

The Senior Informer

MOLALLA ADULT COMMUNITY CENTER

Address: 315 Kennel Ave.

PO Box 797, Molalla, OR 97038

Hours: Monday-Friday: 9am-4pm

Oh so
LUCKY
to have
you!

March 2019

Director's Message

Dear Members,

Happy March for Meals Month! We're incredibly excited about this month's activities that drum up dollars and awareness for the program that launched the development of Senior Centers across America. Meals on Wheels continues to be the heartbeat of our Center, the most important program serving the most vulnerable of people. Together we loudly fundraise as a community for this great cause. There are many ways to participate in our exciting efforts.

1. March 9th—Join Cecily at NW Fitness & Strength for a "March for Meals" REFIT® workout at 4pm. Where all donations will go to the Nutrition program.
2. March 16th - Annual Auction and Spaghetti Feed with Live entertainment! 4:30pm.
3. March 23rd — Sheldonoke at San Blas, a Karaoke Fundraiser for Meals on Wheels. 8pm-midnight
4. March 27th— Fundraiser Breakfast at the Center 9am
5. Month long Change wars, look for March for Meals donation throughout our community and drop in your change.

Let's March!

Cecily,

Center Director

Molalla Area Seniors Meetings

Executive Board Monday
Mon March 18th—9:30am

General Meeting Thursday
Thurs March 28th—12:15pm

Center Staff

Cecily Rose,
Director
Shirley Wood,
Nutrition Manager
Julie Effinger,
Client Service
Amanda St. Clair-Estrada,
Financial Manager
Dan Taylor,
Transportation Manager
Duane D., & Bob C.
Drivers

Volunteers
Reception

Molalla Area

Seniors Executive Board

Wanda James
President
Gordon Kundert
Vice President
Pat Torsen
Treasurer
Sandy Kundert
Secretary

Lorraine Peters
Jojie Chapman
Claudia Linder
Patricia Blank
Judy McNeil
Bob McNeil
Board Members

The Molalla Adult Community Center is a non-profit organization created to promote recreational, educational, social, cultural, community health, and nutrition programs for senior citizens in Molalla and the surrounding area. For any questions or to schedule an appointment, call the Center at 503-829-4214.

EXERCISE

Better Bones and Balance—

Monday, Wednesday and Friday 9am-9:50am. Suggested donation \$2 paid to MACC.

Tai Chi—Tues and Thurs at 9:00! \$2 suggested donation paid to MACC.

Senior REFIT®—Instructor Tina leads REFIT® on Tues & Thurs 1pm! Donations paid to instructor.

Walk with Ease—Please stand by, the next series is TBD.

CRAFTS/ART

Quilting— Every Tues at 9am. Learn to Quilt or show off your skills!

Knit & Crochet— Every Fri, 10am.

MAS Craft Hour— 4th Tues, 11am, different craft each month! Donations appreciated.

HEALTH AND WELLNESS

Blood Pressure Clinic— 1st Tuesday 10:30am-12:30pm with Renee. OR 11am -1pm with Margaret (Check the calendar for the date)

GAMES

Bingo!— Every Friday at 1pm! \$2 Suggested Donation to cover prizes!

Board Games! - Grab a friend and meet for games at the Center!

SHOPPING

Monday: Safeway

Tuesday: Bimart

Thursday: Hi School Pharmacy OR Real Deals Grocery

Friday: Safeway

*Please call morning of by 9:30am to get on bus list. Bus leaves at 12:45pm. Check outing page for specific outings!

SPECIAL INTERESTS

Legal Services—Andrew Kauffman, 2nd Tues of the month 9-11am by appointment only.

Birthday Celebration—The last Friday of every month! Join us for lunch and special treats.

Weekly AA Meetings—Monday, Wednesday, Friday—3pm.

Women's Cancer Support Group—3rd Friday, 1pm.

Parkinson's Support Group — 3rd Tuesday, 10am-12pm.

Alzheimer's Support Group: Contact Pheasant Pointe at 503-829-3777, or Molalla Manor at 503-829-5591

Medical Equipment—LOVE INC is now loaning equipment for Clack County 503-655-4223

Presentations—Scheduled monthly covering varying topics!

ADDITIONAL SERVICES

Referral and Assistance— For issues facing seniors. Calls are accepted on behalf of others as well. For mental health crises call County Crisis Service: 503-655-8585.

Van Rides— Rides into the Center for lunch, activities and local shopping. Suggested donation is \$1.50 round trip. Please call in the morning. Check the calendar for afternoon shopping.

TRP—Transportation Reaching People is a program designed to meet transportation needs for those 60 years or older, or an individual with a disability, who have limited practical transportation alternatives. Call Julie at the Center for enrollment and scheduling. Each rider may schedule up to 4 personal rides a month in addition to their medical appointments.

Lunch!—Mon, Tues, Thurs and Fri at 12pm. Suggested donation of \$3.00 for those over 60, \$5.00 for those under 60. We also deliver Meals on Wheels for homebound clients.

Senior Companion— SCP volunteers are 55 years of age or older, no longer in the regular workforce, and are capable of serving adults with unique needs. If income eligible, volunteers may receive a non-taxable stipend plus mileage reimbursement. **Contact:** 503-655-8875.

WE NEED YOU!!

Volunteer!— We have many volunteer needs and options! Stop by the Center and speak with Cecily or an available team member. Or call 503-829-4214.

Mon

Tue

Wed

Thu

Fri



Server: Meadowbrook Church 1
 Salisbury Steak and brown Gravy
 Garlic Whipped Potatoes
 Mixed Vegetables
 Peach Crisp

Servers: Assembly of God 4
 Baked Beef Rigatoni
 Green Beans
 Garden Vegetable Salad
 White Dinner Roll
 Seasonal Fresh Fruit

Servers: RPA 5
 Chicken Pastini
 Mixed Vegetables
 Spinach Romaine Salad
 Key Lime Bar

6
 Bob's Red Mill
 Evergreen Thrift Shop

Servers : St. James Church 7
 Sweet & Sour Pork
 Brown Rice
 Asian blend Vegetables
 Tossed Salad
 Banana Pudding

Servers: LDS 8
 Lima Beans and Turkey Ham
 Mixed Vegetables
 Marinated Zucchini Salad
 Bread Pudding with Raisins

Servers: The Girls 11
 HS Pork Patty/Pork Gravy
 Whipped Potatoes
 Carrots

Servers: The Girls 12
 Kielbasa Sausage
 Saurkraut Yellow Mustard
 Broccoli
 Baked Beans
 Bun
 Golden Fruit Cup

13
 Marquam Inn
 Sin-able Sweets Mt. Angel

Servers: Grace Lutheran 14
 Beef & Black bean Chili
 Chuckwagon Corn
 Tossed Salad
 Oatmeal Roll
 Apple Rhubarb Crisp

Servers: The Girls 15
 Roasted Turkey
 Poultry Gravy
 Whipped potatoes
 Broccoli
 St. Patty's Cookie

Servers: Marquam Methodist 18
 Potatoes & Turkey ham
 Herbed Carrots
 Romaine Iceberg Salad
 Lemon Pudding

Servers: The Girls 19
 Macaroni & Cheese
 Green Peas
 Marinated Broccoli Salad
 Pistachio Cake

20
 Helvetia Tavern
 Rice Museum
 Of Rocks and Minerals

Servers: 7th Day Adventist 21
 Mexican Pasta Bake
 Capri blend Vegetables
 Romaine Iceberg Salad
 Zucchini Brownies

Servers: Foothills Church 22
 Asian Chicken Salad
 Spinach Romaine Salad
 Chicken Noodle Soup
 Whole Wheat Roll
 Pineapple Tidbits

Servers: The Girls 25
 Chicken Breast Supreme
 Whipped Potatoes
 Country Trio Vegetables
 Apple Crisp

Servers: Molalla Christian 26
 Cheese & Green Chili Bake
 Green Beans
 Spinach Romaine Salad
 Whole Wheat Roll
 Vanilla pudding

27
 Spirit Mountain Casino
 Cedar Plank Buffet

Servers: Men of St. James 28
 Orange Glazed Chicken
 Brown Rice
 Broccoli
 Mixed Vegetables
 Rocky Road pudding

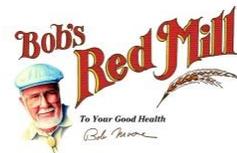
Servers The Girls 29
 Meatloaf half Sandwich
 Green Split Pea Soup
 Apple Cranberry Coleslaw
 Whole Wheat bread
 Mandarin Oranges

Special Outings and Events!

Wednesday, March 6th: Bob's Red Mill & Evergreen Thrift Shop

Bus leaves Center: 10:30am Sign up: Friday, March 1st @ 9am Sugg \$6

Bob's Red Mill is easily one of the best things to ever happen to Milwaukie. Whole grain goodness as far as the eye can see, fresh made affordable meals, vegan, gluten free, lactose free, ect. Bob's has delectable treats and hearty grains to take ready to eat or to prepare on your own. Great selection, bulk items too! Evergreen is a small thrift store with lots of heart and great treasures to discover, and there is usually always a 50% off sale in a designated department.



Wed., March 13th: Markum Inn, Sin-able Sweets & Blackbird Granary & Curiosities

Bus leaves Center: 10:30am Sign up: Friday, @ March 8th 9am Sugg \$5

The food at the Markum Inn is amazing, atmosphere is really nice, the smell from the wood fire oven will make your mouth water and the staff is far out!! Sin-able Sweets - YOUR dietetic bakery. Where bakers create divine pastries, cookies, cakes, pies and parfaits - and the one and only Wannabe! The Blackbird Granary Antiques & Curiosities is a fun place to drop in. Not the snooty overpriced vintage/antiques you find in the metro area. This shop is more reasonably priced, has a great variety of items and a lots of it.



Wednesday, March 20th: Helvetia Tavern & Rice Museum of Rocks and Minerals

Bus leaves Center: 10:30am Sign up: Friday, March 15th @ 9am Sugg \$6

Attention Burgermeisters! This is a burger outing you will not want to miss. This place has gigantic burgers. When you order the jumbo burgers you really did get a jumbo burger. Their menu is \$5.25 - \$11.25. BE PREPARED TO PAY WITH CASH ONLY. Then we are headed to the museum. The Rice Northwest Museum of Rocks and Minerals houses a world-class collection recognized as the finest in the Pacific Northwest and one of the best in the nation. Located just west of Portland, Oregon in Hillsboro, the Museum showcases not only fine rocks and minerals, but also fossils, meteorites, lapidary art, and gemstones from both the Pacific Northwest and all around the world.

Wednesday, March 27th: Spirit Mountain Casino Cedar Plank Buffet and Casino

Bus leaves Center: 10:30am Sign up: Friday, March 22nd @ 9am Sugg. \$7

Their well-priced buffet wows guests with melt-in-your-mouth cedar plank salmon, prime rib and unique Northwest and seasonal dishes. They offer seven chef action stations: international, pizza, seafood, carving, American, Asian, and the bakery. All you can eat for lunch is \$11.95 per person.

Arguably one of the most popular games in any casino, slots provide hours of entertainment for gamers of any skill level. Located in Grand Ronde, Oregon, Spirit Mountain Casino features hundreds of the most popular slots on the market. Whether you're looking for more traditional single game slots, multi-game machines, touch-screen, or even progressive jackpots, there are a variety of games to choose from.



Mon Tue Wed Thu Fri



<p>4 9am Better Bones & Balance 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>5 9am Tai Chi 9:30am Quilting 11am BP Clinic w/ Renee' 12:45pm Bimart 1pm Senior REFIT®</p>	<p>6 9am Better Bones & Balance 3pm AA Meeting Bob's Red Mill & Evergreen Thrift Shop</p>	<p>7 9am Tai Chi 12:45pm Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>8 9am Better Bones & Balance 10am Knit & Crochet 12:45 Safeway 1pm Bingo 3pm AA Meeting</p>
<p>11 9am Better Bones & Balance 12:45pm Shopping at Safeway 3pm AA Meeting</p>	<p>12 9am Tai Chi 9:30am Quilting 9:30am Lawyer by Apt. 11am POLST vs. Advanced Directive 12:45pm Bimart 1pm Senior REFIT®</p>	<p>13 9am Better Bones & Balance 9am Foot Clinic by apt. 3pm AA Meeting Markum Inn , Sin-able Sweets & Blackbird Granary Antiques & Curiosities</p>	<p>14 9am Tai Chi 12:45p Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>15 9am Better Bones & Balance 10am Knit & Crochet 12:45pm Safeway 1p Women's Cancer Spt Grp 1pm Bingo 3pm AA Meeting</p>
<p>18 9am Better Bones & Balance 9:30am MAS Executive Mtng 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>19 9am Tai Chi 9:30am Quilting 10am Parkinson's Supp Grp 12:45pm Bimart 1pm Senior REFIT®</p>	<p>20 9am Better Bones & Balance 3pm AA Meeting Helvetia Tavern & Rice Museum of Rock and Minerals</p>	<p>21 9am Tai Chi 11am BP clinic w/ Margaret 11am Ted's Mobility Service 12:45p Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>22 9am Better Bones & Balance 10am Knit & Crochet 12:45pm Safeway 1pm Bingo 3pm AA Meeting</p>
<p>25 9am Better Bones & Balance 12:45pm Shopping at Safeway 3pm AA meeting</p>	<p>26 9am Tai Chi 9:30am Quilting 11am MAS Craft Hour 12:45pm Bimart 1pm Senior REFIT®</p>	<p>27 9am Better Bones & Balance 3pm AA Meeting Spirit Mt. Casino and Buffet</p>	<p>28 9am Tai Chi 12:15p MAS General Meeting 12:45 Hi School Pharmacy OR Real Deals Grocery 1pm Senior REFIT®</p>	<p>29 9am Better Bones & Balance 10am Knit & Crochet 12:45pm Safeway 1pm Bingo 3pm AA Meeting</p>

Center Activities

Date of Event	Bus Leaves Center	Restaurant Location	Activity	Sign up AFTER	Suggested Donation	Additional \$\$ Info
WEDNESDAY 3/6	10:30am	Bob's Red Mill	Evergreen Thrift Shop	Fri. 1st @ 9am	\$6	Lunch: \$8-\$10
WEDNESDAY 3/13	10:30am	Markum Inn & Sin-able Sweets	Blackbird Granary Antiques & Curiosities	Fri. 8th @ 9am	\$5	Lunch: \$8-\$15 Bakery: \$1-\$5
WEDNESDAY 3/20	10:30am	Helvetia Tavern	Rice Museum of Rock and Minerals	Fri. 15th @ 9am	\$6	Lunch: \$5.25-\$11.25 Adults:\$12 Seniors(60+): \$10 Veterans: \$8
WEDNESDAY 3/27	10:30am	Sprit Mt. Casino Buffet	Spirit Mt. Casino	Fri.22nd @ 9am	\$7	Lunch: \$7- \$15

***Please note that our recreational transportation program, which includes all outings, is specifically purposed for our Bus/Vans. While we understand that some people want to partake in our trips independently, in their own vehicles, we are unable to accommodate these requests into our planning. Thank you.**



Happy Birthday



Happy Birthday to YOU! Happy Birthday to YOU! Happy Birthday Dear Members! Happy Birthday to YOU!....

<i>Guillermo Amaya</i>	1	<i>Robert Gibson</i>	7	<i>Alice Flintjer</i>	14
<i>Janine Miller</i>	1	<i>Cindy Croghan</i>	8	<i>Judy Molnar</i>	17
<i>Nancy Howard</i>	3	<i>Joyce Huber</i>	9	<i>Jojie Chapman</i>	19
<i>Tom Schnelle</i>	4	<i>Doris Sando</i>	9	<i>Stephen Martell</i>	21
<i>Dave Soto</i>	4	<i>Randall Coy</i>	10	<i>Margie Nelson</i>	21
<i>Angelo CariCari</i>	4	<i>Robert Polack</i>	11	<i>Linda Sisson</i>	22
<i>Dortha Kilgore</i>	4	<i>Marge Stephen</i>	11	<i>Kacy Carpenter</i>	27
<i>Beverly Howard</i>	5	<i>Irene Schriever</i>	13	<i>Wanda James</i>	28
<i>Ron Jogodnik</i>	6	<i>Pattie Wymore</i>	13	<i>Pat Reiter-Rice</i>	29
<i>Linda Rose</i>	7	<i>Joe Edwards</i>	14	<i>Ruth Maurer</i>	

*Our apologies in advance if we missed mentioning your birthday...Please contact the Receptionist at the front desk so that we may update our records, and HAPPY BIRTHDAY! Because we adore all of our members, we don't want to miss honoring YOU on your special day!

Have a Birthday AND a Facebook Account?



Help MAS reach their fundraising goals! Facebook will notify you that you have a birthday coming up and that you may choose a Charity to support in your name in lieu of Birthday gifts. Please considering donating to Molalla Area Seniors Inc. Simply select this Non Profit from the drop down menu. If you were to need assistance with this, we're happy to help, just ask!

Shopping Online?

Use Amazon Smile and donations can come to MAS!

Log into <https://smile.amazon.com/> and make sure that you select the charity Molalla Area Seniors Incorporated for your charitable giving. Every purchase you make supports our mission to serve seniors in the Molalla area.



MAS Member Highlight: Wilma Coleman

Wilma Taylor was born in Los Angeles, the second daughter in a family of four children. When her parents divorced as she was six years old, she saw her father seldom after that. However, her Mother was a strong influence in her life teaching her to be industrious; "Learn to have a roof over your head, food to eat, clothes to wear and live a true life."

The Family moved to Michigan where Wilma was a good student. The state had a law allowing 12 year-olds to work if they had good grades enhancing Wilma to get a job at a soda fountain when she was 11! (She lied about her age!) She worked after school until 8 or 9pm earning 35 cents an hour. When she was 15, she began contributing to the family income paying \$10 a week.



She married John who had been a chef in the military. They worked together leasing restaurants; renovating, updating, and painting them, up to three at a time, believing "Build it and they will come!" John was the chef and Wilma a waitress. They even leased an 8 room motel with restaurant and bar where they had a week day employee, and they worked the business' booming weekends. When their son, Jonathan, arrived, he went to work with them watching T.V.

John had lymphoma and died when he was just 56. This left Wilma with a son, six years old, who fancied he'd like to live where there were seasons, even snow. So Wilma took the train to check out Oregon! Soon they were pulling a trailer with their belongings, headed to Molalla as Wilma had found an elderly gentleman needing a housekeeper and care-giver. She and Jonathan had a place to live as well as work! (continued on next page)

MAS Member Highlight Continued

Jonathan grew up, sometimes finding mischief “as boys will do.” There came a time when his mother spanked him, and Jonathan called the Police! They came to arrest Wilma, but she refused to go saying her son deserved the spanking. During this time her son, standing behind her, said inappropriate words and made faces about his Mother. Seeing this the police took Jonathan to jail! Around midnight, they called saying she could come and get her son. “Oh, No! He can stay there several nights and learn a lesson” replied Wilma. There was improved behavior after that.

After six years, the elderly gentleman passed away and Wilma got a new job working at Keegan’s Corner on Hwy 211. There she met a truck driver, Carl Coleman, who frequently came for lunch. When Wilma honored the state liquor license of Oregon refusing to serve more drinks than were allowed to the owner’s husband, he complained that Wilma should be fired. “Oh, no, I’ll quit so you don’t need to pay a dime! I can get another job in Canby.” Wilma replied. She did get a job as a cook in Canby and Carl followed her there.

Wilma and Carl were married, and Jonathan learned to love his new step-father who worked hard driving a two trailer truck! Life was good! Jonathan found a wonderful wife who truly was the making of him and they made their home in Molalla. Along the way, Carl had an accident that disrupted his ability to shift gears changing his truck driving lifestyle. Later he had heart problems, going to the hospital and then Molalla Manor. Wilma was by his side every day and he came to realize that he was ready and wanted to die. Three weeks later he was granted his wish.

Today Wilma resides still in Molalla. She has family, that includes a grandson, locally that she visits frequently and she spends much of her time at the Molalla Adult Community Center. Wilma recently at the suggestion of the Center Director, Cecily became a Senior Companion Volunteer for Clackamas County. She’s spent hours of training required by the County for driving classes, background checks, senior training, all which she does with ease. To her credit, Wilma has an attitude of independence that has made the difference in her life. She leaves us with this;

1. Where there’s a will, there’s a way!
2. Life is what you make it!
3. There’s work out there if you WANT it!
4. Keep your opinions to yourself!
5. People need to learn to live with each other!



Wilma participating in a Cake Walk at the Center!

MAS Appeal Donations



Robert G Almquist
Nelson Burley
Rose M Brown
Sandra R Ewing
Patricia A Komro
Helen Miller
Dolly Marson
Anna King
Eda Schoenborn

Helen Ems
Anita Steiner
Emerson Yoder
The Coffee Ladies
Robert Wiltgen
Elberta Helmick
Wayne Fountain
David Robertson
Earl Rassmussen

Bill Sandquist
Mike Guerricagortia

*MAS thanks you
for your generosity*

Join us for our annual Spaghetti Dinner & Auction

with Live Entertainment and a Silent Auction

It's a March for Meals Event!



Saturday March 16th 2019

St. Patrick's Day Weekend

4:30-8:30pm

Molalla Adult Community Center

315 Kennel Ave. Molalla, OR

503-829-4214

\$15 per ticket*

*\$1 service fee for debit/credit transactions

To purchase tickets stop by the Center M-F from
9am to 4pm



Proceeds benefit the Molalla Adult Community Center
and its programs for Seniors and those with disabilities



Molalla Adult Community Center

Fundraiser Breakfast

A March for Meals Event!

- ◆ Biscuits & Gravy
- ◆ Scrambled Eggs
- ◆ Sausage
- ◆ Fruit
- ◆ Orange Juice
- ◆ Coffee



This event
supports
Meals on Wheels!

Wednesday, March 27th

9am—10:30am

\$6 per plate

Open to the community, the Molalla Adult Community Center will be hosting a fundraiser breakfast to support the Nutrition Program at the Center

Please RSVP by calling the Center at

503-829-4214



Volunteer/Sponsor/Fundraiser News Page

Join us for the following March for Meals Events!

★ **March 9th**—REFIT® workout with Cecily at NW Fitness & Strength (112 Main St.) FREE for the community but donations for Meals on Wheels encouraged. 4pm!

★ **March 16th**—Dinner and Auction at the Center! Tickets NOW on sale! Now accepting items for The Silent and Live Auction! 4:30-8:30pm

★ **March 23rd**—Karaoke at San Blas with Sheldon! Join us for an evening of fun and singing to raise Money for Meals! 8 to midnight.

★ **March 27th** Fundraiser breakfast at the Center! 9am!



Thank you to San Blas, NW Fitness & Strength, Sheldon of NW Fitness and Cecily Rose for donating your time and efforts to our March for Meals events!

A special “Thank You” to our 2018/2019 sponsors and all our sponsors throughout the years...

Assembly of God
Art Erickson’s Tire & Auto, Inc
Avamere Living at Berry Park
B&B Leasing
Cindy’s Café & Catering
Clackamas County Meals on Wheels
Clarks Grange
D&M Pump and Heating LLC
Dentist Off Main
Eagle Mountain Construction
El Charrito Mexican Restaurant
Foothills Community Church
Forgiven Fabrication
Headwaters Tai Chi LLC
JW Geothermal, Inc.
MARJAK Enterprises, Inc.
Marson Trucking, Inc.
Meadowbrook Church
Molalla Area Seniors Inc.
Molalla Communications
Molalla Manor
Molalla Kiwanis

Molalla Rotary
Molalla Running Club
Molalla Seventh Day Adventist
Molalla VFW
Molalla Women of the Moose
Mulino Store Enterprises, Inc.
Naylor’s Hardwood Floor Service
New Horizon’s Fellowship
NW Fitness & Strength
Oregon Plumbing and Pump LLC
Port Blakely
RCM Holdings LLC
Sapienza and Sons Builders
Specialty Polymers, Inc
Stow Away Self Storage
The Spot Again, Inc.
St. James Catholic Church
United Methodist Women
VFW Auxiliary
Vital Services, LLC
Private Donors

And to everyone in the local community who have privately donated to keep this Center open and running for our members.

Thank You!

We apologize if we’ve missed anyone. Please feel free to contact us and let us know if so.

We thank you for your donations. 503-829-4214

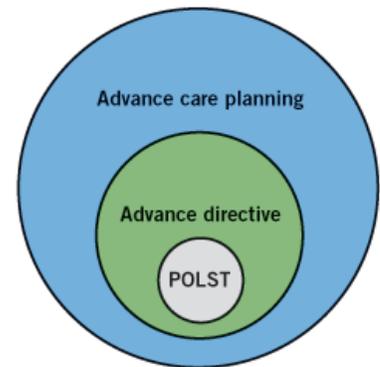
Presentations

POLST and Advanced Directive

Tuesday March 5th at 11:00a

Who needs a POLST and why would you need one? What is an advanced directive and do you need one of those too? Do you have treatment wishes, and want to have a voice when you may not be able to speak for yourself?

A POLST form does **not** replace an advance directive – they work together. While all adults should have an advance directive, not all should have a POLST form. Both provide information about treatment wishes but they give different information. Come to this presentation and find out what a POLST and advanced directive are, and how to complete them for yourself, or assist a loved one.



Mobility Device Clinic Thursday, February 21st at 11am



Ted will be available at the center to teach people with walkers, how to properly adjust them to get the best use of the assistive device. He will have information available and is available to answer specific questions people may have. Do you need mechanical repairs for your walker or power scooter? He is also bringing his tools and will make repairs or adjustments that do not require parts, free of charge.

Resources

- Questions or concerns about your Medicare plan? Contact SHIBA: 503-655-8269
- Are you concerned of an elderly man or woman being abused, neglected, or harmed in any way? If so, contact Adult Protective Services: 1-855-503-7233
- Are you an unpaid family caregiver? There are resources and benefits through the county available to you! Contact The Family Caregiver Support Program: 503-650-5724
 - Are you in need of legal support? Contact Legal Aid: 503-224-4086
 - Are you in a housing crisis, or need assistance? Contact Housing Authority: 503-655-8267
 - Are you interested in receiving Gleaners? Contact them at: 503-655-8740
 - Want to be a Senior Companion? Contact Cari at: 503-655-8875
 - Have questions about aging or living with a disability?

Access local information and services that can help older adults, veterans, persons with disabilities, caregivers, and family members to:

- Live independently, Access benefits, Help a loved one, Get support for memory loss or dementia, Look for resources, Find community information and services

Email: clackamasadrc@clackamas.us or call 503-650-5622. www.ADRCofofOregon.org

Services are available in any language.

MetroHomeShare:(971)271-5195 metrohomeshare@emoregon.org metrohomeshare.org

Around the Community

Resource Center at Foothills

Hours of Operation:

Mondays & Wednesdays: 5:30-8pm

Tuesdays & Thursdays: 10am - 2pm

Location: Dock located at the north end of the church building - 122 Grange Avenue

The Foothills Resource Center offers clothing and emergency food for people of all ages in need.

Senior Loneliness Line

Supporting seniors in our community who are feeling lonely and having difficulty connecting

503-200-1633

1-800-282-7035

Computers 101 at the Library!

Dates and Times vary



& Grief Share

Two separate grief share classes are being offered

Mondays, 6:30pm-8:30pm

At the Center

Contact Foothills to sign up

503-829-5101



Tax Aid from the AARP Foundation

Call the Center for appointments 503-829-4214



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 and/or your family's likeness. Thank you.

SOUP KITCHEN

111 Mathias Rd (at the Y)

Facebook: Molalla United Methodist Church

Hours of operation: Every Tuesday from 4-6pm

The Soup Kitchen is a Bowl of Love established for the purpose of providing a nutritious meal at no charge to those who desire or need.

Laundry Love

Most Tuesdays 5:30-7:30pm

Where Laundry can be done for no cost to you.

Humdrum Laundry 1515 W Main St. Molalla

Tri-met passes available at Molalla Christian Church

If you need Tri-met passes, please stop by the Molalla Christian Church Office—223 E. 3rd St on Mondays through Thursdays, 10:15-2pm. Honored Citizen, Adult, and Youth passes are available for low income people. For more information, call 503-829-2901

Molalla HOMESAFE Program

A program to aide the Safety of those living in Molalla with memory loss. Contact the Center for more details or to complete enrollment.

503-829-4214

Do You Shop on Amazon?

Help support Molalla Area Seniors, Inc. A percentage of each purchase can go to MAS!

Go to:

www.amazonsmile.com

Login like normal

Search Molalla Area Seniors when prompted for your charity of choice. Make purchases like normal. Easy as that! Thank you for supporting Molalla Area Seniors!

Bisquick Impossible Cheeseburger Pie

Ingredients

- 1 lb lean ground Beef
- 1 lg. onion chopped
- 1/2 tsp salt
- 1 cup shredded Cheddar cheese
- 1/2 Cup Original bisquick baking mix
- 1 cup milk
- 2 eggs



Directions

1. Heat oven to 400°F. Grease 9-inch **pie** plate. Sprinkle ham, cheese and onions in **pie** plate.
2. Stir **Bisquick** mix, milk, salt, pepper and eggs until blended. Pour into **pie** plate.
3. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Garnish with tomato and bell pepper.

Recipe courtesy of; <https://www.bettycrocker.com/recipes/impossibly-easy-cheeseburger-pie>

Nutrition Facts:

Serving Size: 1 Serving

Calories 325, Calories from Fat 190, Total Fat 21 g, Saturated Fat 10 g, Cholesterol 135 mg, Sodium 530 mg, Potassium 340 mg, Total Carbohydrate 11 g, Dietary Fiber 0g, Protein 23 g, % Daily Value*: Vitamin A 8%, Vitamin C 0%, Calcium 18%, Iron 10%

Exchanges: 1 Starch; 1/2 Fat;

*Percent Daily Values are based on a 2,000 calorie diet.

PRO TIP for this recipe; Prep and assemble the pie up to 24 hours ahead of baking. Stash in the fridge and plan to bake it a little longer than directed since it will be chilled.

HELP THE LEPRECHAUN FIND HIS GOLD!

THERE'S ONE LUCKY 4 LEAF CLOVER IN THIS FIELD OF SHAMROCKS!

DO YOU SEE IT?



Nutrition Program Update:
July 1st 2018–December 31st 2018 (2018 YTD FY)

Revenue:	
Congregate Dining	\$3,629.08
Donations	\$5,199.71
MOW	\$5,364.00
Government–Clackamas County	\$13,009.30
Government–State	\$20,227.90
Other	\$0
Total YTD:	\$47,429.99
Expenses:	
Direct Nutrition Expenses:	\$39,172.81
In-Direct Expenses:	\$29,310.76
Direct Nutrition 17/18 Budget:	\$66,000
Thank You!	



We're dreaming of these items.... Can you help? Call the Center if you have questions on any of them or know of a way they can be obtained.

Office/Kitchen Supplies Medium Permanent Black Markers, Postage Stamps, Ziplock bags.

Food of the Month Canned mixed vegetables, Salad dressings.



Bingo Prizes Our recipients love our prize giveaways, these items can vary from \$1-\$5 in value. We need items!

**2018/2019 Annual Appeal as of
12/31/2018:
\$15,275**

Direct Expenses: Food/Supplies, MOW, and Payroll.

In-Direct Expenses: Utilities, Transportation, Administrative Costs.

Molalla Adult Community Center Membership Application

*Make membership checks payable to Molalla Area Seniors/MAS

New Member _____ Renewal _____ Single Membership \$10/Year Couple: \$20/Year

Name: _____ Birth: Month _____ Day _____ Year _____

Over 60? Yes / No

Name: _____ Birth: Month _____ Day _____ Year _____

Over 60? Yes / No

Address: _____

Phone: _____ Cell: _____

Email Address: _____ Enclosed Check \$ _____ Cash \$ _____

Making a Donation to support the Center is easy!

*Make donation checks payable to MACC/Foothills

Donation Enclosed: Donor Name: _____

Address: _____

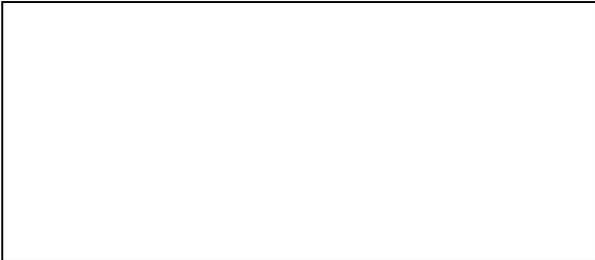
Amount \$ _____ Donation: In Honor of: _____

In Memory of: _____



PO Box 797
Molalla, OR 97038

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Molalla, OR 97038
Permit #21



DUES ARE OWED ON THE DATE LISTED ABOVE. PLEASE MAKE OUT ALL CHECKS for dues TO MOLALLA AREA SENIORS.

Upcoming Events ~

- Tuesday, March 5th —Blood Pressure Clinic with Renee 10:30am
- Wednesday, March 6th —Bob's Red Mill & Evergreen Thrift Shop 10:30am
- Saturday, March 9th—4pm REFIT for March for Meals @ NW Fitness
- Tuesday, March 12th —Lawyer, by appt only 9am-12pm
- Tuesday, March 12th—11am POLST vs Advanced Directive Presentation
- Wednesday, March 13th —Foot Clinic, by appointment *now only once a month
- Wednesday, March 13th-Markum Inn, Sin-Able Sweets, & Blackbird Granary 10:30a
- Friday, March 15th Women's Cancer Support Group
- Saturday, March 16th— Auction and Dinner
- Monday, March 18h—MAS Board Meeting 9:30am
- Tuesday, March 19th —Parkinson's Support Group 10am
- Wed., March 20th-Helvetia Tavern & Rice Museum of Rocks and Minerals 10:30am
- Thursday, March 21stBlood Pressure Clinic with Margaret 11am
- Thursday, March 21st Ted's Mobility Presentation
- Saturday, March 23rd Karaoke Fundraiser at San Blas 8pm-Midnight
- Wednesday, March 27th—Fundraiser Breakfast at the Center 9am
- Wednesday, March 27th—Spirit Mt Casino & Buffet 10:30am
- Thursday, March 28th—MAS General Meeting 12:15pm

