

ESTACADA COMMUNITY CENTER

200 SW Clubhouse Drive
PO Box 430
Estacada Or 97023

Non Profit
US Postage Paid
Estacada Oregon
Permit #20

MAY 2020 ECCHO — Estacada Community Center Helping Others **ECC is closed to all activities and meetings are cancelled until further notice**

Inside this issue: Meet Our Candidates Laughs & Giggles How Can You Help
Meals on Wheels Menu Message from Our General Manager Membership sign-up

Coronavirus Update

Due to the recommendations regarding limiting the spread of COVID-19 we will be closed to the public until further notice. Call the Center for updates 503-630-7454. Our employees will be working at the Center or remotely to serve the needs of our community. Home Delivered Meals, essential items and shelf stable food are being delivered on Monday, Wednesday and Friday. We are providing one prepared meal for up to 7 days as needed. In addition, we can also deliver essential items to our vulnerable community members. Contact the Center if you know of a senior in need, we can help 503-630-7454. Please check on your elder neighbors and call us should they need assistance.

HOW CAN YOU HELP?

- ◆ *Become a member/renew your membership* ◆ *Monetary donations to support local MOW Program*
- ◆ *Donations for paper products, TP, Disinfectant and Hand sanitizer appreciated*
- ◆ *Accepting donations for shelf life food*

We appreciate your continued support and hope you will partner with us to make a difference in the lives of those we serve. Please share our needs with friends or family that would be interested in serving the Center.

Board Elections Around the Corner

Meet Our Candidates

(we will need three for our upcoming election)

Charlene DeBruin—Retired business owner and active citizen volunteer in Clackamas County for many years. Charlene served as chairwoman for her Community Planning Organization where during her service she was awarded the Dee Wescott Community Service Award by the Clackamas County Board of Commissioners. She has also served on the Clackamas County Transportation System Planning Committee, and is currently serving as a board member of the Community Center with a passion on providing social outlet support for our senior community.

Karen Hovda—Karen has been an active community member in Estacada for many years. She is a past Board Chair of the Community Center, she served on the Estacada Rural Fire District Board for 8 years and was a volunteer for the Estacada Fire Department over 15 years. Karen presently serves on the City of Estacada Infrastructure Committee and has past service on other committees supporting the City and Community.

Karen is well qualified as she has past office manager, paramedic, nursing experience. Karen is thoughtful in her approach to making decisions that impact the Community and/or Center and feels her past experience will serve the Board well if elected.

James A. Moriarty—James is married with 4 children and 1 grandchild. He grew up in Boston. He received his Bachelor's Degree from Norwich University and his Masters from Ana Maria College. He served as an Armor Officer in the U.S. Army Reserves for 8 years. He was Senior Patrol Agent for the U.S. Border Patrol for 24 years. He served as an Union Steward negotiating and conducting several disciplinary, health and safety complaints with upper management. He was the Director of Health and Safety and conducted inspections at Boarder Patrol Stations and Check points.

James has been active in the Estacada community, delivering Meals on Wheels for the Center. Serves as Chairman for the Estacada Cemetery Maintenance Board. He is an active member of the Carl Douglas American Legion Post 74 assisting with meetings, functions and fundraisers. James would be an asset to the Center by serving on the Board .

Jodi Seaburn—Jodi has been married to her high school sweetheart for 36 years and they have 2 beautiful children together and 2 grandkids. She has over 26 years of experience in the administrative field and finished her career at Multnomah Education Services District as the Department Secretary and assistant to CEO/Director of Education. Jodi supervised other administrative assistants within her department, facilitating meetings, developing brochures, newsletters, websites and presentations.

Jodi and her family have been involved in our community by volunteering at the schools and the Center, she delivers meals and is helping to build our new webpage. Throughout her life she has had a heart of serving others at her local church, on mission trips, church events. Jodi has also served as Director of Development on the Board for Apple of His Eye Charity working on outreach database, mailings, grants and scholarships, as well as marketing and fundraisers. Jodi has shared that her past experience of service and administrative responsibilities will help the Center should she get elected for the open Board position.

Carole Whiteside—Has served on the ECC Board as Secretary since 2017, drafting procedures and tracking bylaws changes. She also volunteers at the front desk during Wednesday breakfasts and cleans up after the event. Prior to serving on the Board, she would bring her father (passed at 101) to the Center breakfasts. In Real Life she is a semi-retired business/IT consultant and has managed IT departments in several industries over her career. She was a math major but speaks and writes understandable English and enjoys making graphics and signs and organizing closets and file drawers.

Not A Member? It's Not Too Late. Join Now! 2020 Annual Membership Enrollment

Name/s:		
Address:		
City, State, Zip:		
Contact Info:	Individual	Joint
Home Phone:		
Cell Phone:		
Email:		

60 years of age or over - \$25 membership _____ \$40/couple _____ \$ _____

Under 60 years of age - \$35 membership _____ \$50/couple _____ \$ _____

Business/Corporation/Sponsorship – Minimum \$130

♦ one vote per business

\$ _____

Complete and mail to: Estacada Community Center

P.O. Box 430, Estacada, OR 97023

◆◆◆◆◆◆◆◆◆◆
◆ **Reminder:** ◆
◆ **Members get** ◆
◆ **sent a ballot to** ◆
◆ **vote in June.** ◆
◆◆◆◆◆◆◆◆◆◆



Donations from the County,
Wooden Shoe Tulip Farm,
and from other generous
community members.



May Birthdays

- 9 ***Shirlee Parsons***
- 16 ***Robert Jensen***
- 23 ***Violet Thomas***
- 24 ***Arline Hansen***



DISCLAIMER In the normal course of our Center activities and events, there may be times when your likeness may be caught on video and/or camera. In addition, your likeness may be Inadvertently used in, and/or placed on, a variety of social media sites, i.e. YouTube, Twitter, Facebook, Instagram, and the many others that exist. If you are not comfortable with this, and/or you find that by chance your likeness has been used and want it removed, please contact the Center and we will gladly do all we can to remove you.

Laughs & Giggles

Hormel made their first batch of SPAM in 1937. The company recently announced that due to hoarding by consumers, they are going to make a second batch.

There's nothing like a little tomato soup to soothe the soul. Even if it's cold. Over ice. With a celery stalk. And vodka....

Gonna ask my momma if that offer to slap me into next year is still on the table.

Until further notice the days of the week are now called, Thisday, Thatday, Otherday, Someday, Yesterday, Today & Nextday!



KIDS SAY THE DARNEDST THINGS
A six year old was asked where his grandma lived. "oh", he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

New 2020 Travel Codes Popular Travel Destinations

LVG—Living Room	KIT—Kitchen
BTH-Bathroom	MBR-Master Bath
BDM- Bedroom	PAT—Patio
BAL—Balcony	OFC—Office
BKY - Backyard	BMT- Basement



20 years ago we had Johnny Cash, Bob Hope and Steve Jobs. Now in 2020, we have no cash, no hope and no jobs. Please don't let Kevin Bacon die. 🐷



MAY 2020
MEALS ON WHEELS MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Notice: Please be patient with us as menu items may change and or be replaced with a like item during this time. In addition, we are also including donated food and essential items during home deliveries.</p> <p>If you need shopping assistance or if you know someone over 60 needing a home delivered meal please refer them to the Center. Call 503-630-7454 leave a detailed message if you get our voice mail.</p>				<p>1</p> <p>Shaved Turkey Sand Half Shredded Lettuce Marinated Zucchini Salad Green Split Pea Soup Whole Wheat Bread Spiced Pears Dijonnaise Sauce</p>
4	5	6	7	8
<p>Cheese Omelet w/Cheese Sauce Carrots Winter Mix Biscuit Ice Cream Cup</p>	<p>Beef Patty Brown Gravy Brussels Sprouts Whipped Potatoes Whole Wheat Bread Mandarin Oranges</p>	<p>Lasagna Cheese Roll Up Marinara Sauce Whole Kernel Corn Spinach Romaine Salad Whole Wheat Roll Fresh Orange Raspberry Vinaigrette</p>	<p>Mexican Pasta Bake Fiesta Blend Vegetables Apple Cranberry Coleslaw Whole Wheat Roll Chocolate Chip Cookie</p>	<p>BBQ Chicken Capri Blend Vegetables Parslied Potato Whole Wheat Bread Ice Cream Cup</p>
11	12	13	14	15
<p>Turkey Salad Sand Half Shredded Lettuce Minestrone Soup Creamy Coleslaw Whole Wheat Bread Pineapple Tidbits</p>	<p>Swiss Style Patty Swiss Steak Sauce Whipped Potatoes Herbed Carrots Whole Wheat Bread Gelatin Jewels</p>	<p>Lemon Herb Chicken Oven Baked Potatoes Green Beans Whole Wheat Bread Sugar Cookie</p>	<p>Roasted Turkey Poultry Gravy Whipped Sweet potato Tossed Salad Whole Wheat Roll Spiced Peaches Ranch Dressing</p>	<p>Meatballs Brown Gravy Whipped Potatoes Winter Blend Vegetables Whole Wheat Bread Gelatin Jewels</p>
18	19	20	21	22
<p>Sliced Ham Mustard Sauce Normandy Blend Vegetables Red Potatoes Whole Wheat Bread Golden Fruit Cup</p>	<p>Macaroni & Cheese Creamy Coleslaw Mixed Vegetables Whole Wheat Roll Granola Bar Honey & Oat</p>	<p>Sloppy Joe Veg Baked Beans Tossed Salad Hamburger Bun Ice Cream Cup Thousand Island Dressing</p>	<p>Herbed Chicken Patty Poultry Gravy Whipped Potatoes Scandinavian Blend Vegetables Whole Wheat Bread Peaches</p>	<p>Beef Mushroom Patty Green Peas Apple Cranberry Cole Slaw Whole Wheat Roll Gelatin Jewels</p>
25	26	27	28	29
<p>MEMORIAL DAY</p> 	<p>Turkey ala King Whipped Potatoes Oregon Bean Medley Whole Wheat Roll Mandarin Oranges</p>	<p>Pork Choppie Pork Gravy Sour Cream & Chive Potatoes Country Trio Vegetables Whole Wheat Bread Fresh Orange</p>	<p>Kielbasa Sausage Sauerkraut Cole Slaw Pork & Beans Hot Dog Bun Ice Cream Cup</p>	<p>Chicken Salad Sand Half Shredded Lettuce Carrot Raisin Salad Potato Chowder Whole Wheat Bread Pineapple Tidbits</p>
<p>1% 1/2 Pint Milk Available Each Day for MOW.</p>				

Message From Our General Manager

Want to take a moment to thank all of our staff, volunteers and community who have supported the Center to serve others during the Coronavirus Pandemic.

First our team, we have made numerous, far too many to count, care calls to our Home Delivered Meal recipients, and our community members educating them about the services we are able to provide. In addition, our team has been working to prepare over 455 meals per week and prepping additional shelf stable food to send out to our meals recipients. In addition to meal preparation, our team does shopping for vulnerable seniors so they don't have to leave the safety of their homes.

Next, our Meals on Wheels volunteer drivers they are a blessing to our Center and despite our growing routes larger, heavier bags they have not complained and continue to support our folks by assisting us with getting their meals, extra food, puzzles, and in some cases personal shopping delivered. We appreciate you more than we say. Thank you for your volunteerism.

And finally, our Community has stepped up and supported our Center in ways we could not imagine. Just when we say something like, "we need an extra freezer to store our increase of frozen meals and bread", we get two!! Or "we got no bread this week," we get a call and get 200 loaves from Dave's Killer Bread!! "We need large not re-useable grocery bags", Harvest Market provides!! Or "how in the world are we going to get extra food to our recipients" the County offers weekly food boxes!! And YOU are assisting with non-monetary and monetary donations that will allow us to supplement and provide more, so our vulnerable seniors can stay home safe. And we didn't even have to say we need masks, Skip a Week Quilt Club and Samantha Gray made us some.

The Estacada Community Center is continuing to support our community during this time and is accepting donations for our aging and vulnerable community members. These donations will be disinfected and delivered to those who receive Meals on Wheels Program assistance.

Donations can be dropped off at the Estacada Community Center at 200 Club House Drive Estacada, weekdays from 8:30-12:30. When you arrive to drop-off your donations, please proceed to the front doors, Call 503-630-7454, and an employee will gladly accept your donation using social distancing.

Below are items we would graciously accept and deliver to those in need:

Essential Items

*Toilet Paper
Tooth Paste/Tooth Brush
Hand Soap
Shampoo/Conditioner
Adult Diapers- sizes Medium and Large
Tylenol
Dish Soap/laundry soap
Any Disinfectant Supplies
Kleenex
Deodorant*

Food and Nutrition

*Boost/Ensure
Boxed Cookies & Desserts
Canned Soup
Canned Meat
Crackers
Quick Oats
Canned Fruit
Boxed Juices
Canned Vegetables*

Thank you so much for your thoughtfulness during this unprecedented time. Stay safe, and stay healthy.