

October 2020

West Linn Adult Community Center

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CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

1180 Rosemont Road
West Linn, OR 97068
503-557-4704

www.westlinnoregon.gov/parksrec

NEWSLETTER



West Linn Adult Community Center Newsletter

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The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted.

Hello All –



We hope this newsletter update finds you all safe and well. To say that this has been an interesting year so far would be an understatement. Was anyone else surprised by the wildfires so close to home? It was certainly not what I (Tiffany) was expecting for the beginning of September. At the time of this writing,

I am enjoying the beautiful sunshine and feel that this week of beautiful weather is a gift we are being given after our two weeks of heavy smoke in the air. I've been asked quite a bit about whether I was evacuated from my home and yes, we were. The entire extended Carlson family (Matt's parents, aunt, brothers and their families and pets) were evacuated.

It was as if we created a new holiday with all of us staying in a house together with our 5 dogs, 9 bunnies and 7 cats! Did you know that cats don't really appreciate visiting with their cat relatives? They also don't care for large family gatherings in places other than in their own territory. It was an amusing sight to see for sure.

Let's all agree to stop asking, "Can 2020 get any worse?". I'd like to think that the experiences from this year will lead to a greater love and appreciation for what we DO have. I am grateful for my still standing home and my family. I'm also so grateful for our ACC. Although I greatly miss the laughter from the front desk, gift shop and dining area wafting through the halls, I am grateful for all the friendships that have been made here and that continue during this closure. Both Meghan and I are looking forward to reopening when we can and seeing you all again! In the meantime, read on for what we do have going on this month. We'd love to have you participate with us, if you choose. Please call us on the main line or email us with any questions you may have (or just to say hello!) We check messages several times a week and always love hearing from you.

Be well,
~ Meghan & Tiffany

(503) 557-4704
tcarlson@westlinnoregon.gov or mmatthies@westlinnoregon.gov)



Call us today to schedule a tour of our studio and one bedroom apartments.
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West Linn Adult Community Center

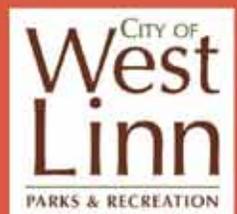


FREE
Book
GRAB

WEDS, OCT 14TH
OPEN 9AM - NOON

COME AND BORROW A BOOK FROM OUR FREE LIBRARY
WEAR A MASK AND FOLLOW
PHYSICAL DISTANCING GUIDELINES

WE WILL ALSO ACCEPT BOOK DONATIONS





BOO

Drive Thru!



Saturday, October 17th
6:30 - 8:00 pm

**FEATURING HAUNTED LIGHTS,
SPOOKY FRIGHTS & SWEET DELIGHTS**

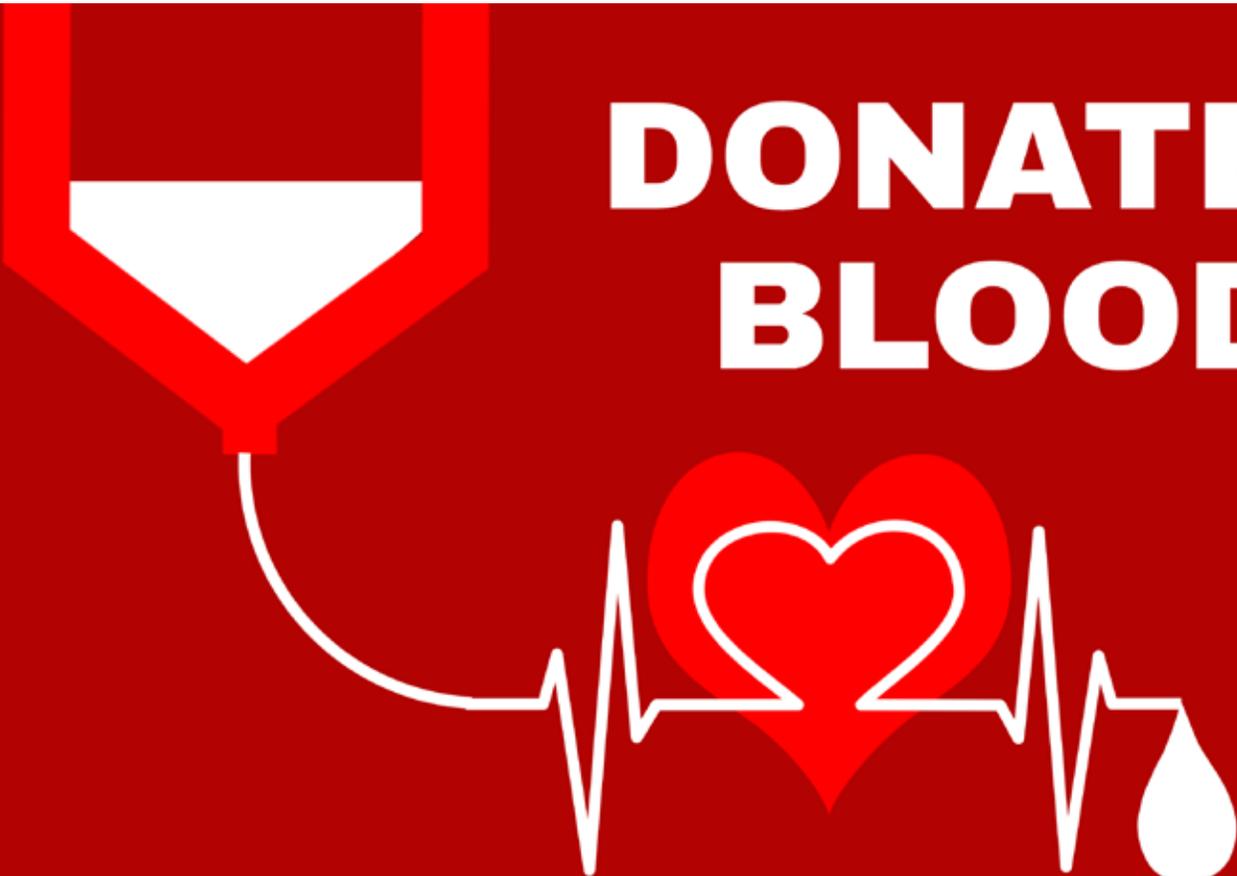
This Halloween season, create fun works of pumpkin
artistry and watch as Jack-O-Lanterns come alive!

Pick up a free pumpkin at the Adult Community Center 10/13-10/15
from 3-5pm, carve your masterpiece, & return on 10/16 to display!

West Linn Adult Community Center
1180 Rosemont Rd westlinnoregon.gov/parksrec

This event is graciously sponsored by:





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American Red Cross

**Community Blood Drive at
the ACC**

**WEDNESDAY, OCT 21ST
11:00AM-4:30PM**

For an appointment,
please visit
redcrossblood.org or call
1-800-REDCROSS (1-800-733-2767)





West Linn Adult
Community Center

Colors of Fall
Paint & Sip Class

FRIDAY OCTOBER 23

3pm - 5:30pm

Join painter, Maureen Heath, as she guides you through a beautiful painting of fall colors while enjoying some tasty nibbles & sips.

\$30 includes all supplies & beverages

Call for Reservations
(503) 557-4704
10 spots available

Stay Home, Stay Safe . . . Please – by Keli Stevens

2020 has been quite a year. First our country is rocked to its very core by a global pandemic that caused life as we know it to come to a screeching halt. Political unrest and a tidal wave of awareness for racial injustice swept the nation and indeed the world, as demands for change rang out night and day. We saw stock market crashes, covid-19 related controversies, murder hornets, hurricanes, and an extremely tumultuous political scene. Now the west coast has been ravaged by wildfires that have left so many suffering and shell-shocked.

Oh, the horrific fires. I sat in my house glued to the news, scouring the internet for any updates, praying and generally trying to remember how to breathe. I grew up in Estacada and my parent's house was directly in the path of the fire, worse yet, my Father refused to evacuate and instead chose to stay home. A retired fire chief, he felt he needed to do whatever he could to save his property and help his neighbors. There was no talking him out of his decision.

He spent days breathing smoke, stomping out fires and risking his life. The rest of my family spent days in a panic, trying to call him, ready to evacuate. He had no electricity, no water and some very close calls. The fire raged only a few feet from his door. Angels, hard work and luck carried him thru, because in the end he did actually save the house. I'm still not sure I forgive him for making our entire family worry. I offer up my sincerest thank you to God and the universe for saving my father, my family home, and my hometown. As I write these thoughts, the fires still burn. The horrors continue, easily swayed by the whims of mother nature.

I know how blessed we were. Too many people lost everything. Too many people add another 2020 heartache to their list. I have compromised health, so I have been staying home since March. Staying home and trying to stay safe. The words have an even deeper meaning for me now. As so many of us in high risk categories limit our lives to reduce our exposure to this virus, (whether by choice, necessity or lack of options), we should remember staying home is a way of fighting to hold onto the lives we love. Literally. We are not hiding in fear, we are choosing to live. There is strength and grace in the ability to adapt. We do what we must, when we must. We choose to save others by not getting ill and overburdening our medical system. We courageously make sacrifices for a better tomorrow.

For everyone. Stay strong, stay home, stay safe, my friends.



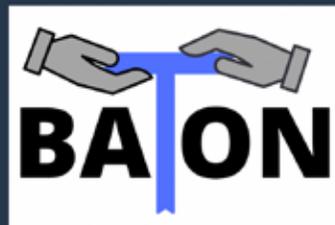
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Direct Phone number:
(503) 341-0543

Email: Debra.I.Kranyak@kp.org

Website: mykpagent.org/debrak



KAISER PERMANENTE

SHIBA (Senior Health Insurance Benefits Assistance)

The Clackamas SHIBA program and counselors continue to assist by phone and other virtual options. This year's Medicare OEP will also be virtual at this time. We continue to assist beneficiaries through the SHIBA helpline at (503) 655-8269, option 4.

The ACC is still closed at this time but we hope you take advantage of these virtual Medicare options if needed.



October 1, 2020

Dear Friend,

West Linn's Meals on Wheels program could use your help!

The Pioneer Center Meals on Wheels programs are on the front lines every day, focused on doing all we can to keep West Linn and Oregon City seniors safe and nourished. Our program flexed over the pandemic to meet the needs of our clients. We now provide food boxes to make sure the homebound population has food throughout the weekend and we make 275 wellness calls a week to check-in on clients' physical and mental health. Meal delivery has increased but our physical presence in clients' doorways has had to diminish to maintain social distance and guarantee this susceptible population is protected.

One of our West Linn clients, Fred, loved to talk but had few visitors. When the Meals on Wheels delivered his daily meals, he enjoyed talking to them as these were the only people he regularly saw, unless his neighbor took him to the store. On the weekends his daughters would stop by for a visit or a short trip out. He really appreciated the small gifts that sometimes came with his meals and would call his neighbor when the center remembered his birthday and on holidays to *come quickly to see what I got!* He would save the gifts on his table just to look at and enjoy. He really appreciated all the help and the community did too, just knowing he had good meals and a safety network.

In this time of national crisis, we ask for your help. All donations received by our generous West Linn community members are tax-deductible and will go directly towards our ongoing efforts to keep the homebound in West Linn and Oregon City safe and nourished. Your financial support will help keep our services and programs such as Meals on Wheels at the Pioneer Community Center thriving.

Thank you very much, from your friends at the Pioneer Center!

Donate at <http://bit.ly/donatemealsonwheels>

Donations can also be mailed to 615 5th, St. Oregon City, OR 97045

with checks payable to: Pioneer Community Center

Tax ID # 93-6002230

THANK YOU VERY MUCH!

Check This Out

Foot care has resumed with nurse Jan and appointments can be made by calling or emailing Tiffany or Meghan. Also call them if in need of Medical Equipment, a pick-up time will be arranged.
(tcarlson@westlinnoregon.gov or mmatthies@westlinnoregon.gov)

The Strength and Balance class is now being offered virtually!

Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises.

Jacquelyn Rodgers has been one of our long time ACC instructors and we are excited that she will be able to bring this exercise class into your home. She is finalizing either a Tuesday/Thursday class or a Tuesday/ Friday class that will begin at 8:30am. For a 6 week session, the price will be \$75 for 2x per week (10% off) or \$42 for 1x per week.

Please email Jacquelyn at bodytoolfitness@gmail.com or call the front desk (503) 557-4704 and we will be happy to connect you.

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