

ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive
PO Box 430
Estacada Or 97023

Non Profit
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Permit #20

ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

AUGUST 2022 ECCHO — Estacada Community Center Helping Others

***Inside this issue: AUGUST BIRTHDAYS VOLUNTEERS WANTED
BLOOD PRESSURE CHECKS BOARD AND STAFF ANNUAL UPDATE 2022-2023 BUDGET
MISSION WHO WE SERVE PROGRAMS WE OFFER LUNCH MENU
AUGUST PROGRAMS AND ACTIVITIES***

HOW CAN YOU HELP?

Become a member Donate Volunteer Refer

BOARD POSITION AVAILABLE—2 years remaining on term

Do you want to.....serve? Help the Center help Seniors and others in our community? Share all the wonderful work the Center does to assist seniors and community with your friends and family.? Then serving on the Board may be for you! For more details about becoming a Board Member, please call the Center at 503-630-7454.

Board Members

Fiscal Year 2021-2022



Jan Gilliland
Board Chair



Peggy Hartwig
Board Vice Chair



Tami Latham
Treasurer



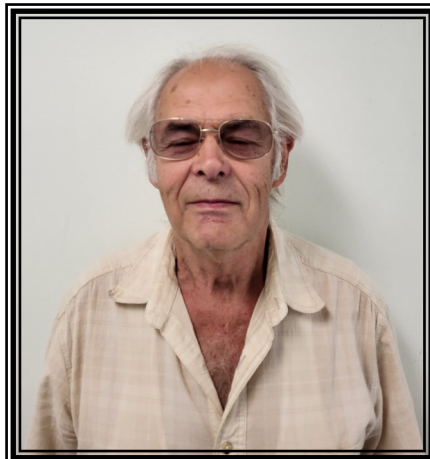
**Open
Board
Position**



**Open
Secretary**



Mike Renteria
At large



Simon DeBruin
At large



Susan Wagner
At large

Center Staff
Fiscal Year 2022-2023



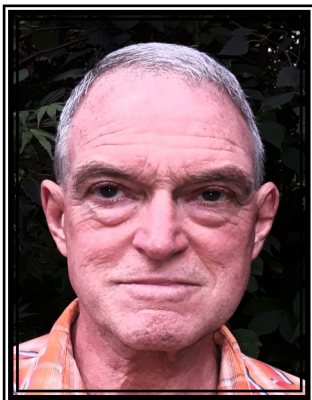
Valerie Renteria
Center Director



Sabrina Rogers
Kitchen Coordinator



Mikaela O'Brien
Center Assistant



Patrick Burns
Bus Driver
Janitor



Linda Haddan
Bookkeeper



Tom Cherry
Transportation
Coordinator

Mission

The mission of the Estacada Community Center is to enhance the quality of life for the citizens in Estacada and the surrounding areas, with emphasis on seniors and the disabled, by providing nutritional, social, recreational, and educational services, thereby helping them remain safely in their homes.

Who We Serve

The ECC is formally incorporated as the Friends of Estacada Community Center, Inc., a 501c(3) public benefit non-profit corporation with members.

We serve primarily Senior and Disabled citizens in the greater Estacada area which includes Barton, Damascus, Dodge, Eagle Creek, Garfield, George, Porter, and Springwater.

What We Offer

The following services are available to our community, including:...

- Meals on Wheels – 8 routes serving 100 active clients
- AniMeals
- Transportation for seniors
- Trips to local points of interest
- Health equipment/supplies
- Lending library
- Cooling/Heating center
- Seniors Referral Resource
- Flower & garden opportunities
- Exercise / wellness classes
- Tai Chi
- REFIT
- Adult Senior exercise
- Monthly dinner & dance
- Bingo & other games
- Lunch-Monday, Wednesday and Fridays

Partner Programs

ECC partners with other organizations to directly impact seniors, including...

- Adventist Health- Monthly Blood Pressure Checks
- Foot Care – with Jenelle Balzer-Ediger, RN
- Senior Health Insurance Benefits Assistance (SHIBA)
- American Red Cross (Blood drive)
- Gleaner hub
- Estacada Food Bank-MOW Shopping
- Book Nook – Complementary Books for Seniors
- DHS – Aging & People with Disabilities
- Clackamas County – Energy Assistance
- TOPs- Weight Management Group weekly meetings

2021-2022 Fiscal Year in Review

As we started the Fiscal Year we were hopeful to have the Center open by September, however that was delayed until March due to the Pandemic getting worse and 3 of the Center's heat pumps becoming non-operational. Great news! 6 new heat pumps were installed in February of 2022 thanks in part to funding from a CDBG Grant, Donations and Center funds.

We have strived over the past year to keep our clients safe by partnering with local clinics, and other agencies to get personal protective equipment, provided home testing kits and communicating safety protocols. In addition, the Center has partnered with the local Food Bank to providing our Meals Clients an opportunity to shop for food and our Volunteer delivery drivers make the food box deliveries twice each month.

The Center has added programs to promote wellness, nutrition, exercise, socialization and transportation. We have added a Foot Care Clinic every other month, Blood Pressure Checks will start in August. Adult Exercise returns and REFIT added on Mondays. In person Lunches on Monday, Wednesday and Friday and Breakfast on Thursday Mornings. The Shuttle is actively driving clients to Center activities.

2022-2023 Fiscal Year Priorities

Transportation—The Center has identified the need to provide homebound seniors transportation. We are seeking a grant to fund a vehicle so the Center can provide rides to individuals to local medically related appointments.

Donations and fundraising—As our Client base grows the need for additional funding grows with it. If you take a look at our projected budget shortfall and the aggressive amounts the Center needs in donations to keep the programs running. It's going to be challenging this year to reach the goals we have set to provide the needed support our community requires. We appreciate the active donors as the Center would not be able to function without the generosity of our donors and volunteers. The home delivered meals program grew 25% in the last fiscal year. The Center has been identified as 1 of 2 fastest growing Centers in Clackamas County.

Programs—The Center continues to identify opportunities of service to the community and will implement programs that promote wellness, nutrition and transportation as our priority focus.

ESTACADA COMMUNITY CENTER
200 SW Clubhouse Drive - P.O. Box 430 - Estacada, OR 97023
FINAL BUDGET – FY 2022/2023

CENTER INCOME

Senior Services-Meals/Support	\$172,800
4100 Government Reimbursement-meals	\$150,000
4115 Congregate Donations	\$ 2,500
4116 Home Meal Payments HDM	\$ 5,000
4303 Van Donations	\$ 300
New MOW Donations (Restricted)	\$ 15,000
Fundraising Income	\$ 87,500
4009 Fundraisers/Wed Breakfast/Bingo	\$ 8,000
4010 Gifts/Donations	\$ 60,000
4011 Rewards Programs (FM, Amazon)	\$ 500
4016 Membership Dues	\$ 3,000
4017 Memorial Donations	\$ 1,000
4018 Misc (pennies, gleaners, etc.)	\$ 2,000
4101 City of Estacada	\$ 10,000
4119 MOW Fundraiser/Sat. Dinner/Dance	\$ 1,000
4301 Trip Income	\$ 1,000
New Auctions	\$ 1,000
Rental Income	\$ 34,300
4055 Downstairs Rental	\$ 13,000
4056 Upstairs Rental	\$ 500
4058 Event Rental	\$ 3,000
Investment Property (Net income)	\$ 17,800
Sub-Total Center Income	\$294,600

CENTER EXPENSES

Staffing		\$169,500
5342-5345 Wages		\$150,000
5348 Payroll Taxes		\$ 16,500
6194 Workers Comp Insurance		\$ 3,000
Kitchen		\$105,000
5003-1 Food – Kitchen		\$ 3,000
5005-1 Food – MOW (Trio)		\$ 93,000
5011 Fund Raising Food		\$ 4,500
5021 Supplies		\$ 1,500
5031 Equipment Mtnce. Kitchen		\$ 3,000
Utilities		\$ 29,100
6190-1 Electricity		\$ 18,000
6190-2 Garbage		\$ 1,800
6190-3 Telephone		\$ 4,000
6190-4 Water/Sewer		\$ 3,300
6190-5 Propane		\$ 2,000
Insurance		\$ 13,000
Liability, D&O, auto		\$ 13,000
Building Expense		\$ 7,400
6012 Building Monitor		\$ 600
6020 Maintenance/Repair		\$ 5,800
6112 Janitorial Supplies		\$ 1,000
Transportation/Bus Expenses		\$ 16,000
6180-3,4 Gas/Oil		\$ 9,000
6180-5 Repairs/Mtnce		\$ 7,000
Activity (staff/client) Expense		\$ 7,000
6170-1 Program Expense (Ti Chi)		\$ 5,000
6170-5 Volunteer Recognition		\$ 500
6170-6 Activity Expense other		\$ 500
New Staff Training		\$ 1,000
Office Expenses		\$ 7,000
6000 Bank Fee-Safety Deposit		\$ 150
6050 Dues, Subscriptions		\$ 500
6080 ECCHO Newsletter		\$ 750
6121 Licenses/Permits		\$ 300
6140-2,4,5 Postage ,Printing, copier		\$ 3,500
6140-3 Office Equipment Mtnce.		\$ 500
6140-6 Office Supplies		\$ 1,000
New Office Software		\$ 300
Professional Fees		\$ 3,000
6150 Payroll processing, CPA		\$ 3,000

Shortfall (from investments) \$ 66,400.00

Fundraising Expense	\$ 4,000
6100 Ads, Equip Rental, etc.	\$ 4,000


TOTAL CENTER INCOME \$361,000

TOTAL CENTER EXPENSES \$361,000



ECC HOT MEAL MENU – August

Menu subject to change and items may be substituted. Meals come with a ½ pint of 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		3		5
Beef Rigatoni Bake Green Peas w/Onion Apple Cranberry Coleslaw White Dinner Roll Lime Whip		Spaghetti & Meat Sauce Brussels Sprouts Confetti Coleslaw Wheat Roll Seasonal Fruit		Chicken Tetrizzini Green Beans Garden Vegetable Salad Ranch Dressing Oat Bran Wheat Roll Chocolate Fluff
8		10		12
Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Corn Chowder Seven Grain Roll DC Pears		Herbed Chicken Patty w/Poultry Gravy Au Gratin Potatoes Chef Cut Spring Vegetable Blend French Bread Dessert		Cheese Lasagna Rollup Whole Kernel Corn Tossed Salad French Dressing Seven Grain Roll Ice Cream
15		17		19
Meatloaf w/Gravy Whipped Potatoes Scandinavian Vegetable Blend Cracked Wheat Bread Dessert		Ground Beef Stroganoff w/Pasta Broccoli Tossed Salad Wheat Roll Spiced Peaches		Turkey A La King Whipped Potatoes Country Cottage Blend Whole Wheat Roll Dessert
22		24		26
Brunch for Lunch Pork Sausage Gravy Diced Red Potatoes Broccoli, Cauliflower, Craisin Salad/Biscuit Fresh Orange		HS Pork Patty w/Pork Gravy Whipped Potatoes Green Peas French Bread Seasonal Fruit		Breaded Beef Steak w/Country Gravy Lyonnaise Potatoes Cauliflower & Carrots Seven Grain Bread Dessert
29		31		
Egg Salad Half Sand Shredded Lettuce Lentil Soup Apple Cranberry Coleslaw/Wheat Bread Mandarin Oranges		Chicken Pasta Fiesta Vegetable Blend Pineapple Slaw White Dinner Roll Rocky Road Pudding		

Join us for lunch at the Center on Monday, Wednesday or Fridays at Noon. Lunch is \$4.00 or Donation for over 60.

On-Site Programs & Activities
Call 503-630-7454 for updates

REFIT IS HERE! MONDAY @ 6PM TAUGHT BY REFIT INSTRUCTOR TINA JONES. ALL AGES WELCOME!

Adult Exercise is Back! Mondays! @ 10:30

Tai Chi for Better Balance Zoom only

Interested? classes will be held Wednesday and Friday mornings 10:00-11:00.

CLACKAMAS RIVER MARTIAL ARTS

Traditional Tae Kwon Do classes offered for children 8 years and older and adults. Non contact style allows for excellent cardio workouts, self defense confidence mental discipline and Physical strength. Teaching in Estacada for over 20 years. Call 503.975.7119 or email at estacadamartialarts@aol.com for more information or visit the website at www.clackamasrivermartialarts.com

T.O.P.S.—The Estacada T.O.P.S (Take off pounds sensibly) group has resumed in person meetings at the Estacada Community Center. Weigh-in @ 9:30 Meeting 10:00am-11:00am Tuesdays. Contact Dorothy Hoffman at 503-830-1649 for more information.

Blood Pressure Checks W/Konnie

Friday August 19th @ 1:30-2:30 .

Foot Care Clinic—September 15th

The foot care is performed by Jenelle Balzer-Ediger,RN. appointments available, so please call the Center to make an appointment 503.630.7454.

Community Center Blood Drive - Main Hall

200 Clubhouse Drive Estacada Thursday Sept. 8th— 12-5 pm
To schedule call 1-800-RED-Cross or Visit www.redcrossblood.org
Sponsor Code: Estacada Community

August Birthdays



- 2—David Lawrence
- 3—Pauline Nelson
- 5—Chuck Stenbridge
- 6—Millie Huckins
- 11—Annette Reisbick
Mary Cox
Jensina Evans
- 12—Valerie Renteria
- 13—John McAdoo
Peter Frank
- 14—Enid Williamson
- 17—Jodi Seaburn
- 21—Joyce Johnson
- 27—Paulette
DeSeranno
Fay Robinson

