



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

September 2021

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 503-266-2970
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Welcome from the Director

Dear friends,

Two steps forward, one step back...sadly, we are back to wearing masks in the building and have postponed plans to reopen our dining room indefinitely, because of rapidly rising COVID rates and related hospitalizations. For now, we will continue to offer selected activities in person at the Center—please read below and inside to learn more about what’s on and what’s not!

If in doubt, or if what you’re seeing on the local news makes you think that additional changes are in store, please call in before driving in. We are doing our best to stay informed and share information, but sometimes we can’t get the word out quickly enough!

Stay safe—Kathy

Mask Mandate in place

Just a reminder to those who might come to the Center for activities: The Delta variant of COVID-19 is spreading rapidly through our communities, so Governor Brown has once again imposed a mask requirement for ALL indoor spaces and activities—this means crafting, exercise classes, bingo, pinochle and any other activity that is offered “live” at the Center. There are NO exceptions to this policy, except for individuals working in their own private office. Please help us to keep our doors open by wearing a mask at all times when in the Center. Those not comfortable complying with the mandate are kindly asked to refrain from coming in.

Thank you!!

In-person Exercise Classes Temporarily Suspended but are still “Live with Mindy” via Zoom

Since the mask mandate has returned, we have opted to temporarily suspend our in-person exercise classes. However, we do still offer live exercise classes with Mindy, and they 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: caccdir@canby.com. You will need: A computer with monitor, or an iPad, with internet access and sound/video.

Annual General Meeting—Sept 15th at 12:30

Our annual general meeting will be held on Wednesday, September 15th, starting at 12:30 pm. Please join us in person for a cookie, coffee and an update on the Center. As we do every year, we will announce Board election results at that time. We have three Board members stepping down as they have completed a full six years of service—our thanks go to Debbie Jewell, Jim Davis and Johni Thayer for their time and effort on behalf of the Canby Adult Center—they will be missed!

You will find an annual report, ballot and candidate profile inside if you receive a paper newsletter. If you receive the newsletter electronically and wish to vote, please stop by the Center between September 1st and 10th to get a ballot. The Ballot box will open on Wednesday September 8th and close on Friday September 10th, at 11:00 am.

If you wish to attend the annual general meeting via Zoom, please e-mail Kathy at caccdir@canby.com for the link.

Reminders:

August 30th—Canby Schools open and the 2021-2022 school year begins—watch those school zones!

August 31st—trip sign up begins at 8:30 am for September day trips.

September 6th—Center closed—Labor Day

September 15th—Annual General Meeting at Canby Adult Center 12:30—in person and Zoom.

September 22nd—Fall Begins

Center Services Available in September

Client Services Available in September as of the time of printing this newsletter.

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—Temporarily Suspended:

Due to COVID-19 there are no in-person exercise classes. Ordinarily you could call between 8:30—9:00 a.m. Mon/Wed/Thurs/Friday to request a ride to the Center for exercise class or lunch. *[We will also offer a late morning pick-up time for those who want to join us for lunch once we open the dining room. 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 once the Center reopens all programs and activities.]*

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.

FITNESS & WELLNESS

Fitness Programs: We ordinarily offer a variety of fitness programs ranging from Better Bones & Balance, Geri-Fit and a volunteer-managed Line Dancing class.

Please note: at this time we offer Zoom Exercise only while our in-person exercise classes are temporarily suspended.

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, Cribbage & Canasta
- * Memoir Writing
- * Crafting group/Quilting group

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

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

*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 NOW 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.

Exercise — Live with Mindy! Live exercise classes are available Monday, Wednesday and Friday at 10 am using “ZOOM”. (In person classes are suspended.) 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. You will need: A computer with monitor, or an iPad, with internet access. Smartphones also work but the screen is small, and sound/video - Your computer/laptop/ipad needs to have sound, otherwise you won’t be able to hear what’s going on!

Center Services Available in September

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. (Virtual or phone meetings only)

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 (suspended)

Usually the 1st and 3rd Monday of each month, this month, 10 am to noon. We are hopeful this service will return in October—we anticipate a new provider for this service! 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 **September 20th and 27th**. 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 TOPS MEETING CHANGE:

With regret, we announce that CAC no longer hosts a TOPS group. 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.

*PLEASE NOTE:

Some center services remain suspended due to COVID-19 and variant uncertainties. In order to help keep center users, volunteers and staff safe, we are following guidelines as recommended by the Governor, CDC and our Board of Directors. At the time of this printing masks are required for all indoor activities regardless of vaccination status.

Thank you for complying with the mandates as we work together to keep everyone safe and healthy.

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.

Board Meeting Minutes for Wednesday, August 11 2021

Directors Present: Debbie Jewell, Bill Reif, Jim Davis, Johni Thayer, David May (virtually), Millie Reser, Brenda Mootz, and Ruth Howard (virtually)

Directors Excused: Loren Bell

Staff Present: Kathy Robinson, Timpra McKenzie

CAC Members Present: None

City Liaison: Greg Parker excused

Guests Present: Mark Sleasman Certified Accountant Jarrard, Seiber, Pollard & Co.

The In Person/Virtual Meeting was called to order by Debbie Jewell. It was established there was a quorum. The minutes from the June 9th board meeting were unanimously approved.

Auditor Report: Mark Sleasman presented our 2019-2020 audit results. The overall financial strength of the Center remains strong. These results are available upon request.

City Liaison Report: There is no report this month.

Treasurer Report: Detailed report available upon request.

Directors Report: Available upon request. Kathy will continue to monitor policies to reflect the Governor's guidelines as we move forward. Masks will again be required in all indoor spaces. Current commitments will remain and be reassessed as needed. Congressman Schrader will visit the Center to assist with a MOW meal preparation August 30th. CAC is close to being ready to offer Notary services.

New Business: The nominating committee received 6 BOD applications for consideration and after careful review, endorses the following four candidates to be brought before the membership for a vote: Keith Galitz, Matt English, Pat Schauer and Alex Vice.

The nominating committee requests the bylaws be changed to require applicants to live or work within the Canby School District and that one position always be reserved for a First Responder. These items to be discussed in further detail at the BOD retreat in October.

The **CAC annual meeting** will be held **September 15th**, at which time the membership will vote for three new board candidates.

Debbie Jewell suggested CAC should consider purchasing an air purifier and Jim recommends confirmation that the HVAC filters are being changed quarterly to improve air circulation.

Old Business: The city report relating to the Ackerman complex will be coming out in October. This report will help to prioritize CAC's decision process on how to move forward with the Orangewall proposal for the building remodel.

Kathy continues to work towards developing a survey targeting 50+ age group. Hope Village has offered to share their findings.

The first draft of an emergency evacuation plan is ready to be reviewed by Kathy.

Meeting Adjourned: At 2:27 a motion was made to adjourn. The next meeting will be held on the third Wednesday in September rather than the second Wednesday:
September 15th at 1:00 pm.

Respectfully submitted by Ruth Howard, Secretary

Please note: In order to vote for board candidates your membership must be current. Please contact the center if you have a question regarding your membership.

September Speakers & Events

Effective Communication Strategies
Thursday September 23rd
1:00 PM

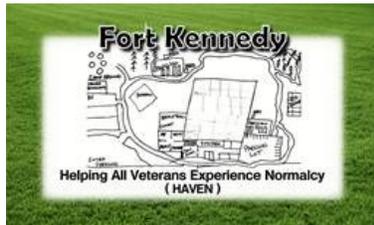


Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

To register and more information on this virtual presentation, please call 800-272-3900 or contact Katya Samodurov at kesamodurov@alz.org.

Helping All Veterans Experience Normalcy (HAVEN)



Representatives of Fort Kennedy will be at The Canby Adult Center on **the last Friday of EVERY MONTH from 1 pm to 3 pm** starting Friday, September 24th.

Fort Kennedy's Mission: To enable all veterans to move forward in their lives after military service. They strive to provide transitional housing, plus shelter for homeless service men and woman. To Ensure all veterans receive support through employment, family counseling, and help with well deserved benefits. They work with all veteran agencies in the community to achieve a much needed hand up, not a hand out for homeless veterans. Fort Kennedy can help you with:

- Compensation for service connected disability
- Non-Service Connected Pension a needs based monthly income for wartime veterans
- VA health Care Enrollment for eligible veterans
- Dependency & Indemnity Compensation (DIC) for surviving spouses and dependent children
- Aid & Attendance an added benefit based on medical need for a veteran receiving compensation or a pension eligible veteran or survivor
- Requests for replacement military records, medals, awards and certificates
- Corrections to military records
- Survivor's Pension needs based for survivors of war-time veterans
- Burial & Memorial Benefits

Coming in October—Save the Dates

Coming in October—
Canby FireMed Virtual Presentation



Matt Dale with Canby Fire District will remotely present information on Canby Fire Med. Open enrollment for the program runs from October through December. Matt will provide information on :

- What is Firemed?
- Who does Firemed Cover?
- How do I sign up?
- Cost/Enrollment
- Payment options

Watch the October newsletter for more information and all the details for this presentation.

Watch the October Newsletter for information on Medicare choices Open Enrollment (October thru December 7)

Open Enrollment Presentations for Medicare: We host several presenters who provide information on specific medicare options during Medicare Open Enrollment. They speak to specific medicare plans which may be helpful in making your choice for the new plan year.

Medicare Advisor Meetings with Jeffery Dunham

10/06/2021	2:30pm	10/20/2021	2:30pm
11/03/2021	2:30pm	11/17/2021	2:30pm
12/01/2021	2:30pm		

United Healthcare with Ted Hunt

10/28/2021	10:00 am	11/5/2021	10:00 am
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SHIBA (Senior Health Insurance Benefit Assistance)

Trained volunteers through Clackamas County help provide insight and can assist in providing information that is helpful in making your medicare selections for the new plan year. If you have questions about Medicare please call the SHIBA Helpline at 503-655-8269, option 4. **SHIBA will be provide virtual meetings this fall; no in-person meetings this year.**

Quilting Group Continues in September

The Quilting Group dates for Wednesdays in September are the 1st, 8th, 15th, and 29th. September 22 will be a Lunch Day, in Mt. Angel.

The group continues to work on potholders for the kitchen, and also on bag projects, with a charity quilt soon to be discussed. You may jump in on any of these projects, or work on your own. Please come join us, and meet the group — we have a lot of fun!

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



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.



**The Walk-n-Wag is Back—
September 18th 9 am to Noon!**

The 9th annual event is back and better than ever! You are invited to Minto-Brown Island Park in Salem, on **September 18th 9 am – noon.**

Dogs and their people of all ages will gather for a beautiful fall morning by the river – with a pet-themed vendor village, fun activities, prizes and gift baskets.

Register now to start the fun with our online race. (Registration details below)

Registration gives you access to the live event at the park AND the **online race underway until September 15th.**

Participants from Oregon and beyond can walk, run, dog-paddle, and earn “footsteps” through positive actions that support the well-being of people and animals in their neighborhoods. Come enjoy the fun online and in person!

To register and get the park address, visit <https://www.charityfootprints.com/WVHWalknWag/>

or call 503 765 8160
toll free 1 833 536 6340

Willamette Valley Hospice is a local partner of the national PET PEACE OF MIND® program.



**Change your thoughts
and you change your world!**

~Normal Vincent Peale

Client Services—Resources & Support Groups

IEWS Conversation on Aging Volunteers Involved for the Emotional Well-being of Seniors

September 29th 1:00-2:30

The Road To Resilience- As we age we may feel increased vulnerability to the stresses that life presents. Resiliency can help counter this vulnerability and restore our equilibrium in the midst of life's challenges. Learn to recognize and utilize the building blocks to enhanced resilience. Learn from others how they adapted to the challenges in their lives while sharing your own personal stories of resilience

Join Zoom Meeting

[https://us06web.zoom.us/j/88021260642?](https://us06web.zoom.us/j/88021260642?pwd=aTRLcVh3N1M5b3JqQ1BOYXNUZk1kUT09)

[pwd=aTRLcVh3N1M5b3JqQ1BOYXNUZk1kUT09](https://us06web.zoom.us/j/88021260642?pwd=aTRLcVh3N1M5b3JqQ1BOYXNUZk1kUT09)

Meeting ID: 880 2126 0642 Passcode: 527722

One tap mobile

+12532158782,,88021260642#,,,,*527722# US

(Tacoma)

Dial by your location

+1 253 215 8782 US (Tacoma)

Meeting ID: 880 2126 0642 Passcode: 527722

Find your local number: [https://us06web.zoom.us/j/](https://us06web.zoom.us/j/kd9E9vqQRK)

[kd9E9vqQRK](https://us06web.zoom.us/j/kd9E9vqQRK)

RSVP strongly encouraged but not required- contact Wendy May at 503 266 2970 or by email at

caccsc@canby.com

Get the help you need from the safety of your home

Our support groups are offered virtually by telephone and webinar. To learn more or register for any group, please call our 24/7 Helpline at 800.272.3900. Dial 711 to connect with a TRS operator. We protect the privacy and information of support group members and ask that you do not solicit any support group directly.

Call the **Alzheimer's Association helpline** for free expert advice on dementia or Alzheimer's at 800.272.3900. The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Contact the Helpline day or night to:

- Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- Learn about the symptoms of Alzheimer's and other dementias.
- Find out about local programs and services.
- Get general information about legal, financial and care decisions, as well as treatment options.
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- Dial 711 to connect with a TRS operator.
- Get support and guidance during COVID-19

Visit our COVID-19 Help Center for more resources, help and support. During these difficult times and always, you're not alone in the fight against Alzheimer's.

Our professional staff has the knowledge to address a variety of topics:

- Memory loss, dementia and Alzheimer's disease.
- Medication and treatment options that may delay clinical decline or help temporarily address symptoms for some people.
- Safety issues.
- Tips for providing quality care.
- Recommendations for finding quality care providers.
- Strategies to reduce caregiver stress.
- Legal and financial documents for future care.
- Aging and brain health.
- Referrals to local community programs and services.

Three ways you can connect with our Helpline:

- Call us. We are available around the clock, 365 days a year at 800.272.3900.
- Dial 711 to connect with a TRS operator.
- Chat with us. Click the "Live Chat" green button on this page to connect with a member of our Helpline staff. Live chat is typically available from 7a.m.-7p.m. (CST) Monday through Friday. Online. Use this form to let us know how we can help you. We will respond to you within 24 hours.



alzheimer's association®

**Alzheimer's
Information for today!**

Get Answers - The Alzheimer's and Dementia Caregiver Center at alz.org/care offers reliable information on early-, middle- and late stage caregiving; respite care; care facilities; potential costs; legal documents; safety and much more.

Get Support – Speak confidentially with master's level clinicians staffing the 24/7 Helpline(800 272 3900). Visit the website, alz.org, for additional caregiving and support resources, including online support groups.

Get Options- Alzheimer's Association Trial Match connects individuals living with Alzheimer's, caregivers, healthy volunteers and physicians with studies at clinical trial sites across the country.

Get Connected- Tap into <https://www.alzconnected.org>, the first free online community for everyone affected by Alzheimer's or another dementia, including people living with the disease, caregivers, family members, friends and individuals who have lost someone to Alzheimer's.

September Trips—At the time of printing these are still on offer

CURRENT COVID 19 REQUIREMENTS for TRIPS:

FACE MASKS REQUIRED for duration of trip on the bus
Limited to 12 passengers per bus trip

Instead of coming to the center to sign up for trips please call Lynne at 503-266-2970 beginning TUESDAY, August 31st between 8:30 and noon. Lynne will take care of signing you up for the September trips. After Tuesday, you may sign up with the receptionist.

Oregon State Fair

September 1, 2021

The staff of the **Oregon State Fair** and Exposition Center is hard at work planning for the **2021 Oregon State Fair**. The Oregon State Fair provides fun for all ages. Bring money for lunch at the fair.

Depart Center: 9:30am

Return to center: 3:00pm

Fair Admission: \$1 ages 65 and older (\$8 ages 12-64)

Cost: Donations Accepted

Gary's Dairy Tour and Lunch at Tammy D's

September 14, 2021

One of our county's hidden gems, located on South Mulino Road, Gary's Dairy offers tours of their milking and bottling processes, a petting area and a quaint little store where delicious treats are just waiting to go home with you. Bring money for lunch at Tammy D's Café & Bakery in Mulino after the Dairy Tour.

Depart Center: 9am

Return to center: 2:00pm

Cost: Donations Accepted

Octoberfest in Mt Angel

Sept 17, 2021

The countdown to this year's Oktoberfest has begun! Organizers with the annual festival have announced their return to Mt. Angel after the coronavirus pandemic disrupted last year's celebrations. This year's Oktoberfest will be "as close to 'normal' as we can make it!" according to the [event's website](#), with activities and entertainment that highlight Bavarian and German cultures. Dress for comfort and wear good shoes for walking as this event encompasses many blocks! Bring money (and a friend) to eat lunch at a place of your choice in Mt. Angel.

Depart Center: 10am

Return to center: 3:00pm

Cost: Donations Accepted

Elk Rock Gardens Stroll and Milwaukie Station Food Pod Lunch

September 30, 2021

Awaiting you is one of Portland's outstanding private gardens with a celebrated collection of rare and interesting plants from all over the world. Located just a short distance away in southwest Portland, come and enjoy the garden's beauty and peacefulness. It's a wonderful place to walk or sit and view the marvelous garden views. Afterward, enjoy a lunch at the Milwaukie Station Food Pod—it boasts over twelve choices of various foods for lunch including bagels, Thai food, pizza, BBQ and sandwiches—literally something for everyone!

Depart Center: 10:30am

Return to center: 3pm

Cost: Donations Accepted

Fun Facts...

In preparation for our **Octoberfest trip**, here are some **Fun Facts** about Germany:

Official Name of Germany—Federal Republic of Germany... Bundesrepublik Deutschland

The major religion is Christianity.

The capital city is Berlin. Germany has borders with France, Luxembourg, Denmark, Belgium, Switzerland, Austria, Czech Republic, the Netherlands and Poland.

Germany is known for its cars! Mercedes-Benz, Volkswagen, BMW, Audi and Porsche are the most well known. A major famous highway called the autobahn has no speed limit and cars regularly travel at 150 miles per hour.

Finally... there are **over 1000 varieties of sausages in Germany!** They are also famous for **their cheese, sauerkraut and bread!** Get a taste of Germany at the Mt. Angel Octoberfest—one of our trips this month!



Healthy Body—Healthy You!

Hello friends, I hope you've had a fantastic summer and are ready for some COOLER fall temperatures! I know I am. Our topic this month is Alzheimer's Awareness. There are so many resources on this topic, read on to learn more. Hopefully I'll get a chance to see you in the Center soon! - Stay healthy, Mindy

WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's is a type of dementia that affects memory, thinking and behavior. It is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases and is not a normal part of aging. It can affect people of all ages; those 65 and older are most affected (people affected under age 65 are considered to have younger-onset Alzheimer's, also referred to as early-onset Alzheimer's). Alzheimer's worsens over time, and is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. It is the sixth-leading cause of death in the United States and on average a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

10 Early Signs and Symptoms of Alzheimer's

- ◆ **Memory loss that disrupts daily life and regular routine;**
- ◆ **Challenges in planning or solving problems;**
- ◆ **Difficulty completing familiar tasks;**
- ◆ **Confusion with time or place;**
- ◆ **Trouble understanding visual images, spatial relationships, judging distances or determining color or contrast;**
- ◆ **New problems with words in speaking or writing or struggling to name familiar objects;**
- ◆ **Misplacing things and losing the ability to retrace steps;**
- ◆ **Decreased or poor judgment, and paying less attention to grooming or keeping themselves clean;**
- ◆ **Withdrawal from work, hobbies or social activities; and**
- ◆ **Changes in mood and personality leading to confusion, suspicions, depression, fearfulness or feeling anxious. :**

What causes Alzheimer's? Experts agree that in the vast majority of cases, Alzheimer's, like other common chronic conditions, probably develops as a result of complex interactions among multiple factors, including age, genetics, environment, lifestyle and coexisting medical conditions. Although some risk factors — such as age or genes — cannot be changed, other risk factors — such as high blood pressure and lack of exercise — usually can be changed to help reduce risk. Research in these areas may lead to new ways to detect those at highest risk.

Prevention studies: A small percentage of people with Alzheimer's disease (less than 1%) have an early-onset type associated with genetic mutations. Individuals who have these genetic mutations are guaranteed to develop the disease. Though research is still evolving, evidence is strong that people can reduce their risk by making key lifestyle changes,

including participating in regular activity and maintaining good heart health.

Heart – Head Connection: Several conditions known to increase the risk of cardiovascular disease — such as high blood pressure, diabetes and high cholesterol — also increase the risk of developing Alzheimer's. Some autopsy studies show that as many as 80% of individuals with Alzheimer's disease also have cardiovascular disease. A longstanding question is why some people develop hallmark Alzheimer's plaques and tangles but do not develop the symptoms of Alzheimer's. Vascular disease may help researchers eventually find an answer.

Physical Exercise & Diet: Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable part of any overall wellness plan. Current evidence suggests that heart-healthy eating may also help protect the brain. Heart-healthy eating includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best. Two diets that have been studied and may be beneficial to lowering the risk of Alzheimer's are the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet.

- **The DASH diet** emphasizes vegetables, fruits, fat-free or low-fat dairy products, whole grains, fish, poultry, beans, seeds, nuts and vegetable oils and limits sodium, sweets, sugary beverages and red meats.

- **A Mediterranean diet** includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and healthy fats like nuts and olive oil.

Get checked. Early detection matters: If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

Help is available: If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

- Call our 24/7 Helpline: 800.272.3900
- Visit www.alz.org/alzheimers-dementia

Source: Alzheimer's Association

Memoir Writing—

this month's feature by Kareen Bayless

I didn't like her driving. After all, she was behind the wheel of a school bus. Several of the children on that bus were mine. One day I had had enough. I went to the bus office to complain. Before I left the office I had a job as a school bus driver. No, I did not get her job, but then, neither did she. Her route was given to another driver and she was given a less challenging route. You see, we lived on South new Era Road, so after the driver picked up my children she had to enter Highway 99E. I will not go into the entry and exit of New Era Road from and onto 99E at that time, but suffice it to say, it was not safe.

Two weeks later I began my job as school bus driver. I need to preface by saying, I love to drive, so this was a job to which I was greatly looking forward.

Every morning at around 6:30, I would arrive at the bus office to clock in. Then I'd go to my bus, grab a small hammer I kept inside, walk around the bus tapping the tires making sure all were sound and ready to go. Then I'd test the swing out stop arm also making sure it was working and off I'd go for my first round.

My route was in town which made it easy. First on the list were the high schoolers. Then those in the middle school and finally the grade schoolers. I won't say I preferred any school level over another. They were all great.

At around 2:30 in the afternoon I'd show up at the bus office to reverse the trip. First the grade school students, followed by the middle school and lastly the high school.

That was the daily duty of a school bus driver. However, there were extra duties that could be had. Such as toting the rally squad to a ball game, or the speech team to a tournament or members of the German club to a night out. I had driven buses for all those at one point in time. It is about two of those trips I would like to share

with you today, ending with a bit of fun.

First off was the German club's trip to the Rhinelander for a typical German meal. I had never been to the Rhinelander before so was not exactly sure how to get there. I had been in the area so had some idea of where to go. As it turned out, I got lost. Because it was an extra curricular activity at least one parent was on board. I had pulled over to park in a neighborhood I knew was close. The parent got out, walked about, discovered we were but three blocks away.

While she was gone some of the students began to mock me for being lost. I couldn't blame them. Nor could I let them continue. I stood up, turned to face them and then told them that the only ones on the bus who were allowed to laugh at me were the only ones who had never made a mistake or been lost. There was silence on the bus that day.

My second story is about a trip to Tillamook with a load of speech students. Since there were not enough students for a full-sized bus, I was given a smaller one. One I had never driven before. Two problems right off. One, the gas pedal was almost too far away for me to reach. Second, the gas gauge was broken. OK- - - -

Many speech tournaments lasted at least two days. This means the students had to pack sleeping bags, extra blankets, pillow and suitcases or duffel bags. This particular tournament took place in winter. I don't remember if it was before or after Christmas, but I do remember it was cold.

Friday morning I arrived at the bus office, did my usual run through check and pulled up in front of the school. Because the gas gauge was broken an office worker came out to give me a gasoline credit card. The children boarded the bus, equipment in tow and off we went. Up and over the mountain toward Tillamook.

Competition began late that afternoon and early evening. That night the students bedded down in the gym. Competition ran all day Saturday with awards handed out that evening. One more night on the gym floor and off for home Sunday morning. And no, I had a motel room, thank you very much.

I was a few miles out of town when it dawned on me, I had not filled the gas tank. Oops! Luckily there was a gas station a bit further east and again, luckily it was one for which I had the credit card. I pulled in to fill up. Went into the station to pay the bill when a fellow, already in the station, asked if I was going to Portland. I told him yes. He then informed me there was a white-out on the mountain and to be extra careful. That was all I needed.

I got back on the bus, told the students what the man had said. Then I told them to open their sleeping bags, get out their blankets and pillows and their duffles for those who had them, and to wrap them around themselves, that we were heading home. I also asked that those who believed in God to please say a few prayers for guidance and those who did not believe, to please keep quiet. And please, no singing or talking as I needed to concentrate.

Although there was no white out, by the time we crested the mountain, there still was more than enough snow to make one cautious. We went up and over in fine shape thanks to the prayers and some darn careful driving.

As we descended into a snow free zone we passed another school bus that had stalled and pulled over to the side of the road. I pulled over to see, if anything, we could do to help. Needless to say, as I exited the bus my knees about gave up on me. As it turned out that bus had lost it's transmission on the way over the mountain. It was still bitterly cold but at least not snowing. I asked my students if there were any of them willing

to give the students on the other bus their sleeping bags for extra heat. Nearly every one did. I got the name of the school contact person from their driver and headed back to Canby. Once there I had someone make the phone call—remember, this was before cell phones—to get help for the other students, then went home for a much needed rest.

A week later I received a phone call from the Canby Speech Coach, to please come to class that day. When I arrived, there, waiting for me, was a cake sent by the other speech team depicting a broken down school bus and the aid it was given, plus all the returned sleeping bags. Needless to say, that was one experience I will never forget.

I will close with one bit of humor, though it is but one as ferrying a bunch of students of all ages can be quite comical. My route, route 3, was on the north side of town. The only time I crossed the railroad tracks was when I delivered students to Ackerman Middle School and the high school. My last stop for the afternoon run for the grade school was at the intersection of North ivy and Second Street. Darron was a first grader and the last one off the bus. That was his stop.

I looked into the rearview mirror to tell Darron he was home but could not see him. I knew he was on the bus as I had said hello to him when he got on, but where was he? Then I could hear a rustling sound. Here came Darron, on his belly, scooting under all the seats from back to front. When he reached the front of the bus steps he grabbed a pole, still on his belly, crying, "help me, help me, I'm dying" as he slithered head first, down the steps. When he came to he last one he swung his legs around, jumped the last step to the pavement, turned, smiled and waved goodbye.

With that, I will say good bye to all of you from a former school bus driver.

Activities— September 2021

Su	Mon	Tue	Wed	Thu	Fri	Sat
	August 30 10:00 Zoom Fitness with Mindy Canby Schools Back in Session—Watch those School Zones 	August 31 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	1 September 9:00 Quilt with Suzie 10:00 Zoom Fitness with Mindy 1:00 Canasta	2 10:00 Memoir Writing 1:00 Line Dancing 1:00 Cribbage	3 10:00 Zoom Fitness with Mindy 1:00 Pinochle	4
5	6 Labor Day Center Closed 	7 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	8 9:00 Quilt with Suzie 10:00 Zoom Fitness with Mindy 1:00 Attorney Consultations 1:00 Canasta	8 1:00 Line Dancing 1:00 Cribbage	10 10:00 Zoom Fitness with Mindy 1:00 Pinochle	11
12	13 10:00 Zoom Fitness with Mindy 10:00 Footcare-LaVerne 11:00 Geri-Fit Exercise	14 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	15 9:00 Quilt with Suzie 10:00 Zoom Fitness with Mindy 12:30 Annual General Meeting and Board Elections 1:00 Canasta	16 10:00 Memoir Writing 1:00 Line Dancing 1:00 Cribbage	17 10:00 Zoom Fitness with Mindy 1:00 Pinochle	18
19	20 10:00 Zoom Fitness with Mindy 10:00 Footcare-LaVerne	21 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	22 10:00 Newsletter folding 10:00 Zoom Fitness with Mindy 1:00 Canasta	23 1:00 Line Dancing 1:00 Cribbage	24 10:00 Zoom Fitness with Mindy 1:00 Pinochle	25
26	27 8:30 Trip sign up begins 10:00 Zoom Fitness with Mindy	28 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	29 9:00 Quilt with Suzie 10:00 Zoom Fitness with Mindy 1:00 Canasta	30 10:00 Geri-Fit 1:00 Line Dancing 1:00 Cribbage	October 1st 	

This calendar of Center activities is based upon what is currently offered at the time of the printing of this edition of the newsletter, and is subject to change. Thank you for your understanding.

Birthdays & Announcements!

GivingFuel Electronic Donation System Assures Highest Level of Security!

We receive a number of inquiries every year from donors who would prefer to make donations using an electronic donation system rather than writing a check. As we've mentioned in the newsletter over the past few months, we now have a secure and time-tested electronic donation system in place. There have been some inquiries asking just how secure and safe our new donation system is, so please find an assurance directly from GivingFuel below:

... "software is protected by military grade encryption – the same level encryption used by major banks. All transactions are processed, transmitted and store securely on a PCI Compliant network where all your data is securely encrypted several times within our secure data center located in Las Vegas, Nevada – a SSAE-16 certified location. Our PCI Compliance is certified through ControlScan..."

"Our state of the art servers are managed by Switch Communications, the region's newest large scale datacenter and disaster recovery center which has been SAE-16 certified."

Your donation is safe and your bank and donor information is secure when you donate to Canby Adult Center using the GivingFuel electronic donation system. If you have questions regarding GivingFuel electronic donation system, please contact Timpra at 503-266-2970.

September 2021 Birthdays!

- 2 Robert Adrian
- 2 Patricia Davis
- 2 Lykke Estrem
- 3 Florence Ball
- 3 Sylvia Fisher
- 4 Gale Nelson
- 5 Scott Goetchius
- 7 Jone Drury
- 8 Ruth Irons
- 8 Bertha Von Craigh
- 10 Mike Kissner
- 10 Joan Moore
- 11 Bobbi Pfister
- 12 Andrew Valdez
- 12 Butch Hogland
- 13 Millie Blodgett
- 13 Barbara Palmblad
- 14 Chuck Kocher
- 15 Dean Woods
- 15 Edi Pavlicek
- 15 Loren Leshner
- 16 Michael Kissner
- 17 Carol Hyatt
- 16 Gloria Kraft
- 16 Ilene Sanders
- 17 Kirk Clark
- 17 Bonnie Hanson
- 17 Will Newman
- 17 Sharon Rom
- 18 Karen Reynolds



- 21 Cheryl Burgess
- 24 Angela Baker
- 25 Moretta Walls
- 25 Dave May
- 26 Richard Patton
- 28 Nelvia Turner
- 30 Barb Jones
- 30 Darlene Palmer

"Your birthday is the beginning of your own personal New Year..."

Wilfred Peterson



Items for Bingo Raffle Gladly Accepted!

We host bingo in our dining room every Tuesday at 1 pm. Bingo winners receive cash prizes, however, we offer several raffles during the afternoon and those raffle winners get to choose their prize from our raffle selection.

If you have new or like new items you would like to donate as raffle prizes, please leave them at the front desk and we will gladly use them for bingo raffle. Thank you!

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

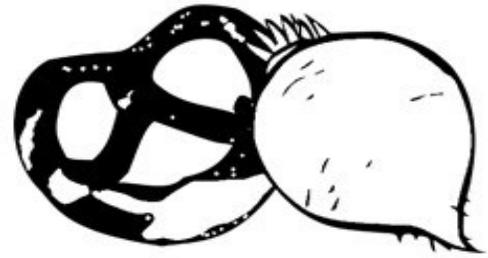
If you sign up to donate your Kroger/Fred Meyer community rewards point to the Friends of Canby Adult Center, they will issue a check to the Center for a percentage of dollars spent from all participants who chose the Center as their non-profit.

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!

Oktoberfest



OKTOBERFEST
BRATWURST
BIERGARTEN
STEIN
ACCORDION

BEER
BAVARIA
MUNICH
SAUERKRAUT
SINGING

DANCING
PRETZELS
RADISH
LEDERHOSEN
BRASS BAND

Source: Monsterwordsearch.com



Around Town

(In case of new mandates, please check with venue before attending)

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 place 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.

The 56th Annual Oktoberfest in Mt. Angel. The Joy of Being Together Again! September 16-19, 2021. Join us September 16-19, 2021. We will hold our 56th Mount Angel Oktoberfest live and in person once again. We will follow applicable gathering rules, but we can't wait to see you all in person once 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/>

Admission: normally \$8 at the gate; the Fair's advance, discount adult admission is just \$5. Plus, you save \$1 on child admission tickets when you buy in advance.

- Adult Admission age 12+ \$8 (\$5 pre-sale)
- Child Admission age 6 thru 11 \$6 (\$5 pre-sale)
- Senior Admission age 65+ \$1 (\$1 pre-sale)

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 back twice a month — September 12 & 26.
8:30 am—11:30 am. Cost is \$7.

Friday Hamburger feeds are 5:30pm - 7:30pm outside on Patio. Cost is \$6 & \$7 and comes with two sides.

Spirit Mountain Presents: The Oak Ridge

Boys- September 11, 2021, 7:00 PM (Gates open at 6:00 PM). Don't miss this American country and gospel vocal quartet live on stage at Spirit Mountain Casino. Rain or shine, the show will go on!

St JOSEF'S Grapestomping Festival - Sat Sept 25 & Sun Sept 26, 2021. 12-5pm. Stomping at 1:30/ 2:30 / 3:30.

The Grapestomping began as the proprietors, Josef & Lilli who emigrated from Germany, wanted to pass on a little bit of the harvest spirit to the Pacific Northwest. Since running a vineyard and winery is a lot of hours and hard work, they believe it is important to start the busy "crush" season off with a lighthearted approach. St Josef's first began having fun with the Grapestomping by hosting locals and neighbors with a small party and dancing in small tubs. It has grown to involve stomping in an 1200 gallon Oak barrel that holds the equivalent 5,000 bottles of wine, lively music and food in a casual, relaxed European atmosphere.

Don't worry about diligent training for the stomping – St Josef's will pick a partner for you're if you are fortunate enough to get selected. Over 400 lbs of special St Josef's recipe sausages & homemade sauerkraut, along with other locally made foods will be available.

St Josef's Winery Labor Day BBQ & Show on the Patio.

Labor Day Sunday BBQ-Sept 5th. We are celebrating the end of the summer season with our annual rib day on the patio. Bistro boards and other bites available. Tasting Room Open from 12-5pm. Food available 12:30-4pm or until we run out. Music 1:30- 4:30.



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
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Mason Diegel	Oliver Korsness	Gretchen Prakken	
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	Karen Krettler		

July/August Donors

Financial Donors: Abbie Allen, Robert & Vicki Breitbarth, John & Linda Calvert, Doris Eide, Michelle Ford, Patty Hatfield, Toni Hvidsten, Arbie Irwin, Gretchen & Michael McCallum, William Pliska, Rackleff Place

In-Kind Donors: Mel Farrington, Michelle Helzer, Margie Means, Gary Needham

Gifts in Memoriam:
Joe & Connie Kalinowski in Memory of Marilyn Cowan
The VanBuskirks in Memory of Howard Mudder
Nancy Holden in Memory of Howard Mudder

New and Renewing Members: Vie Anderson, Steve & Linda Avery, Michele Bechtold, Margaret Brune, Julia Daudt, Elizabeth Dixon, Doris Eide, Roberta & Jesse Elders, David Fife, Sandra Kuehn, Kathy Levy, Glen & JoAnne Mills, Arlene Peterson, Judy Riedel, Joanne Stoehr, Belinda & Darla Walker, Carmen Wiedemann, Raymond Winge, Judy & Les Zettergren

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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



Special thanks to: Wade & Sunya Porter for maintaining our beautiful front garden!

Dennis Elvey for handyman services.

Thanks to Mel Farrington for our new Bingo sign!

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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: _____