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ECC Newsletter - the ECCHO - Estacada Community Center Helping Others

AUGUST 2025 ECCHO — Estacada Community Center Helping Others

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BINGO

POUND CLASS

REFIT

REV & FLOW

TAI CHI

ADULT EXERCISE

WELLNESS W/SHANNON

valerie@estacadacommunitycenter.org



Friends of Estacada Community Center, Inc.

Doing Business As:

Estacada Community Center

Estacada Senior Center (new July 2025)

Non-profit 501 C-3 organization serving the needs of seniors

Mission

- ▶ The mission of the Estacada Community Center is to enhance the quality of life for the citizens in Estacada and the surrounding area, with an 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 Estacada Community Center is formally incorporated as Friends of Estacada Community Center, Inc., a 501c(3) public benefit non-profit corporation with members.
- ▶ The Center primarily Serves Senior and Disabled citizens in Estacada and the outlying area which includes Barton, Carver, Damascus, Dodge, Eagle Creek, Garfield, George, Porter, and Springwater.

Who Are We?

Friends of Estacada Community Center, Inc. Board Members & Estacada Community Center - Serving Seniors Staff Members

Board members

ECC has 7 board members.

Connie Erickson

Tami Latham

Shannon Kiningham

Susan Wagner

Mike Renteria

Simon DeBruin

Lot Scholtz

Board Meeting Monthly -4th Thursday
@ 4:30 PM Call 503.630.7454 to get on
the agenda.

Staff

Valerie Hansen-Renteria

Center Director

Mikaela O'Brien

Center Assistant

Linda Steffanson

Client Services Coordinator

Tina Jones

Outreach Coordinator

Linda Haddan

Bookkeeper

Jan Gilliland

Consultant

Treena Syring

Kitchen Coordinator

Kayla Shuman

Kitchen Assistant

Tom Cherry

Transportation Coordinator

Patrick Burns

Bus Driver

Site Maintenance

Brighter Future at the Center

A Message from the Board

Thanks to a generous Estacada family, the Center's future is brighter. The Kellendonk family (specifically Jack and his Mother Mae,) was an advocate and supporter of the Center; so much so, that Jack bequeathed money and his property to the Center when he passed away.

His will stated, "B. All The rest, residue and remainder of my estate, not otherwise disposed of by this Will, including any lapsed gifts will be distributed to the Friends of Estacada Community Center, Inc., an Oregon nonprofit corporation, or its duly constituted and organized successor, in care of its governing body to be used for any purpose deemed appropriate by the governing body."

For years the Center maintained the property and rented out the house which, over time provided some operating revenue. It took 5 years to recoup the \$30,000 cost of bringing the 100-year-old house up to code before it could be rented. Additional expenses: 1) the cost of mandated inspections and maintenance of the septic system; 2) annual inspection of the house and required repairs; 3) real property taxes and insurance.

Previous Boards researched and discussed potential uses that would benefit Seniors, including the possibility of building a new Community Center. The cost was prohibitive since the Center was struggling financially to cover required projects and maintenance costs. In 2016, the Center was really struggling financially, and the Board decided to put the property up for sale. Thankfully, the property did not sell. Slowly Center donations and support began to grow, and the property was taken off the market. Over the years, the Board was approached by interested developers and community members wishing to purchase the property. The Board consulted with local landowners and investors and felt the offers were not viable.

It was not until Alan Rademacher, longtime friend and neighbor of Jack Kellendonk, came to the Board with a proposal to purchase the property that the Board considered selling. Alan knew Jack wanted to support the Center and offered \$1,450,000 to purchase the property. Alan planned to move his business (Estacada Bark) to the lower portion of the property facing Highway 224. He also wanted to develop the upper portion of the property along Eagle Creek Road as part of his retirement plan. The Board voted to sell the property and use the proceeds for the future sustainability of the Center. Unfortunately, Alan passed away shortly before the final sale of the property. The executor of the estate has completed the sale.

The Center is extremely grateful to the Kellendonk family. The funds obtained are providing the Center with an income stream which will allow the Center to continue providing seniors in the community with needed services.

-Friends of Estacada Community Center, Inc.

Clients Success Story

A Saga of a Healing Journey

A November 2020 trip to the ER revealed heart and lung related issues and as a result turned my life upside down. At the end of the second hospitalization a home care team nurse didn't hesitate in calling the Estacada Community Center to request Meals on Wheels. He was very concerned as my weight dropped below 100 pounds. That was the beginning of my long healing journey to better health. One which I say repeatedly, "I couldn't have come this far without the Estacada Community Center."

During the first year, I had frequent medical appointments requiring travel to Oregon City and Gresham. Depression set in along with excessive fatigue and shortness of breath. Walking from my car into a facility required several stops to rest and gasp for breath. Little improvement, growing isolation, in bed almost 24/7.

I AM living example of Estacada Community Center's mission. The benefits of the Center which serve Estacada and it's outlying areas are numerous, nurturing and generous. They are absolutely given with a caring, nonjudgmental philosophy. The first component is the strong and competent staff and volunteers. These folks exude positivity and strive to be accessible. They have a clear knowledge of available resources within the community and with goals to assist folks when appropriate. The environment is beyond cheerful and inviting. One begins to be lifted up simply by walking through the front door. A smiling greeter is often nearby and ready to sign in folks to lunch that is delicately prepared and served.

I became a member and it opened numerous opportunities and further helped me along my healing journey. As a member I get a monthly newsletter that describes upcoming activities at the Center and even a list of that month's birthdays.

From my position, knocking on death's door, not caring, and taking very little responsibility toward better health to a current most often positive attitude and I owe this in part to my connection with the Center and the benefits of their services. I reflected on this saying, *"step by step"* and I added to that, *"it's going to be up to me."* And ending with, *"may the circle be unbroken."*

The center benefits that I take advantage of are; participating in fitness classes, these classes are donation based which allow seniors on fixed incomes to attend. I found I'm not alone in this journey as socialization is a big part of being connected with the Center. The Center also assists seniors and other community members with Energy Assistance applications. I have had the opportunity to take advantage of social events and one of my favorite outings was the Wooden Shoe Tulip Festival. The Center also takes care of our furry friends by offering pet food assistance.

Currently I can walk to a medical appointment from my car without having to stop for rest to catch my breath. A pacemaker was implanted two years ago. One year ago, one heart medication was removed with the result being increased joy, better mood and physical energy increased and depression somewhat reduced. My self-esteem and my self-respect grew and **I GRADUATED MEALS ON WHEELS!!**

All is not solved. I grieve for loss of strength, energy and stamina. Acceptance of the aging process is better, but not great. I am working on it. Now with my connection to the Center, I have a stable resource. I have moved back into a better reality with increased joy and appreciation of living life.

Thank you to the Estacada Community Center, I couldn't have come this far without you. Blessings to all.

-My healing Journey continues

How We Help? - Feeding the Community

► NUTRITIONAL SERVICES

- **Home Delivered Meals** - Our volunteers and staff delivered **26490** meals to **164** total homebound clients. They drove over 18 thousand miles, volunteers donate time and drive their own vehicles. The total number of home bound clients has stayed steady comparable to the prior year. During the 24-25 fiscal year the Center experienced a reduction in federal funding of approximately 20% and expect to experience further reductions in this program for the 25-26 fiscal year. Despite reductions in funding the Center has not implemented a wait list for services. The Center does not require qualified home bound clients to pay for meals, however, donations are greatly appreciated.
- **Home Delivered Food Boxes** - The Center has partnered with the Estacada Food Bank, Dave's Killer Bread, and other local farmers and community members to provide extra food to home bound clients. Our delivery drivers have delivered over 700 food boxes to help supplement the nutrition needs of seniors in our community.
- **Lunches at the Center**- The Center serves lunch on Monday, Tuesday Wednesday and Friday. The Center offers breakfast on Thursdays. In total Center has provided a total 2481 in person meals during the fiscal year.

► TRANSPORTATION SERVICES

- **Rides**- The Center has provided 1771 rides to the Center, local points of interest, shopping, and appointments in Estacada.
- Monthly Field Trips and Shopping Trips

► RECREATIONAL AND SOCIAL SERVICES

- The Center provides 350 fitness classes annually. All classes provided are donation based, so no participant is turned away. Donations are greatly appreciated.
 - **Exercise Classes**-led by a Volunteer Instructor. Refit - Monday night, Pound-Tuesday night, Rev & Flow - Wednesday Night, Adult Exercise Monday & Thursday Mornings. These classes have up to 20 participants.
 - **Tai Chi for better balance** - Evidence based -led by a certified instructor- offered Wednesdays and Friday and typically have up to 15 participants.

► ANIMEALS

- The Center partners with FIDO of Oregon City and gets other donations to deliver/provide pet food to an average of 30 clients once a month.

► REASSURANCE AND RESOURCE ASSISTANCE

- The Center assisted 1,410 clients with resources, information and care calls & visits.

2024-2025 Top Fiscal Year Priorities

Nutrition & Socialization Programs—The Center has identified increased need to help isolated seniors. The Centers home delivered meal program more than doubled during COVID while the in-person lunches & programs have stayed flat. As a result, our priority is to assist and promote our in-person services to isolated, lonely and/or depressed seniors. Added 65 new MOW clients.

Building- The Center will be the recipient of a CDBG Grant to replace old worn rotted siding. We expect the project to Start in the Fall of 2024. Project delayed due to other county priorities.

Transportation— Work with Clackamas County to attract volunteers for County transportation programs helping seniors obtain rides to appointments, pharmacies etc.

2024-2025 Fiscal Year in Review

Continue to promote wellness, nutrition, exercise, socialization and transportation programs. The Center continued to see increased utilization of program offerings. Exercise classes, and field trips continue to experience increased participation.

The Center focused on homebound visits and care calls to isolated seniors. As a result, resources and support provided increased over the prior fiscal year.

2025-2026 Top Fiscal Year Priorities

Building - The CDBG Grant was delayed to replace siding on the building, now scheduled for completion fall of 2025.

Programs - Board approved to have a part-time outreach coordinator position to help with increasing participations in programs, fundraisers and community outreach.

Transportation - Board approved to add a back-up driver for the shuttle to assist with driving responsibilities as needs increase.

Nutrition Program - seek additional funding to mitigate the funding shortfall from Older Americans Act

Other Services

Energy Assistance
Health equipment/supplies
Lending library
Cooling/Heating center during business hours
Seniors Referral Resource
Monthly dinner & dance
Bingo & other games
Arts & Crafts Classes
Volunteer Opportunities
Monthly Bunco

Partners

- Adventist Health- Monthly Blood Pressure Checks
- Aging & Disability Resource Connection of Oregon (ADRC)
- AARP - Driving Classes
- City of Estacada - MOU
- FIDO - Oregon City
- Foot Care - with Jenelle
- Senior Health Insurance Benefits Assistance
- American Red Cross (Blood drive)
- Gleaner hub
- Harvest Market
- Estacada Library
- Estacada Food Bank-MOW Shopping Food Box Program
- Book Nook - Complementary Books for Seniors
- DHS - Aging & People with Disabilities
- Clackamas County - Energy Assistance
- Ride Connections
- Senior Citizens Council of Clackamas County
- Senior Aging and Disability
- Clackamas County Meals on Wheels
- TOPs- Weight Management Group weekly meetings

FECC Center

2025-2026 Fiscal Year

Operating Budget


Distribution account	25-26 BUDGET
Income	
4000 Income	
4001 Sr. Svc. MOW	
4100 Gov. Support	
4104 State	\$ 25,000.00
4112 County	\$ 105,000.00
SUB - Total for 4100 Gov. Support	
4115 Congregate Meals	\$ 4,500.00
4116 Home Delivered Meals	\$ 2,500.00
4303 Van Donations	\$ 500.00
Total for 4001 Sr. Svc. MOW	\$ 137,500.00
4250 Rental Income	
4055 Downstairs Rentals	\$ 12,000.00
4058 Event Rental	\$ 5,000.00
9041 Tax Lot 2000	
9042 Tax Lot 2100	
Total for 4250 Rental Income	\$ 17,000.00
4290 Fundraising Income	
4009 Breakfasts TOTAL	\$ 2,800.00
4010 Gifts & Donations	\$ 55,000.00
4016 Meals on Wheels Donation	\$ 48,000.00
4120-1 MOW donations	
Total for 4010 Gifts & Donations	\$ 105,800.00
4011 Rewards Programs TOTAL	\$ 1,000.00
4017 Memorial Donations TOTAL	\$ 750.00
4018 Miscellaneous Income	
Total for 4018 Miscellaneous Income	
4019 Membership Dues/Sponsors	\$ 7,000.00
4300 Inhouse Fundraising	
4119 Saturday Night Dinners	
Total for 4300 Inhouse Fundraising	
4500 Auction	
Total for 4290 Fundraising Income	\$ 114,550.00
Total for 4000 Income	\$ 269,050.00
Total for Expenses	\$ 399,960.00
Shortfal-operating budget	\$ 130,910.00

Expenses	
5000-1 Payroll	
5000-11 Wages	\$ 248,860.00
5000.2 Mileage	\$ 2,500.00
Total for 5000-11 Wages	
5348 Employer Share Taxes	\$ 24,500.00
6194 S&IF	\$ 5,000.00
Total for 5000-1 Payroll	\$ 280,860.00
5000-2 Kitchen	
5003-1 Kitchen Food	\$ 1,000.00
5005-1 Meals on Wheels Food	\$ 15,000.00
5011 Fund Raising Foods	\$ 1,000.00
5021 Kitchen Supplies	\$ 1,000.00
5031 Kitchen Maintenance/Repair	\$ 5,000.00
Total for 5000-2 Kitchen	\$ 23,000.00
6010 Building Expense	
5800 Repair/maint/general	
6012 Building Monitor	\$ 600.00
6110 Janitorial Expense	
6112 Janitorial Supplies	\$ 2,500.00
Total for 6110 Janitorial	
Total for 6010 Building	\$ 3,100.00
6030 Insurance	\$ 20,000.00
6030-7 Package Policy (deleted)	
Total for 6030 Insurance	\$ 20,000.00
6100 Fundraising Expense	
6105 Fundraising/Other	
Total for 6100 Fundraising	\$ -
6140 Office Expense	
5199 Office Equipment	\$ 1,000.00
6000 Bank charges	\$ 100.00
6050 Dues and	\$ 1,200.00
6121 Licenses and Permits	\$ 3,000.00
Total for 6121 Licenses and	
6140-1 Postage/Print/Copier/Ads	\$ 2,500.00
6255 Postage and Delivery	
6265 6140-5 Printing and Reprod (ECCHO/MAILERS)	\$ 1,800.00
Total for 6140-1 Postage/Print/Copier/Ads	
6550 Office Supplies	\$ 1,500.00
Total for 6140 Office Expense	\$ 11,100.00
6150 6150 - Professional Fees	\$ 1,000.00
6150-1 Payroll Service	\$ 4,400.00
Total for 6150 6150 - Professional Fees	\$ 5,400.00
6170 6170 - Staff & Client Expense	\$ 3,500.00
7900 Center Recreation	\$ 5,400.00
Total for 6170 6170 - Staff & Client Expense	\$ 8,900.00
6180 Travel Expense	
4859 Trips & Tours	\$ 200.00
5500 Gas/Oil Transportation	\$ 6,000.00
5510 Vehicle/Repair Maint.	\$ 4,500.00
5511 Car Maintenance	\$ 1,000.00
Total for 6180 Travel Expense	\$ 11,700.00
6190 - Utilities	
5605 Electricity	\$ 26,400.00
5641 Garbage	\$ 2,000.00
5650 Telephone	\$ 3,000.00
6190-4 Water bill	\$ 3,000.00
6190 Propane	\$ 1,500.00
Total for 6190 - Utilities	\$ 35,900.00
QuickBooks Payments Fees	
Unapplied Cash Bill Payment Expenditure	
CENTER IMPROVEMENT	
Total for Expenses	\$ 399,960.00
Shortfall -	\$ 130,910.00



ECC HOT MEAL MENU – AUG 2025

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

			8/1
			Cheese Omelet Salsa Diced Red Potatoes Broccoli Biscuit Mandarin Oranges
8/4	8/5	8/6	8/8
Sloppy Joe Green Peas Chuckwagon Corn WG Hamburger Bun Fresh Apple	Sweet & Sour Pork Brown Rice Mixed Vegetables Pineapple Slaw Seven Grain Bread Tropical Fruit	Chili Macaroni Sliced Carrots Broccoli Ranch Salad Rye Bran Roll Fresh Orange	Meatloaf Half Sandwich Potato Onion Soup New! Spinach Salad with Radishes W/Balsamic Dressing Tropical Fruit
8/11	8/12	8/13	8/15
Beef Taco Meat Lettuce, Tomato & Shredded Cheese Pinto Beans Fiesta Vegetables Flour Tortilla Peaches	Macaroni & Cheese Peas & Carrots Squash Bread Fresh Apple	Ground Beef Stew Whole Kernel Corn Kidney Bean Salad Multigrain Roll Pineapple	Beef Chili w/Beans Broccoli & Carrots Bayou Slaw Cornbread Fresh Apple
8/18	8/19	8/20	8/22
Around the World New! Gyro Meat (beef/lamb) New! Cucumber-Yogurt Sauce Broccoli Tomato, Cucumber, & Feta Salad Pita Bread Spiced Peaches	Ham & Swiss Cheese Half Sandwich Shredded Lettuce Lentil Soup Coleslaw Whole Wheat Bread Tropical Fruit	Tuna Noodle Bake California Vegetables Black Bean Corn Salad Oat Bran Wheat Roll Mandarin Oranges	Chicken Piccata Green Beans Spinach Romaine Salad w/Cesar Dressing Garlic Roll Seasonal Fruit
8/25	8/26	8/27	8/29
Meatballs Country Gravy Whipped Potatoes Pickled Beets Wheat Roll Tropical Fruit	Dog Days of Summer Bratwurst with Sauerkraut & Mustard PC Baked Beans Potato Salad Hot Dog Bun Ice Cream Vanilla	Chicken Fajita Bowl Fiesta Vegetables Coleslaw Oat Bran Wheat Roll Pineapple	Around the World Orange Glazed Chicken Rice Pilaf Sesame Green Beans Carrot Mandarin Salad Dessert



REGULAR WEEKLY ACTIVITIES AT THE CENTER CENTER STAFF HOURS 8:30-2:30 MONDAY – FRIDAY

(inclement weather may affect schedules)

On-Site Programs & Activities call 503-630-7454 for more info

MONDAY	ADULT EXERCISE @ 10:30AM LUNCH—NOON GAME TIME AFTER LUNCH (CARDS, BOARD GAMES) REFIT W/Tina –6:00 PM SEPTEMBER 8TH FREE ROCK PAINTING PROJECT AFTER LUNCH
TUESDAY	WALK & ROLL ALONG THE RIVER 8:30AM T.O.P.S. WEIGH IN 9:30AM- MEETING STARTS @10:00 LUNCH—NOON BINGO AFTER LUNCH POUND CLASS W/TINA 6PM
WEDNESDAY	TAI CHI – 10:00 AM LUNCH—NOON FOOT CARE AUGUST 6TH (CALL TO SIGN-UP) WELLNESS BINGO WITH SHANNON – AUG 13TH AFTER LUNCH REV & FLOW —6:00 PM w/Tina
THURSDAY	COMMUNITY BREAKFAST 8:30 (\$6.00) ADULT EXERCISE @ 10:30 AM RED CROSS BLOOD DRIVE THURSDAY SEPTEMBER 18TH 1PM-6PM
FRIDAY	TAI CHI - 10:00 AM LUNCH—NOON BINGO—1 PM AFTER LUNCH BUNCO – AUGUST 22ND 6PM
SATURDAY	<i>August 2nd 6pm-8pm-Refit Hula Night Fundraiser (Refit Fitness class to summertime music, photo booth, temporary tattoos & wear your favorite Hawaiian or summertime dance outfit) Bring Check or Cash to donate to Meals on Wheels!</i> <i>August 16th 5pm -Classic Country Connection Band Dinner/Dance Fundraiser</i>
SUNDAY	
RIDES	Estacada Seniors need a ride to the Center or to local points of interest in Estacada to run errands or for appointments. Call the Center to schedule 503.630.7454. Call the Center for information on trips.

Shirts available for purchase at the Center

WANT A CENTER NEWSLETTER – CALL 503.630.7454 to learn how to become a member or review it at www.estacadacommunitycenter.org

AUG BIRTHDAYS

- 6 Millie Huckins
Lois Easton
- 7 Theodore Donley
- 9 Leana Spidell
- 11 Jensina Evans
- 12 Valerie Renteria
- 13 John McAdoo
Peter Frank
- 15 Barb Haugan
- 21 Belinda Gregg
- 27 Paulette DeSeranno
- 28 Gary Barden

