



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

March 2022

CENTER STAFF

DIRECTOR
Kathy Robinson
caccdir@canby.com

SUPPORT SERVICES
Timpra McKenzie
timpram@canby.com

CLIENT SERVICES
Wendy May
caccsc@canby.com

FOOD SERVICES
MANAGER
Hurley Baird
CACFSM@canby.com

MEALS ON WHEELS
Jeanne Vodka
cacmow@canby.com
Judy Long
Carol Schultz

TRAVEL COODINATOR
Lynne Bonnell
lynneb@canby.com

WELLNESS PROGRAMS
Mindy Tilden
cacfit@canby.com

ASST FOOD SVCS
Elizabeth Luchini

KITCHEN UTILITY
Beth Millican
Ralene Tennis
Kathy Levy

KITCHEN ASSISTANTS
June Nice
Carol Clark

TRANSPORTATION
Frank Hosford
Scott Goetchius

CUSTODIAN
Carol Clark

BUILDING MONITORS
June Nice
Carol Clark

www.canbyadultcenter.org
503-266-2970
Fax 503-263-6192
PO Box 10 1250 S Ivy
Canby, OR 97013

Welcome from the Director

Dear friends,

I am almost afraid to say this “out loud”, but it is starting to look as if we are learning to live—carefully—with COVID. With the State of Oregon’s recent announcement about lifting the mask mandate as of March 31st, we are cautiously making plans to rev the CAC machine back up to full capacity over the next couple of months.

Please bear with us through this transition period: We have lost some instructors and service providers, as well as many, many volunteers. People move away or take on other hobbies, or simply don’t feel they can make the same commitments as pre-COVID. Some speakers, volunteers and clients may not be comfortable returning to “in-person” activities just yet, so at least initially, some things will not look the same as they did in March 2020. Rest assured that we are doing everything that we can to provide the best service possible, for as many people as possible.

On a related note: We are currently working with Orangewall architects, together with the City of Canby, on plans for an updated, upgraded building. While we are in the very early stages of that planning, you can expect to see some bigger changes in the coming year or two. Its time to make sure that this 1980s building is ready for 21st century challenges and needs.

Hope to see you soon —Kathy

Breakfast to benefit Meals on Wheels

The American Legion Auxiliary will once again host a Sunday breakfast to benefit CAC’s home delivered meals program. **Sunday, March 6th**, from 8:30—11:30 am at the American Legion, 424 NW 1st Avenue in Canby. A HUGE breakfast, including eggs made your way, choice of breakfast meat, hash browns, pancakes and plenty of fixings, all for just \$7! Prepared by Suzie Voss and her crew, and served up by CAC staff. All proceeds to benefit home-delivered meals for older adults in Canby, so come on out for a great breakfast!

We still need volunteers!

If you’ve ever thought of volunteering with us, now is the time: We are in need of regular kitchen volunteers, to work a weekly shift from 10:00 am—1:00 pm. We can also use a couple of hosts/hostesses to serve hot tea in the dining room. Must be able to work on your feet for several hours. Please call and ask for Timpra or Kathy.

Re-staffing our volunteer pool is a necessity before we are able to offer a full slate of services once again.

JOIN US FOR LUNCH!!

Yes, we really mean it! For the month of March, we will REOPEN the dining room on Wednesdays and Thursdays. We will remain at 50% capacity and only seat those who have made an advance reservation. This means a maximum of 48 people a day. Please see page 4 for more details on how we plan to manage this partial reopening safely.

We can’t WAIT to see you all!!!

AARP Tax Clinic Update

The good news is: The AARP tax volunteers are back! The bad news is: All of the appointments are currently fully booked.:(. As of this writing, all other area centers are fully booked as well. Those who haven’t yet made an appointment are advised to make other arrangements to complete 2021 taxes.

Thank you for your understanding!

Don’t forget to spring forward!

This is the tough one—don’t forget to set your clocks FORWARD one hour on Sunday, March 13th. This means you lose an hour of sleep that morning, but the late afternoon daylight will be worth it!

Center Services Available in March

Client Services Available in March as of the printing of 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

If you have signed up for lunch and need a ride, please call between 8:30—9:00 a.m. on the morning of your reserved day to request a ride to the Center for lunch. We will return you safely home after lunch!

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.

As a volunteer based program 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. Trip fees vary and bus donations are always gladly accepted. Trip schedule and details are on page 8.

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, until the mask mandate is lifted. Line Dancers meet Thursdays at 1 pm—mask required.

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

These are currently available at the Center

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

- * Bingo
- * Pinochle & Cribbage
- * 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 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 and 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.

Notary Services Available: We offer Notary Services. The Notary is not an attorney licensed to practice law and is not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee. **Appointment required.** Contact Wendy May at 503 266 2970 for an appointment. We reserve the right to refuse service. This is a free service, donations to Canby Adult Center accepted.

Exercise — Live with Mindy! Classes are 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 & Balance, with emphasis on safety since you’re working out at home. If you want to sign up send an e-mail to Kathy at: cacdir@canby.com. You need: A computer with monitor and sound, or an iPad, with internet access. (Smartphones also work.)

Center Services Available in March

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

Usually the 2nd Wednesday of each month, an attorney will meet with you at the Center for a free 30 minute consultation. This month, we are taking appointments for Wednesday, March 9th. 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.

Blood Pressure Checks— suspended until meals and in-person exercise class services resume. Please check this space for updates!

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 **March 7th and 14th**. This service includes a foot soak, nail trim and callus removal. \$15 Please provide your own foot tub and towel. **Please note that this service is in high demand and currently booked out three months.**

Fort Kennedy—Veteran's Assistance Program – HAVEN (Helping All Veterans Experience Normalcy)

Representatives of Fort Kennedy are at the Center at least once per month, to help assist veterans to move forward in their life after military service. Areas of assistance include transitional housing, shelter for homeless service men and woman; support through employment, family counseling, and help with benefits. This month, Tuesday, March 15th, from 1—3:00 pm.

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.

AARP Free Tax Clinic (seasonal)

This service is provided through AARP volunteers. Appointments are usually taken beginning mid-January for tax services that run February through mid-April. **As of the time of printing, this service is fully booked for the 2022 tax season.**

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 our bingo 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 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!

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 2021-2022

CHAIR

William Reif

billr@equitygroupteam.com
(Term ends Sept 2022)

Vice-Chair

Brenda Mootz

mootzb@canby.com
(Term ends Sept 2023)

Treasurer

Alex Vice

director@rackleffplace.net
(Term ends Sept 2024)

Secretary

Ruth Howard

frhoward6680@gmail.com
(Term ends Sept 2023)

Dave May

dmay@utep.edu
(Term ends Sept 2022)

Millie Reser

softballlady63@gmail.com
(Term ends Sept 2022)

Loren Bell

loren@canbylawfirm.com
(Term ends Sept 2023)

Pat Schauer

patrick.schauer@yahoo.com
(Term ends Sept 2024)

Matt English

menglish@canbyfire.org
(Term ends Sept 2024)

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 - February 9, 2022

Directors present:: William Reif, Brenda Mootz, David May, Millie Reser, Pat Schauer, Alex Vice, Matt English and Ruth Howard

Directors Excused: Loren Bell **Staff present:** Kathy Robinson

Guests present: City Liaison, Greg Parker

The meeting was called to order by Chair Bill Reif at 1pm. It was established there was a quorum; a motion was made by Brenda Mootz to approve the minutes from January 12, 2022. Alex Vice seconded the motion and it passed unanimously.

City Liaison: Greg Parker updated us on City projects. Projects include 10 new bus transit stations along 99E, railroad quiet zone completion, Canby Arch, Ivy Street sidewalks, and finalization of the city park master plan.

Financial Report: Report available upon request.

Alex Vice shared the report and noted that available funds remain strong, although we did experience some loss over previous months.

Director's Report: Report available upon request.

Kathy shared information on client services and programs, fundraising, events, administration, staffing, budget, and strategic goals.

Old Business: Kathy updated the BOD on the Orange Wall proposal. At the request of the BOD Kathy will reach out to Scott Archer to discuss whether the City might consider including seismic upgrades in the upcoming structural analysis. The BOD discussed the potential for the Adult Center to become a community resource during natural disasters if the building is fortified. There was discussion about a possible new hire for the kitchen and reopening the dining room Wednesdays and Thursdays beginning in March. The Board concurred in both cases.

New Business: There was no new business.

Meeting Adjourned: At 1:55pm a motion was made to adjourn. Motion passed unanimously and the meeting was adjourned. The next meeting will be held March 9th at 1pm.

Respectfully submitted by Ruth Howard, Secretary

(Limited) lunch service is back!

Following the success of our in-person Holiday lunch, and with Omicron (hopefully) mostly behind us, the Board has approved a partial re-opening of the dining room beginning in March—hooray! We will serve hot lunches in the dining room on Wednesdays and Thursdays, starting March 2nd, with a maximum of 48 seated per day. For now, the following applies:

- ◆ You MUST call in to sign up for a spot in advance. We will not assign tables, but we WILL limit seating to 48 people, 4 to a table.
- ◆ We will take bookings every week starting on the Monday before the meals service. Please do not attempt to book multiple weeks in advance. We will not make reminder calls.
- ◆ For at least the first week or two, please just sign up for one meal per week. We need to provide the opportunity to everyone to come in at least once a week. If you are seated on a Wednesday and wish to also come on Thursday, you may call after 2:00 pm on Wednesday afternoon to see if there is a spot available.
- ◆ Please do not come to lunch any earlier than 11:30 am. We will need to transition some of our current MOW practices back to pre-COVID, and it will take some time to shift back.
- ◆ If you are a MOW client, PLEASE MAKE NOTE OF IT - when you call to make a dining room reservation, Jeanne will remove you from the delivery schedule on that day.
- ◆ Masks are required until you are seated, until the mandate is lifted.

We truly hope this is a very temporary measure. If the mask mandate is lifted as planned, we hope to rapidly scale back up to full operations by April/May. When the dining room is reopened four days/week, "temporary" MOW clients will be asked to decide whether they wish to return to the dining room or remain on MOW—we will not be able to accommodate "hybrids" who use both services once we are fully reopened.

March Announcements

VOLUNTEER OPPORTUNITIES AVAILABLE!

VOLUNTEERS NEEDED FOR TRP PROGRAM:

TRP (Transportation Reaching People) is looking for volunteer drivers. Drive as much or as little as you wish. Mileage reimbursement is available. Volunteer drivers are needed to help transport clients from Canby to Clackamas, Multnomah and Washington county medical appointments .

Please contact Wendy May for more information on this volunteer opportunity by calling 503 266 2970 or by email at caccsc@canby.com.

MONEY MANAGEMENT PROGRAM SEEKING VOLUNTEERS NOW!

The Clackamas County Oregon Money Management Program (MMP) assists older adults and individuals living with disabilities who need financial help with budgeting, balancing checkbooks, or bill paying. Participants live with limited income and assets, and often have no one in their lives to help them. MMP volunteers help make it possible people to live independently, help protect them from financial abuse, and preserve their dignity. This service is offered free of charge to eligible individuals. Volunteer positions vary in flexibility and can occur in office or at home, depending on the position.

The Money Management Program office is located at: 2051 Kaen Rd Oregon City OR 97045. For more information, call [\(503\) 650-5623](tel:5036505623) or email: ommp@clackamas.us Service is provided in consumers home, in the community, on site or by telephone.

The 3rd day of the 3rd Month is... National "Simplify Your Life Day!"

According to "Psychology Today" simplifying your life is important because everything in your life takes up space. Whether it's [mental space](#), physical space, or calendar space, you only have so much room. Here is one "simple" change to "simplify" your life:

Declutter your house. Your environment affects how you feel **physically and psychologically**. Whether you waste time looking for misplaced items, or you grow overwhelmed every time you open your closet, having too much stuff wastes your resources. **A clean, organized space helps you feel more productive and energetic** than when you're living among heaps of clothes, stacks of papers, and piles of dishes. When you have fewer items to worry about, you'll feel lighter. You'll also have the energy to care for the items that you keep!

Start decluttering one room at a time, and see for yourself how much better you feel when you get rid of things you don't need.

Quilting Group Continues in March

We're working on finishing up our projects OR bring your own. Our projects are charity for children and veterans. Upcoming classes are March **2nd, 9th, 16th and 30th**. We're always happy to see new faces.

Many thanks to all the individuals who have donated fabric and supplies to the quilting group for our charity quilt projects!



BINGO Every Tuesday
Packet sales open at 12:15
Games begin promptly at 1 pm.

Regular games: 1 packet \$5, 2 packets \$8, 3 packets \$10

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

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

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



**WELCOME
BACK
FRIENDS!!**

Please remember that while we are looking forward to seeing old friends and meeting new ones when we reopen our doors, please **check in at the front desk when you arrive in the building—do NOT proceed directly to an employee office**. They may be on the phone, with a client or involved in confidential work.

Additionally, if you are in the building for lunch, you will now be able to **sign yourself in** using our new "MySeniorCenter" program which is an electronic system used to check in—we no longer have "lunch tickets" distributed by a registrar. This saves time and paper. The electronic system will automatically generate the reports we need regarding our lunch attendance. How it saves paper? We no longer need to use lunch tickets OR paper sign-ins!

Thank you for your help in learning this new system. If you have questions, our receptionists are happy to help you—please just ask!

FUN FACTS: Did you know...every ton of recycled paper saves about 17 trees!!
A Panda Bear's diet is 99% bamboo!

March Speakers & Events

Special Information About Virtual Meetings

CAC offers virtual meetings and webinars through various service providers. To participate in a virtual meeting, you will be asked to sign up via e-mail, directly with the service provider. While these providers are generally known to us as reputable, they may send you promotional materials about paid services that they offer, as a result of your participation in their meeting. You are under no obligation to pay for any services. You can ask to be taken off their contact list at any time. If you receive an e-mail, text or other communication that you are not sure about, contact Client Services Coordinator Wendy May at the Center—503-266-2970

FREE TECHNOLOGY



The Aging and Disability Resource Connection (ADRC) of Oregon in partnership with Access Technologies, Inc. is providing free computers, tables and robotic pets to eligible participants. Participants complete a survey once per month for six months to give feedback on how the technology has improved their wellbeing. There is no cost to participate in this program and participants may keep the computer, tablet or robotic pet.

For more information and to see if you're eligible, contact the ADRC at 1 855 673 2372

Free At-Home COVID-19 Tests: General Public

COVIDTESTS.GOV: 4 free test delivered at no charge to residential addresses. To order call 1 800 232 0233 or order online at [COVIDtests.gov](https://www.covidtests.gov)

Vaccine Scheduling: Local Opportunities in Clackamas County – visit [Clackamas.us/coronavirus/vaccine](https://www.clackamas.us/coronavirus/vaccine) Schedule via Email at COVIDvaccine@clackamas.us Or call 503 655 8224 (Mon-Fri 8 am – 5pm)

Register to receive notifications for appointment availability at [GetVaccinated.Oregon.gov](https://www.getvaccinated.oregon.gov)

Vaccine Clinics through March 2022: Walk-ins available, while vaccine supplies last, and within 30-minutes of clinic closing time. Schedule appointments on line: <https://web3.clackamas.us/schedule/start.jsp?type=phvac>

Mondays 2 pm-7pm: Molalla United Methodist Church
111 S Mathias Rd Molalla

Tuesdays 2 pm – 8 pm: Canby Foursquare Church
2350 SE Territorial Rd Canby

Thursdays 3 pm-7 pm: Providence Willamette Falls
Community Center 519 15th St Oregon City OR

Wednesday – Saturday 11-am-7pm Clackamas Town
Center 12000 SE 82nd Ave Happy Valley (2nd floor next
to LensCrafters)

IMPORTANT INFORMATION REGARDING Medicare Advantage Open Enrollment

The Medicare Advantage Open Enrollment Period is when **Medicare Advantage plan members can change plans**. It runs from January 1 to March 31.

The changes you can make during Medicare Advantage Open Enrollment are similar to those you can make during the Medicare Annual Enrollment Period. It basically gives you another opportunity to get the coverage you want and need.

The main difference between Medicare Advantage Open Enrollment and Medicare Annual Enrollment is **who can use each one**. Medicare Annual Enrollment is when anyone who has Medicare can make coverage changes for the upcoming year, while Medicare Advantage Open Enrollment is only for people who are currently enrolled in a Medicare Advantage plan.

Another difference between the two is the timing. Medicare Annual Enrollment is October 15 - December 7, while Medicare Advantage Open Enrollment is January 1 - March 31. Both happen every year.

Do you have a Medicare Advantage plan? This enrollment period gives you a chance to revisit your plan choice and make changes if you need to. The changes you can make include the following:

- **Switch** to a different Medicare Advantage plan (Part C).
- **Drop** your Medicare Advantage plan and go back to Original Medicare (Parts A & B).

Enroll in a Medicare prescription drug plan (Part D), if you go back to Original Medicare.

How to Get Ready for Medicare Advantage Open Enrollment— Whether you recently enrolled or have had your Medicare Advantage plan for years, you can take this opportunity to confirm - or change - your plan choice. Think about your experiences using your plan and review your plan benefits. How does your plan stack up in the following areas?

- Your doctor and other providers are in the plan network.
- Your prescription drugs are on the plan formulary.
- You are comfortable with your costs, including premiums, deductibles, copays, and coinsurance.
- You have the additional coverage that you want for things like dental, vision, and hearing care. You are happy with your plan's additional benefits such as fitness programs, mail-order pharmacy, nurse line, and other wellness services.

If you decide to make a change, you have from January 1 - March 31 to do it. You can explore other plan options. Your new plan benefits will be in effect for the rest of the year.

If you need assistance with Medicare Advantage Enrollment, contact SHIBA at 503 655 8269 Option 4.

Do you need Virtual & Phone Tech Help? Call Senior Planet—a Tech Hotline at 720 776 0233

“Apple Addicts” - Dave Taenzer will assist you in a small group on Zoom. Visit <https://seniorplanet.org/locations/colorado> at 9:30 AM - Tuesdays for help with iPhones & iPads and 9:30 AM - Thursdays for help with Mac laptops & desktops. **Things not Apple** (Google, Gmail, PC, laptops and desktops) John Rough will assist you individually during a **30-minute appointment on Fridays between 10 am and 12 noon**. Email colorado@seniorplanet.org for an appointment. Learn Zoom Video Conferencing: Call **920-666-1959** for tech support

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**



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



Save the Date—

The National Alliance on Mental Health (NAMI) is needed now more than ever! Your support allows NAMI to offer programs at no cost to those who need them. Mental health matters and no one should be embarrassed to ask for help. Save the date, May 22nd, for this fundraising walk and read all the details in upcoming newsletters. Register now at <https://www.namiwalks.org/> or by contacting **Michelle Madison 503 230 8009** michelle@namior.org



Self-help groups bring people together who share common life experiences for support, education and mutual aid. Benefits of participating in a self-help group include:

- Learning new information and strategies for confronting problems.
- Finding support from others.
- The opportunity to help others.
- Feeling empowered and more self-confident in coping with challenges.

National MS Society self-help groups focus on support, advocacy, education, wellness or may be more social in nature. Some groups also serve specific populations, such as young adults, parents with MS or care-partners. Other groups may have a specific focus, such as physical activity, wellness or healthy living.

People come together at self-help groups to lift each other up through personal struggles and encourage each other to try new things and live each day to its full potential. Learn more about the sense of

community and the power of connection offered at National MS Society groups.

Find a group in your area here, or to talk to someone about establishing a group, contact an [MS Navigator](#) at 1-800-344-4867 or [online](#).

Online communities provide people affected by multiple sclerosis the support, information and connections they need — when they need them. Communities are led by trained volunteers who assist in posting and ensuring community members have access to resources like the Society's [MS Navigator®](#) program, Case Management and crisis resources.

These communities are open to all people affected by multiple sclerosis and offer organic opportunities to give and receive support in a safe environment include access to on-demand educational content and resources

Community members can expect an environment that respects privacy and is free of hate speech, bullying and spamming. For more information, please see a complete list of the [Society's social media guidelines](#) at <https://www.nationalmssociety.org/Resources-Support/Find-Support/Online-Communities>.



Oregon City Transferless Service Complimentary Paratransit Service

CAT's Dial-A-Ride program provides a transferless service between Canby and Oregon City. The Oregon City Transferless Service is an extension of the CAT Dial-A-Ride program provided only to riders who are eligible for **CAT's Complimentary Paratransit Service (CPS)**.

Rides are provided between the CAT Dial-A-Ride service area and the city limits of Oregon City on weekdays between 6am and 8pm. The service provides for limited trip purposes which include: medical, employment, education, social services, court or legal appointments. Riders traveling to Oregon City for purposes other than those listed above can get to their destinations by transferring to the TriMet LIFT program at the Oregon City Transit Center. TriMet provides Complimentary Paratransit Services via its LIFT program and fixed-route service in Oregon City with TriMet public transit connections to rest of the Metro Area.

For more information about the transferless service and other Dial-A-Ride programs call 503.266.4022 (select option 2). For trip planning assistance using CAT and/or connecting to public transit options in our region call 503.266.0717 or email cat@canbyoregon.gov. For information about the TriMet LIFT program, how to apply or to schedule a ride call 503.962.8000; or for bus line information call 503.238.7433.

March Trips—2022

TRIPS GUIDANCE :

Please take note of the following procedures:

Trips sign-up begin the last Monday of the month prior, **except as noted.**

Phone Bookings accepted **only** for trips **without pre-payment.**

You may sign up only yourself and **one other family member.**

Clearly note any mobility device needed, i.e., walker, scooter, wheelchair, etc.

Trips involving advance ticket booking by the Center, or a required bus fee **MUST** be paid in advance before your name goes on the list.

If you must cancel on a pre-paid trip, we will reimburse any transportation fee collected; we will reimburse for prepaid tickets **ONLY** if we have another traveler ready to take your place.

Seniors (age 60+) and caregivers receive first priority for trips. Under 60 travelers may attend if space permits.

Travelers are allowed to sign up for a maximum of **two** trips the first day of sign-ups; come back on subsequent days (Tuesday and beyond) to sign up for trips that still have open spots.

The above is general guidance; CAC reserves the right to modify procedures to fit individual trip or client needs

Canby Adult Center reserves the right to refuse service to anyone not complying with all the elements of our Code of Conduct.
Thank you for your cooperation!

CURRENT COVID 19 REQUIREMENTS for MARCH TRIPS: FACE MASKS REQUIRED for duration of trip on the bus; Limited to 12 passengers per bus trip. Sign ups are **in person beginning Monday, February 28th, between 8:30 am and noon.** After noon, you may sign up with the receptionist. Please call 503-266-2970 if you have questions on trip sign up due to weather.

March Trip Offerings 2022

The Dullahan Irish Pub

March 3, 2022

Come with us to celebrate St Patrick's Day month with a pint of Irish ale and dinner. This is a family run restaurant that welcomes everyone in true Irish spirit. The Pub is family friendly, and has good food with fantastic drink options for everyone. Checkout Dullahan's Irish Pub website for menu items and prices. Bring money for dinner.

Depart: 4:30pm

Return to Center 8:30pm

Bus Fee: \$5.00

Woodburn Shopping Spree and Lunch

March 7, 2022

It's a good time to get those bargains, some groceries or just ride along for fun and visiting. We'll begin at Goodwill, stop for lunch, and then finish with Walmart before heading back to the center. Bring money for lunch and shopping.

Depart: 9:30am

Return to Center 3pm

Cost: Donations Accepted

Lincoln City-beach walk or Casino! (let's try again)

March 22, 2022

Here we go to the beach! We'll walk the beach, go to lunch together, and do some shopping before leaving town. If your tastes are more for the casino life, we'll drop you off to play the day away and pick you up just before we leave town. Bring money for the casino and/or lunch.

Depart: 9am

Return to Center 5:30pm

Bus Fee: 10.00 (pay at sign up)

Wooden Shoe Tulip Festival and Lunch

March 29, 2022

We are excited to go back to some of your favorite activities this 2022 season! Take a walk or ride through the tulips, visit the gift shops, order some bulbs, or just try out some of the tasty vendor offered treats. Bring money for lunch after.

Depart: 10:30am

Return to Center 2pm

Cost: Donations Accepted

Did you know... there is an official "National Anthem Day" – Thursday, March 3rd!

March 3rd is National Anthem Day and commemorates the day when, in 1931, "The Star-Spangled Banner" was adopted as the United States' National Anthem, a symbol of American patriotism. On March 3rd, 1931, Congress passed an act confirming "The Star-Spangled Banner" as the National Anthem, which was signed into law by President Hoover.

The song was originally a poem written by Francis Scott Key in 1814 which was titled "The Defence of Fort M'Henry". Francis Scott Key was an American lawyer and amateur poet, serving in the Georgetown Light Field Artillery. On September 13, 1814, the British bombarded Fort McHenry with over 1500 cannon shots. It is claimed that the explosions could be heard as far as Philadelphia. Key witnessed this attack aboard a ship that was eight miles away. Even after a whole day of attacking the fort, the British were unable to destroy it and retreated. In the morning, Francis Scott Key was amazed to see the American flag still standing proud, undestroyed, at Fort McHenry. This inspired him to write a poem in tribute to the American flag and the country for which it stands, titled "The Defence of Fort M'Henry".

The song grew in popularity throughout the 19th century, and eventually became known as "The Star-Spangled Banner". Many branches of the United States Armed Forces used "The Star-Spangled Banner" as their official song during the 19th century. In 1916 President Woodrow Wilson signed an order that stated the song should be played at military events in an official capacity. In 1930, Veterans of Foreign Wars started a petition for "The Star-Spangled Banner" to be recognized as the United States' National Anthem.

Healthy Body—Healthy You!

We are marching right into March already, and it's bringing big changes! (More to come on that soon). This month we're talking about Multiple Sclerosis. Lots of information out there, read on for more info! I hope to see you all in person soon—Mindy

Understanding Multiple Sclerosis (MS)

In MS, the body's immune system attacks nerves in the brain and spinal cord. Experts don't know what causes MS, but they have identified trends in who gets it.

Things to know:

- Most MS patients are diagnosed between ages 20 and 50.
 - Vision problems are often the first symptom.
 - About four in five patients have relapsing-remitting MS, marked by alternating periods of symptoms and recovery.
 - MS symptoms vary widely from patient to patient.
- Most MS patients see symptoms worsen over time, but most can expect a nearly normal life span.

What IS Multiple Sclerosis?

An autoimmune disease: Multiple sclerosis is an autoimmune disease. This means the immune system attacks the body's own tissues. In MS, immune system cells attacks myelin, the sheath that covers nerve fibers in the brain and spinal cord (the central nervous system).

Myelin and sclerosis: Myelin is the sleeve of fatty tissue that protects and insulates nerve fibers, like insulation around a wire. Myelin helps electrical signals travel along nerve fibers. Damage to myelin and nerve fibers is called demyelination. The scar tissue that results is called sclerosis.

Disrupted signals: The damage can slow or block the electrical signals that carry information between the central nervous system and the rest of the body. That can cause problems with vision, movement, muscle strength, coordination and thinking.

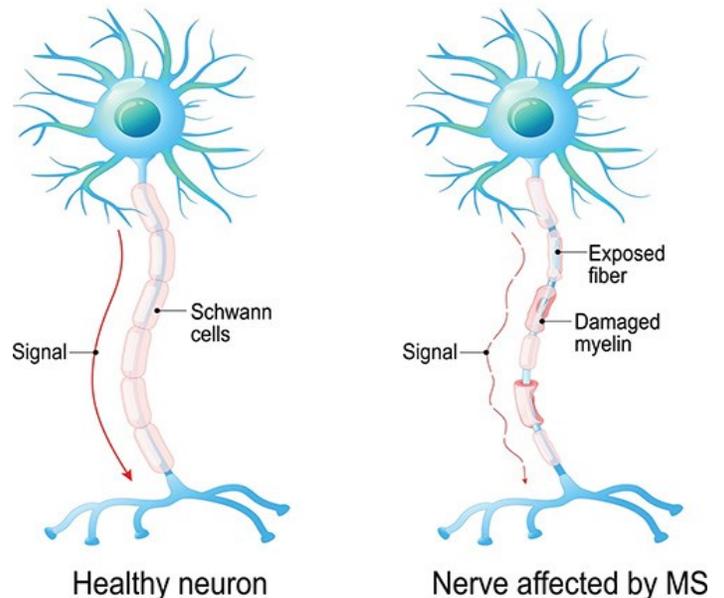
Outcomes vary: Symptoms and how fast the disease worsens vary from patient to patient. Some people have few or mild symptoms. Some have months or years with few or no symptoms. For others, MS becomes disabling. MS cannot be cured yet, but treatments can slow the disease and manage symptoms. Most patients can expect a nearly normal life span.

Symptoms of Multiple Sclerosis

Multiple sclerosis can cause many symptoms that can come and go. You might have some symptoms but not all. Many symptoms can be managed with medication or rehabilitation. Common signs of MS include:

- Vision problems (often the first sign of MS) such as blurry or double vision
- Fatigue
- Trouble walking
- Problems with balance and coordination
- Muscle weakness in arms and legs
- Numbness or tingling on your face, body, arms and legs
- Feelings of stiffness and involuntary muscle spasms
- Dizziness or vertigo
- Bladder and bowel problems
- Emotional reactions, including irritability or uncontrollable laughing or crying; depression

Multiple Sclerosis



Diagnosing Multiple Sclerosis

There is no single test for multiple sclerosis. Experts diagnose MS by assessing your symptoms, taking detailed scans and ruling out other conditions.

For an MS diagnosis, your doctor must:

- Rule out other conditions.
- Find damage in at least two areas of the brain or spinal cord.
- Find signs that the damage occurred at different times.

Multiple Sclerosis Treatment

Medications can help slow or change the progress of MS. Medications and other treatments can also manage relapses and ease symptoms.

Disease-modifying medications can help lessen damage and delay disability in early stages of MS. More than a dozen medications can slow or modify relapsing forms of MS. One medication, ocrelizumab (Ocrevus), treats relapsing forms and primary-progressive MS.

Bottom Line:

Research indicates that the average life expectancy of people with MS is about seven years less than the general population because of disease complications or other medical conditions. Many of these complications are preventable or manageable. Attention to overall health and wellness can help reduce the risk of other medical conditions, such as heart disease and stroke, that can contribute to a shortened life expectancy.

Source: OHSU & National MS Society

Memoir Writing—

The first and third Thursday of each month at 10 am, Classroom 2. Join us!

Places Remembered

Eva Graves—February 2022

Canby hasn't been my home long enough to know the history of the business establishments that have come and gone, and the reasons why, so I decided to write about one that was founded in 1928, and is still here serving its residents.

When first moving here, I always wondered why so many of the people I met and talked to were doing their shopping at Cutsforth's Thriftway, when I had found their prices to be higher than the other grocery stores in Canby. I had always judged the best store to shop in as the one with the least expensive prices, but since then, I have come to understand price to be only one of the many reasons people choose one store over another. The people living in Canby and patronizing Cutsforth's for more than 80 years assuredly desired more in their shopping experiences than cheap prices.

Cutsforth's Market had many satisfied customers, and there were many reasons why, that I have since experienced first-hand for the reason they had been a permanent fixture here in the life of Canby.

They provided a small town, friendly atmosphere with a wide variety of different services. Not only could you find all you need at one convenient stop, but you could have a cup of coffee and visit with some friends while waiting for them to decorate a birthday cake for a family member. In case you forgot a gift, you could also find many to choose from without going to another store.

They have a great salad bar and other menu items, a delicatessen, a bakery, and in the back, beer on tap. The convenience of so many specialized services that arrays their store, brings many in to take advantage of all they offer, and is an amazing asset that saves time from having to travel to many different places.

This family owned business goes above and beyond in providing a clean store, a friend and helpful staff, quick service, a wide variety of fresh products, and employees that seem to be happy to be serving the town of Canby. I would not be surprised if the Cutsforth's family is still here in Canby serving their satisfied customers in another 80 years from now. I guess they know it's all about the customer! And me! I go to Cutsforth's for their giant peanut butter cookies dipped in chocolate. And I have the 5 extra pounds to prove it!

THE WINTER STORM OF 2021

Gloria Randolph

Ever wonder how your life can change overnight? Toss in a late winter storm with ice and snow for starters! Like the one we had around Valentines Day 2021.

Most of us went to bed fat, dumb and happy and not a care in the world; Woke up to cold rooms and ice frozen to the windows outside & freezing temperatures. To make matters worse no electricity, phone service or wi-fi to run the computers and NO HOT COFFEE to start the day. Just like being poor again was my first thought and dose of reality!

To make matters worse as the temperature dropped the 2nd day so did my spirits and I found myself having a one person pity party. The harsh realization that it wasn't going to get better prompted me to put more layers of clothes on to maintain body heat and that included a wool watch cap on my head & heavy boot socks & scarves around my neck. By noon I looked like an upholstered water tank rumbling around the darkened rooms.

Too ashamed of my appearance to even go get my mail in the lobby I waited til after 8:30 p.m. that night hoping everyone was sleeping or medicated to venture out into the hallway. Funny thing is I met two other residents en route who looked the same as me and we turned our flashlights to the walls to avoid laughing out loud at our getups! Had to leave the mail reading to daylight hours and avoid precious battery drain on my flashlight.

By Sunday my activities & entertainment was just a memory, so I kept a log of "ice activity dropping from the branches and how many birds ventured out to the feeders." Even the lady with the gaily colored red sweater going to the dumpster earned a line in my logbook. How the sight of you brightened my day!!

Life is tedious without all the activities we cram into daily living plus the every day conveniences we have come to expect upon awakening for the day....central heat, warm water, hot food and coffee just to name a few. It brings out the "pioneer spirit" in some and sheer desperation in others. I guess I fall into the last category.

Right now I look forward to spring with the arrival of seed catalogs and flowers for a summertime patio with gentle winds blowing in a cobalt blue sky. Good bye Old Man Winter, you were so unkind with all your mischief this year!!

Have you thought about joining our memoir writing class? The class facilitator provides a prompt. Everyone has a story—do you want to share yours? We publish some of the stories that are submitted by class members.

Memoir writing can help:

Create an overview of your accomplishments.

Provide gratitude for what you have.

Keep your mind sharp.

Identify your strengths.

Motivate you for the future

“There comes a point in your life when you need to stop reading other people’s books and write your own.”

- Albert Einstein

The views and beliefs shared in these memoir stories are those of the authors, and do not necessarily reflect any policy or position of the Canby Adult Center

Newsworthy

New Information on Medication Assistance Programs

Did you know that there are commercial, federal, and state programs that can help reduce the financial burden of medications? Below are some programs and resources that you may find helpful:

Good Rx

Good Rx is a website where individuals can type in the name of their prescription as well as their current location to find the lowest prices available at retail pharmacies in their area. Good Rx also offers coupons for certain medications and has a discount card that anyone can order. Prices and discounts on Good Rx may be cheaper than insurance co-pays and the service is free. To access savings at Good Rx, go to www.GoodRx.com

Needy Meds

Need meds is also a free service and in addition to providing information on lowest prices at local pharmacies, the site will also let an individual know if there are prescription assistance programs available for brand name drugs. Needy Meds also provides information on pharmacy discounts on generic medications, as well as informational videos for medications. Visit www.needymeds.org.

Pharmaceutical Company Patient Assistance Programs

Assistance programs for brand name drugs can also be found on pharmaceutical companies websites. Visit the name brand companies websites for more information. Your pharmacist or medical provider may be able to direct you to the assistance as well.

Senior Health Insurance Benefits Assistance (SHIBA)

SHIBA Volunteers can help individuals select a Medicare Part D plan that best meets their prescription needs to avoid gaps in coverage. To connect with your local SHIBA team visit www.shiba.oregon.gov or call 1 800 722 4134

State Prescription Drug Programs

Both Oregon and Washington offer prescription discount cards for all residents, regardless of age or income. The discount card is available to those who are uninsured or underinsured for prescription drug coverage. To enroll in Oregon's program, call 1 800 913 4146.

Source:

WWW.PARKINSONSRESOURCES.ORG

First Quarter Newsletter 2022

CAC "Greeters" Needed...

NEW Volunteer Opportunity!

Greeters will be present in the lobby during the hours of 10 am to noon Monday, Wednesday, Thursday and Friday, to greet people as they come into the Center. The goal is to welcome newcomers and help them navigate their way through the center for services and recreation. This is a seated position that may require some standing and walking through the Center. Complete a CAC volunteer application form to let us know of your interest in this volunteer opportunity.

Join the:

Grow This! Oregon Garden Challenge



From microgreens to pole beans! Home gardening is part of Oregon's history, but more than ever before, Oregonians can benefit from growing gardens and sharing garden knowledge and skills. The **Grow This! Oregon Garden Challenge** is a call to action to families, schools and other groups to garden together and eat what we grow.

What is the 2022 Challenge? Anyone can join using their own seeds! While supplies last, Oregonians who sign up and request seeds will be mailed seeds free of charge: Garden videos, tips and how-to-handouts are posted weekly on the Food Hero Facebook page and added to the Food Hero garden tips website page (foodhero.org/garden-tips).

Join virtual visits to Oregon potato farms to learn about planting and harvesting from Oregon farmers!

Once a month, Oregon State University garden nutrition and bee experts will email participants a fun letter with new, simple ideas for growing: tips on harvesting, seed-starting, seed-saving and pollinators: recipes; and more.

Who can join? Anyone from anywhere can join the Challenge! Current participants are the first invited to sign up for the following year.

Want to know more? Watch a 30-second video on <https://foodhero.org/growthis>

Leave a phone message: 541 737 1017 or

Email: food.hero@oregonstate.edu

Source: foodhero.org/growthis

Are You Considering Planting a Garden this year?



According to the OSU Extension website, March is **not too early** to think about **planning AND planting** your vegetable garden. The OSU extension recommends:

- **Planning your vegetable garden** carefully for spring, summer and fall vegetables that can be eaten fresh or preserved. **If you lack in-ground gardening space, plan and plant an outdoor container garden!**
- If the soil is dry enough, prepare your vegetable garden and plant **early cool-season crops** (such as carrots, beets, broccoli, leeks, parsley, chives, rhubarb, peas and radishes). Plant onions outdoors as soon as the soil is dry enough to work.

Birthdays & Announcements!

“Spring Steps”...Daylight Saving Time Begins March 13th!

1. **Remember to move your clocks ahead one hour.** Daylight Saving Time runs to November 6, 2022.
2. **Check your smoke alarms**—it is a good time of year to test all those smoke alarms—make sure they are in working order and functioning as they are intended.
3. **Get rid of expired medicines**—it’s a good time of year to check that over-flowing medicine cabinet. Get rid of the medications you no longer need, as well as expired over-the-counter medications. The best way to dispose of unwanted medicine is to take it to a drug drop-off location. Canby Police Department offers a drop off at their location— 1175 NW 3rd Ave offers Access to the drop box is 24 hours a day / 7 days a week.



Positive Thought:

Keep a smile on your face and a spring in your step!

- Joel Osteen

March 2022 Birthdays!



- | | |
|---------------------------|----------------------|
| 1—Keith Galitz | 19—George Hammons |
| 1—Leona Hart | 20—Judi Aus |
| 1—Gretchen McCallum | 20—Gregg Ekenbarger |
| 2—Gene Hedrick | 20—Kenneth Kendall |
| 3—Ann McBride | 20—Lynda Tucker |
| 5—Michele Bechtold | 21—Roberta Beauchamp |
| 5—Yolanda DiPeri | 21—Gail Freeman |
| 5—Gerald Hawks | 22—Bobbi Beddow |
| 5—Maggi Mason | 22—Susanne Bird |
| 6—Marcia Clark McKittrick | 22—Lois Brooks |
| 7—Ron Johnson | 22—Katherine Holt |
| 7—Jim Thompson | 23—Jan Galitz |
| 9—Sandra Amos | 24—Betty Maschke |
| 10—Sandy Recknor | 24—Diana Schaugency |
| 10—Sterling Roth | 24—Linda Tasker |
| 11—Darrell Vanderzanden | 25—Bill Day |
| 12—Darlene Jacobucci | 26—Janine Miller |
| 12—Jean Moore | 29—Maxine Elle |
| 12—Thu Nguyen | 29—Michael McCallum |
| 13—Karen Joy | 29—Lynn McFadden |
| 13—Kathy Robinson | 30—Marcella Bennett |
| 13—Ed Robinson | 30—Pat Purcell |
| 14—Viola Park | 31—Dennis Britton |
| 15—Joe Kalinowski | 31—Jean Clarizio |
| 16—Betty McDaniel | 31—Cherrol Pacholl |
| 17—Jerry Franz | 31—Angie Turnacliff |
| 17—Doug Smith | 31—Kha Truong |
| 19—Jack Benson | 31—Joan Sartin |
| 19—Margaret Halverson | Gail Kraxberger |

Canned food Donations Accepted for Canby Center

We have a food collection barrel year-round in our lobby to benefit the Canby Center.

We can accept canned food with an expiration date of up to one year.

Please do not leave cans that are rusty or bulging.

Boxed pasta, dried goods, and other products must follow the expiration date.

Thank you for your donations of fresh and useable food items to benefit Canby Center.

Items for Bingo Raffle Gladly Accepted!

We host bingo every Tuesday at 1 pm. We are now accepting new, or like new items, to use as raffle gifts! If you wish to donate something, please bring it to the front desk and we will gladly use it. Thank you!

Are you a CAC Member?

Membership to Canby Adult Center is an annual fee of \$15 for a single, or \$25 for a couple. 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 to:

PO Box 10, Canby OR 97013

If you send a gift of \$51 or more at any time during the year you receive a one year membership. Membership includes the monthly newsletter for one year, (paper 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 Canby Adult Center



If you sign up to donate your Kroger/Fred Meyer community rewards points 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 recipient.

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 your personal quarterly points.

Thank you for your support!



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y

FIND THESE **SPRING WORDS**

daffodil

March

bulbs

rainy

garden

showers

buds

mud

blossom

flowers

ladybug

bugs

bees

growth

crocus

tulip

June

April

iris

picnic

robin

green

grass

May



The words may be hidden vertically, horizontally or diagonally.

Around Town

(Please check the venue entry requirements before attending)

In Canby

American Legion— Post 424, NW 1st Street

Friday Night Hamburger Feeds with French Fries. Chicken Strips and Onion Rings also available. Public is welcome.

Sunday Breakfasts are back twice each month — March 6 & 20th, 8:30 am—11:30 am. Cost is \$7.

◆ **Breakfast fundraiser for CAC—March 6th**

BINGO every Thursday —opens at 5:00 pm, games start at 6:00 pm. Concession offers: Hot dogs, nachos, chips.

State of the City and Small Business Showcase, Thursday, March 3rd from 5-8 PM at the [Antonia Ballroom](#) (221 N. Grant St, above Backstop.) in Canby. The event offers a chance to taste and browse offerings from local businesses and hear from Mayor Brian Hodson as he gives us a Civic Update on the City.

Clackamas County Fair and Canby Rodeo Court Coronation Dinner and Auction,

March 12th at the CC Fairgrounds. Doors open at 5:30, \$20 ticket includes dinner. Tickets available at the Fair office or at the door—come support your 2022 rodeo court!

Daddy-Daughter Dance, March 12th, from 6 to 9 p.m. at the Ackerman Center, 350 SE 13th Avenue in Canby. Tickets are \$30 per couple and \$10 for an additional child. All are welcome. Tickets are available at [canbyrotary.com](#) or at the door. Bring your granddaughters, neighbors or family friends!

Book Nook: The Book Nook, located in downtown Canby, hosts both a general fiction and a fantasy/ Science Fiction book club every month. General Fiction book club meets the third Tuesday of every month at 6pm, while the Fantasy/ Science Fiction club meets the fourth Tuesday of each month at 6pm. It is free to attend book club, we only ask that you purchase your book from us. You can purchase books on our website at [booknookcanby.com](#) and pick them up in the store or come in and see our book club display.

Art-O-Maddic: Located in the Graham Building, this is much more than an art store, holding art/craft classes just about every week. Classes are in the evenings, one fee usually covers cost of instruction and materials. Call 266-2787 or e-mail info@artomaddic.com. Sampling of March offerings:

- ◆ 3/4: Painting with Anna Tooze
- ◆ 3/22: Decorate a beehouse, start your bee colony!
- ◆ 3/27: Acrylic Pouring Workshop

Wayward Sandwiches

- ◆ Wine tasting —every Wednesday, 6—8:00 pm. \$10 for four tastings.
- ◆ Trivia night, Thursdays 6-8:00 pm. Different theme every week!
- ◆ Live music Friday and Saturday nights!

Just out of town...

2022 Wooden Shoe Tulip Festival, March 18 – May 1, 2022, 33814 S. Meridian Rd. Woodburn, Note: All tickets must be purchased online for 2022. Tickets are not available at the gate. <https://www.woodenshoe.com/catalog/tickets/tulip-fest/>.

Welcome to the 38th annual Wooden Shoe Tulip Festival. Experience the beauty of 40 acres of tulips and over 100 acres of outdoor space and activities this spring.

Winter Blues Music Festival, March 12, 2022, Elk's Lodge, 13121 SE McLoughlin Blvd, Milwaukie.

Celebrating 10 years of music and still going strong. This festival not only gives you great entertainment for a few hours, but it also gives you a chance to get out of the house before spring begins and help the community. This year the Winter Blues Music Festival features seven bands on two stages.

Silverton Senior Follies

“Senior Follies” will showcase the multi talents of creative, active seniors 50+ performing (June 24, 25 & 26 at the Highschool Auditorium) for the Silverton and surrounding communities to enjoy. Applications for talented seniors 50+ will be available and accepted until March 15th at the Silverton Senior Center at 115 Westfield St. Applications available at the Canby Adult Center.

For the Truly Adventurous!

The 16th Annual Seafood and Wine Festival, March 25 - March 26, Portland Expo Center

Enjoy fresh Oregon seafood as well as wine, craft beers, cider, & distilled spirits as you browse the 200+ exhibitors! Over 60 of Oregon's finest wineries offer you tastings of their very best. This is a family-friendly event! Live entertainment, face painters, balloon artists and so much more.

The fest is preceded by one of the Northwest's most prestigious wine events, the Portland Seafood & Wine Festival Wine Competition presented by ilani. Vintners from across the Northwest submit their finest in hopes of being named among the best. We then make them available (for tasting and for purchase) at the festival.

St. Patrick's Day, March 17th

It's no surprise that always-green Portland has plenty of St. Patrick's Day festivities. Led by Paddy's Irish Pub, the annual St. Patrick's Festival includes plenty of live music, Irish dance performances, corned beef and cabbage and plenty more inside the pub and special festival tent outside. You might also catch locals and visitors — around 35,000 of them — taking to the street for the Shamrock Run, the second-largest running and walking event on the West Coast and a Portland tradition since 1979.



Thank you 2020—2021 Annual Appeal Donors

Sustaining Individual Donors: Donations of \$201+

Abby Allen	George Goben	Gretchen and Michael McCallum	Vicki Smith
Jennifer Anderson	Fredrick Gill	Anne McKinney	Douglas & Lori Sprague
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April & Jared Gensman	David May	Danielle & Andrew Shull	
Bruce Gehrke	Larry and Ann McBride	Roger Skoe	

January/February Donors

Financial Donors: Abbie Allen, Nancy & Randy Beyers, David Fife, Patty Hatfield, Toni Hvidsten, John & Marsha Meyerhofer, John Overton Edy Pavlicek, Darlene Pieri, and Rackleff Place

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Memorial Donors: Joe & Connie Kalinowski in Memory of Eva Forsman

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Anderson Properties	Hope Village, Inc.
Aurora & Salem Outdoor Power Equipment	Matt Olsen Insurance Agency
Canby Ford	OBC Northwest Inc.
Canby Foursquare Church	Rackleff Place
Canby Garden Club	Reif & Hunsaker Law Office
Canby Kiwanis Foundation	Riverside RV Park
City of Canby	Roofmasters, Inc.
Clackamas County MOW	Strickland Directional Drilling
Custom Plumbing & Construction	Trailer Tillicums of Oregon
	Uptown Medical Billing

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

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

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: _____



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

Activities— March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	February 28th 8:30 March Trip sign-up begins	1 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	2 9 Quilt with Suzie 10 Zoom Fitness with Mindy	3 10:00 Memoir Writing 12:30 Cribbage 1:00 Line Dancing 4:30 Trip: Dullahan Irish Pub	4 10 Zoom Fitness with Mindy 1:00 Pinochle	5
6 American Legion Auxiliary Breakfast	7 9:30 Trip: Woodburn Shopping 10:00 Zoom Fitness with Mindy 10:00 Footcare-LaVerne	8 10:00 Handiwork 1:00 Bingo 1:00 Pinochle	9 9 Quilt with Suzie 10 Zoom Fitness with Mindy 1:00 Attorney Consultations 1:00 Board Meeting	10 12:30 Cribbage 1:00 Line Dancing	11 10 Zoom Fitness with Mindy 1:00 Pinochle	12
13 Daylight Savings Time Begins	14 10:00 Footcare-LaVerne 10:00 Zoom Fitness with Mindy	15 10:00 Handiwork 1:00 Bingo 1:00 Pinochle 1:00 Fort Kennedy Available 1-3 pm Walk in's welcome	16 9 Quilt with Suzie 10 Zoom Fitness with Mindy	17 10:00 Memoir Writing 12:30 Cribbage 1:00 Line Dancing	18 10 Zoom Fitness with Mindy 1:00 Pinochle	19
20 First Day of Spring	21 10:00 Zoom Fitness with Mindy	22 9:00 Trip—Lincoln City 10:00 Handiwork 1:00 Pinochle	23 10:00 Zoom Fitness with Mindy	24 12:30 Cribbage 1:00 Line Dancing	25 10 Zoom Fitness with Mindy 1:00 Pinochle	26
27	28 10 Zoom Fitness with Mindy	29 10:00 Trip—Wooden Shoe Tulip Festival 10:00 Handiwork 1:00 Pinochle	30 10:00 Zoom Fitness with Mindy	31 12:30 Cribbage 1:00 Line Dancing	Sunday March 6th American Legion Auxiliary Breakfast Benefits Canby Adult Center MOW program	