not being able to get around without help.
- ◆ Living alone or not having friends or social contacts.

Adults who are at risk may show warning signs of suicide such as saying they want to hurt or kill themselves or someone else; talk, write, read, or draw about death, including writing suicide notes and talking about items that can cause physical harm, such as pills, guns, or knives; say they have no hope, they feel trapped, or there is no point in "going on"; buy guns or bullets, stockpile medicines, or take other action to prepare for a suicide attempt; they may have a new interest in guns or other weapons; drink more alcohol or use drugs, including prescription medicines; no longer want to see people and want to be alone a lot; no longer take care of themselves or follow medical advice, and give away their things and/or hurry to complete a will.

You are not alone. If you have had suicidal thoughts, or know someone who has talked about suicide, please call the Suicide hotline at: **1-800-273-TALK (8255)**. There are resources available to help you or a loved one through these thoughts.

Source: KaiserPermanente.org

August 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 12 passengers per bus trip

Instead of coming to the center to sign up for trips on the last Monday of the month, please call

503-266-2970 between 8:30 and noon the last Monday of the month to sign up directly with Lynne.

Alpacas at Marquam Hill Ranch

August 10, 2021

Marquam Hill Alpaca Ranch We'd do anything for our animals—and for the people who buy from us. From the grass we feed to the training we implement, everything we do contributes to show-quality animals bred with luxurious fleece, textbook conformations, and winning dispositions. Since our first investment of 5 girls 11 years ago, we now have an 18+ acre property. Bring money for lunch at Marquam Inn afterwards.

Bus fee: Donations accepted
Depart center 11:00am

Return to center 1:30pm

Fair day CAC Bus Schedule

August 18, 2021

Skip the traffic and let us drive you to and from the fair on Wednesday "Senior Citizen Day" this year. Leave your car at the center while you enjoy the fair with parking hassles and fees.

LEAVE CENTER

10:15 am
12:10 pm
2:15 pm
4:15 pm

LEAVING FAIR

10:30 am
12:30 pm
2:30 pm
4:30 pm

Filberts Restaurant for lunch and Aurora Shopping

August 27, 2021

Filberts Farmhouse Kitchen was born from a love of quality food, exceptional service and a sense of community. They serve classic American comfort food executed with culinary expertise and **Farmhouse** flavor. Come along with us and enjoy some conversation with new or old friends, great food, and a bit of shopping after if you like. Check the restaurant website for food choices and pricing. Bring money for lunch and shopping.

Bus fee: Donations accepted
Depart center 11:00am

Return to center 1:30pm

Tryon State Park Hike

August 31, 2021

Step into a lush urban forest with new and old friends while choosing your own walking adventure on an easy .3 mile up to a 1 mile trail walk on level surfaces, or a 2 or 3.5 mile moderate hike instead. There's a wonderful experience waiting for everyone. Bring money for lunch together after the hike.

Bus fee: Donations accepted
Depart center 9:30am

Return to center 1:30pm

Around Town

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.

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; 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;
- 3) If possible, please try to places orders one day in advance;
- 4) \$5 shopping fee per order.

Farmers Market - 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.

Clackamas County Fair, August 17-22, at Clackamas County Fairgrounds, 694 NE 4th Ave

Clackamas County Fair and Rodeo will be held on August 17-22, 2021. It will include great entertainment, rodeo, animals, exhibits, entertainment, healthy competitions, educational activities, youth events, vendors, and more. Hours: Tue-Thu 10am-10pm; Fri-Sat 10am-11pm; Sun 10am-8pm

2021 Cutsforth's Cruise-In Set for August at County Fairgrounds

A beloved Canby tradition will drive on this summer, as the 27th annual rendition of the popular Cutsforth's Cruise-In has been confirmed for **Aug. 28** at the Clackamas County Fairgrounds and Events Center. The popular classic car showcase founded by the Cutsforth family and sponsored by Cutsforth's Market had traditionally been held at Wait Park in downtown Canby for most of the event's history.

CANBY LIBRARY: WE ARE OPEN!

220 NE 2nd Ave, 503-266-3394

Canby Library Outdoor Book Sale—August 6th! -Fundraiser
Free ice cream provided. Books at this sale are at lower prices than the store inside. Balloon Twister will make a return visit from 10 am—2 pm.

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.

Dahlia Festival, August 28th – September 6th, Swan Island Dahlias, 995 NW 22nd Ave, Canby

The Annual Dahlia Festival is the last weekend in August and Labor Day Weekend each year, Saturday, Sunday, and Monday both weekends, 10am-6pm. View over 400 floral arrangements of dahlias in our indoor display rooms and view almost 40 acres of beautiful dahlias in full bloom. The displays vary in size from teacup to floor to ceiling extravaganzas! This is the largest display put on by one grower anywhere in the United States. Enjoy live music, beer, wine, food, gorgeous flowers, face painting, how to divide your dahlias tubers, and take a class on floral arranging and culture. Fun for the entire family. Don't forget to pick up a beautiful bunch of cut dahlias to complete your visit. Free admission and Free parking!

Canby Dahlia Run, August 28th

10th annual half marathon and 10K run/walk in a beautiful setting. The course runs through the Swan Island Dahlia Fields, wheat fields, farmhouses, and beautiful scenery around Canby. Proceeds go to local charities.

Slice of Summer - is a series of music events held in the summertime at Wait Park. For the 2021 season we will have 2 concerts, the dates are **August 15th** and **August 29th**. Each concert will run from 6:00 to 8:00 pm. There will be food and beverage vendors at each concert for you to purchase dinner or a snack.

Canby's Big Night Out Street Dance, Friday, August 28th from 5-10pm!

Live music from Global FM, food and beverage vendors, children's activities, and more!

Oregon State Fair, August 27-September 6, 2330 17th Street NE, Salem
The 2021 Oregon State Fair returns! Tickets on sale at <https://oregonstatefair.org/>

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: Patty Hatfield, Rackleff Place

In-Kind Donors: Mary Bosch, Paul Prideaux, Tiffany Hitchcock, Paul Prideaux, Johni Thayer, Cindy Wales

Gifts in Memoriam:

Gloria Kraft in Memory of Irva Graham

Wendy May in Memory of Mark Herman



New and Renewing Members

Velma Burkert, Julie Curley, Darline Kraxberger,
Magel Wetmore, Deb Williams

Special thanks to: Canby Gleaners for the egg donations

Canby Area Chamber of Commerce for
Cleaning Supplies!

Thank
You

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

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

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

Andrew Kauffman—Attorney at Law
Canby Kiwanis Foundation & Thrift Store
Custom Plumbing & Construction
Cutsforth's Marketplace
Direct Link
Home Instead
Hulbert's Flowers
Kahut Waste Services
Marquis at Hope Village
Oregon Food Bank

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

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CANBY ADULT CENTER MEMBERSHIP APPLICATION

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

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

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

Address: _____

Phone: _____ E-Mail Address: _____

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

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

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

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

Address: _____

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

Acknowledgement Address: _____

Birthdays & Fun Facts!

Summer Fun Facts:

1. The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
2. The first day of summer is between June 20th and June 22nd every year. The first day of summer is called the summer solstice, and the day varies due to the Earth's rotation not exactly reflecting our calendar year. The last day of summer is September 20th.
3. Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
4. The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
5. The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
6. Frisbee's, invented in the 1870's as a pie plate, but in the 1940's, college students began throwing them around.
7. More thunderstorms occur during summer than any other time of year.
8. Ice pops were invented in 1905 by an 11 year old boy.

Enjoy the rest of your summer!!

August 2021 Birthdays!



1	Debbie Julie	23	Oren Hesse
1	Carol Luce	23	Charel Walker
2	Johni Thayer	23	Kay Walter
3	Don Chambers	24	Leta Bunnell
4	Carin Rydell	25	Erle Grove
5	Judy Clawson	25	Pat Schauer
5	Noreda May	25	James Wiersma
6	Clark Hickman	26	Madeleine Henderson
6	Curt Hovland	26	Sheila Isaacson
7	Victoria Hannaman	26	Patricia Perkins
7	Rosemary Vanderzanden	27	Darline Kraxberger
8	Rosemary Hands	28	Sid Brown
12	Rita Hendershott	29	Penny Kissner
12	Frank Hubbard	31	Irene Cunningham
12	Walt LaChapelle	31	Jim Dippman
13	Mae Goossen	31	Bev Purvis
14	Sarah Daniels	31	George Raney
14	Leslie Rhodes	31	Therese Richardson
15	Ray Montgomery	31	Bill Vermillion
16	Jeannie Heuett		
16	Terry Kester		
16	Patricia Paddock		
18	Julie Harney		
20	William Harney		
20	Jim Irving		
21	Dean Basinger		
21	Beverley Stuve		
22	Roger Skoe		



Did you know...

August 3rd, is National Watermelon Day. The largest watermelon on record weighed in at 350.5 pounds.



August 6th, is National Rootbeer Float Day

Many A&W Restaurants offer a **FREE ROOTBEER FLOAT** on this day! You may receive a free small rootbeer float between 2 pm and 8 pm on Friday, August 6, 2021

Interested in becoming a member of CAC?

If you would like to become a member of Canby Adult Center, you can complete the membership form on the last page of this newsletter or print the form from our website; send it, along with your membership fee of \$15 (single) or \$25 (couple), to:

**Canby Adult Center
PO Box 10
Canby OR 97013**

~ OR ~

You can make a gift of \$51 or more at any time and receive a one year membership.

Membership includes receiving the monthly newsletter in hard copy or by email and a discount on building rental. Join today!

Thank you for your support!



Sign up To Donate Your "Community Rewards" to CAC

If you sign up to donate your Kroger/Fred Meyer community rewards point to the Friends of Canby Adult Center, they will issue a check to the Center for a percentage of dollars spent from all participants who chose the Center as their non-profit.

To sign up and donate your community rewards points, simply access your Fred Meyer account using the number on your rewards card; you will need an email address. Then, select **Friends of Canby Adult Center** as your non-profit recipient and you can help support the Center as you shop!

Rewards points don't take away from personal quarterly points. Last Quarter 57 households contributed \$111.98.

Thank you for your support!



Street Address: 1250 S Ivy, Canby, OR 97013
 Phone: 503-266-2970
 Web: www.canbyadultcenter.org

Activities— August 2021

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Better Bones & Balance (BBB) 10:00 Footcare-Laverne 10:30 Geri-Fit Exercise	3 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	4 9:00 Quilt with Suzie 10:00 Better Bones & Balance	5 10:00 Memoir Writing 10:00 Geri-Fit 1:00 Line Dancing	6 10:00 Better Bones & Balance 1:00 Pinochle	7
8	9 9:30 Better Bones & Balance (BBB) 10:30 Geri-Fit Exercise	10 10:00 Handiwork 11:00 Trip: Marquam Hill Ranch 1:00 Bingo 1:00 Pinochle	11 9:00 Quilt with Suzie 10:30 Better Bones & Balance 1:00 Board Meeting 1:00 Attorney Consultations	12 10:30 Geri-Fit 1:00 Line Dancing	13 10:00 Better Bones & Balance 1:00 Pinochle	14
15	16 9:30 Better Bones & Balance (BBB) 10:00 Footcare-LaVerne 10:30 Geri-Fit Exercise	17 10:00 Clackamas County Fair Begins 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	18 Senior Day at the Fair—Fair Shuttle Available from CAC 9:00 Quilt with Suzie 10:30 Better Bones & Balance	19 10:00 Memoir Writing 10:30 Geri-Fit 1:00 Line Dancing	20 10:00 Better Bones & Balance 1:00 Pinochle	21
22	23 9:30 Better Bones & Balance (BBB) 10:00 Footcare-LaVerne 10:30 Geri-Fit Exercise	24 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	25 10:00 Newsletter folding 10:30 Better Bones & Balance	26 10:30 Geri-Fit 1:00 Line Dancing	27 10:00 Better Bones & Balance 11:00 Trip: Filberts Restaurant Shopping in Aurora 1:00 Pinochle	28
29	30 8:30 Trip sign up begins 9:30 Better Bones & Balance (BBB) 10:30 Geri-Fit Exercise	31 9:30 Trip: Hike at Tryon Creek State Park 10:00 Handiwork 1:00 Bingo 1:00 Pinochle		PLEASE NOTE: We anticipate more activities will continue to start in September.		