



SANDY SENIOR SCENE

DECEMBER 2020

Sandy Senior Center ~ Established April 15, 1974
Located in the Melvin N. Haneberg Community Center
38348 Pioneer Blvd., Sandy, OR 97055
Hours: 8:30am - 5:00pm, Monday - Friday
Phone: 503-668-5569

Funded by: City of Sandy/Clackamas County
State of Oregon Senior & Disabled Services/Older Americans Act



Friday, December 4th
6:00pm - 8:00pm

Treats and warm cocoa for the kids, coffee for adults. Things may look different this year, but traditions are traditions!

The city is planning a way to keep Sandy's Tree Lighting on the calendar. The ceremony will be a combination, live-streamed, and drive through. Watch the tree lighting via [Facebook](#) with a special season's greeting from City Council and the Mayor. Drive-by Sandy's Centennial Plaza to see the tree and pick up a craft, drop off a letter to Santa, donate toys, and have a cookie. Write a letter to Santa before the event and drop it off in the mailbox next to the trolley where Santa will be parked. Santa will be waving to passers-by. We are accepting donations to fill [Kiwanis](#) barrels for toys. We are especially in need of toys and gift cards for older kids and teens.

Breakfast with Santa - Meals on Wheels fundraiser is cancelled this year. If you would like to make a donation to support our Meals on Wheels program, send in a payment or call the center.

For many people, the Holidays is a time for gathering with friends and family, watching football and eating delicious food. This year, with COVID-19 cases increasing rapidly both in Oregon and throughout the country, it's important that people stay home and avoid travel for the holiday. Avoiding travel can reduce the risk of transmitting COVID-19 as well as the risk of bringing the virus back to Oregon.

Governor Brown issued a [travel advisory](#) on Nov. 13 that asks people **who travel out of state** for non-essential reasons, like tourism or recreation, or anyone **who travels to Oregon from out of state** for non-essential reasons, [to quarantine](#) for 14 days after returning home and to limit their interactions to people they live with.

The Centers for Disease Control and Prevention (CDC) have also advised against travel. The [CDC website](#) has a list of questions to consider before you travel as well as tips to follow if you decide you must travel.

Ugly Christmas Sweater Contest, Treats & Hot Chocolate Drive thru

Weds. Dec. 30th 12:00pm - 1:00pm

Dress up in an Ugly sweater and drive by the community center to say hello to staff, enjoy a cup of hot chocolate and cookies.

Donation Accepted!



Community Services Department Staff

Director: Tanya Richardson 503-489-2157
Recreation Manager: Sarah Richardson 503-489-2150
Administrative Assistant: Bernice Jordan 503-489-2155
Kitchen Workers: Debbie Skelton & Carol Ann Kosbau

Events Coordinator/Driver: Carol Cohen 503-489-2151
Client Services Coordinator: Olga Gerberg 503-489-2154
Food Services Coordinator: Iris White 503-489-2152

Shopping Shuttles - Thursdays

Each route is limited to 4 shoppers. **Shoppers must call to reserve a space and may only go every shopping every other week.** Call the Community/Senior Center to reserve your space. Pick ups begin at 8:30am. All Shoppers dropped off by 12:00pm. **All Shoppers must wear a mask/face covering while on the bus!**
No shopping shuttle Thurs. Dec. 24th or 31st.

Virtual Classes

Functional Fitness at Home in December

Carol will lead you through a 30 min fitness class. You will need a chair, water bottle, and if you have hand weights, or just grab some soup cans. Hope to see you soon.

Tuesdays only 10:00am - 10:30am

December 1, 8, 15, 22

(No class 29th)

Click this link or type it into your browser on your computer or tablet.

Join Zoom Meeting <https://us02web.zoom.us/j/84132146269>

Meeting ID: 841 3214 6269

or you can join by calling +1 253 215 8782 US

(Tacoma) and enter Meeting ID: 841 3214 6269

Coffee Chat

Catch up with your friends and chat. Join Carol Cohen on **Wed, Dec. 9th & 16th; 10:00am.**

Join Zoom Meeting. Click this link or type it into your browser on your computer or tablet.

<https://us02web.zoom.us/j/84158353565>

Meeting ID: 841 5835 3565.

or you can join by calling +1 253 215 8782 US

(Tacoma) and enter Meeting ID: 841 5835 3565

BINGO!

Let's do a virtual Bingo on Zoom!

Wed, Dec. 9th & 16th; 10:30am

Click this link or type it into your browser on your computer or tablet. <https://us02web.zoom.us/j/84158353565>

Meeting ID: 841 5835 3565.

or you can join by calling +1 253 215 8782 US

(Tacoma) and enter Meeting ID: 841 5835 3565

Bingo cards will be available for pickup at the community center, call to arrange pick up of cards. 503 668-5569.

Donations appreciated.

Library Events

Curbside Delivery of hold items is available six days a week! No appointment is needed. Hours are: Mon. 10am-12pm and Tues thru Sat. 12-2pm. Info: www.ci.sandy.or.us/LibraryCurbsideServices

Computer lab is open six days a week by appointment. Hours are: Monday 12-2pm and Tuesday thru Saturday 2-4pm. Call the library at 503-622-3460 to schedule an appointment. Info: www.ci.sandy.or.us/ComputerLab

Mobile Printing is available from your smartphone, tablet or laptop. Send what you need printed to the library using one of our mobile printing options, then pick up your documents during our Curbside Delivery hours. There is no cost to print at this time. Info: www.ci.sandy.or.us/Printing

The Sandy and Hoodland Public Libraries' newsletter is being mailed and emailed on a weekly basis. Call us or email libraryassistants@ci.sandy.or.us if you would like to be added to either mailing list. Or follow our blog at sandylibrary.blogspot.com/2020/ If you don't already have a LINCC library card, you may apply for an eCard by visiting www.lincc.org. An eCard grants immediate access to online resources, including eBooks and eAudiobooks. You may also place up to three physical items on hold, but must upgrade to a full library card to check them out. eCards are available to all residents of the LINCC Library District (Clackamas County, Oregon), age 13 and up.

Meals on Wheels Recipients Reminders!!!

The meals on wheels program relies on volunteers and staff to deliver over 80 meals throughout Sandy, Boring, and areas near the mountain. To protect the drivers and participants we are asking for everyone to follow the protocols listed below. If you are unable to take the meal placed in a lid, have a table set up by your door to allow the driver to place the meal on. The drivers **should not** be entering your home. Drivers can not leave a meal unless they have verbal communication from the participants. Please help us keep everyone safe

- Please remember to be sure you are **wearing a mask prior to answering the door.**
- Please remember to maintain social distance by remaining 6 ft. from drivers.
- Volunteers should not be entering your homes. Please have a small table near the door to allow drivers to place your meal.
- Wash your hands frequently.
- Meals are delivered between 11:00am - 1:30pm, Monday, Tuesday, Wednesday, & Fridays.
- If you are not going to be home for meal delivery, please call and let us know. 503-668-5569.
- Drivers are not allowed to leave your meal without a verbal communication at the door.

Thank you for following these guidelines. We want to keep you and the drivers safe at all costs. If you have any questions or concerns contact Tanya Richardson, Community Services Director at 503-489-2157 or trichardson@cityofsandy.com

ADULT PROJECTS & FUN

"THE HOLIDAY SEASON
IS A PERFECT TIME
TO REFLECT ON OUR BLESSINGS
AND SEEK OUT WAYS TO
MAKE LIFE BETTER
FOR THOSE AROUND US."
-TERRI MARSHALL

when
you
Choose
joy

You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just
might inspire
them to do
the same.

www.homegrownhospitality.typepad.com

DECEMBER BIRTHDAYS

- 12/3 - Ernie Schwartz
- 12/4 - JoAnne Rohweder
- 12/5 - Faye Marie Koken
- 12/9 - Dorothy Smith
- 12/11 - Jack Rooney
- 12/14 - Janet Pitts
- 12/23 - Martha Bachler
- 12/26 - Lavawn Blackmon
- 12/28 - Larry Hedges
- 12/29 - Kurt Kessler
- 12/31 - Ed Dewart
- 12/31 - Paula Zirkle

Printables 4 Less

Christmas Word Search



S	E	V	L	E	D	N	A	L	R	A	G	A	E	E	O	S	Z
E	A	R	E	E	D	N	I	E	R	K	I	J	N	J	T	L	Y
C	O	Z	E	X	A	F	F	P	Y	P	F	O	A	O	W	L	L
Y	B	T	G	P	C	Y	E	K	R	U	T	J	C	L	E	E	L
E	U	L	E	Q	A	K	C	D	T	Z	G	K	Y	L	L	B	O
E	G	L	E	L	D	P	I	S	W	N	I	C	D	Y	G	E	H
R	S	C	E	S	T	Q	G	U	L	N	V	T	N	M	U	L	A
T	E	Q	Y	T	N	S	N	N	G	J	I	D	A	L	I	G	I
S	K	M	G	C	I	I	I	S	I	B	N	C	C	I	H	N	T
A	A	D	O	W	M	D	T	M	D	P	G	E	L	A	S	I	T
M	L	D	N	R	L	U	E	R	H	Y	P	W	T	S	R	J	E
T	F	Z	G	H	F	R	S	L	B	M	B	A	V	S	E	F	S
S	W	N	G	F	P	E	G	O	O	R	C	S	R	A	L	I	N
I	O	B	E	H	L	H	A	S	H	T	A	E	R	W	O	U	I
R	N	R	V	E	K	M	X	O	W	Y	W	N	S	B	R	A	O
H	S	U	A	L	C	A	T	N	A	S	R	J	K	T	A	Y	P
C	D	V	F	S	T	B	S	N	O	I	T	A	R	O	C	E	D

candy cane	holly	snowflakes
carolers	jingle bells	stocking stuffers
christmas tree	jolly	tinsel
decorations	mistletoe	turkey
egg nog	poinsettia	wassail
elves	reindeer	wrapping paper
garland	santa claus	wreath
gift giving	scrooge	yuletide

Printables 4 Less

If you're having trouble coping, you're not alone.

The Safe + Strong Helpline is an emotional support and resource referral line that can assist anyone who is struggling and seeking support. Callers do not need to be in a crisis to contact this line.

Help is free and available 24/7. Language interpreters are available.

1-800-923-HELP (4357)



<https://www.safestrongoregon.org/>



As we get ready to close out the year 2020, I would like to take this opportunity to reflect on the accomplishments, challenges, triumphs, and joy that has occurred throughout the year. As 2020 began, we had a center filled with people thriving in our various programs and activities such as congregate meals, Kinderdance, Tai Chi, Respite, music lessons, recreational trips, special events and the many learning opportunities. When COVID began in March, our staff team had to shift our normal routine, make some quick adjustments, and evaluate our protocols. Our essential services, such as meals on wheels, client services, and shopping continued with these safety protocols in place. Staff spent time evaluating and researching to look for opportunities to provide activities and services, develop safety procedures, and stay within the governors orders. This challenged all of us to be creative in how we would continue forward. Some of our ideas we put into action included virtual programs such as exercise classes, Bingo, and coffee chats. We were able to provide some great drive thru events which allowed to see some of you. Our focus also shifted to improving the center itself. Time was spent purging, cleaning, and organizing the center spaces. Much needed maintenance occurred as well as a new floor in the kitchen, installation of barriers, and painting throughout the building. During the pandemic staff members have been resilient and flexible to ever evolving situation. The city had tried to sustain the structure and staffing levels we have had pre-COVID. However, it became apparent that adjustments needed to be made to fit the strains on the budget. Due to this, two of our part time staff members, Amy Seabrooke and Emi Bishop, were unfortunately laid off at the end of November. Additionally, several staff members had a reduction in hours and are taking on duties previously performed by the two staff members. With these changes, we will continue to provide a high level of essential services. Amy and Emi were invaluable members of our staff team and will greatly missed. As we look to 2021, I am hopeful that we will start to see some normalcy and am optimistic about our current situation. All of us miss each and every one of you and are looking forward to the days were we can see your bright faces in the center again. Be safe, healthy, and know that you are important to all of us. Please be sure to give us a call if you need anything. We are here to help.

Sincerely,
Tanya Richardson
Community Services Director

STAYING CONNECTED WHILE SOCIAL DISTANCING

Are you a **lower income** resident of
Clackamas County, over 55 and **in need** of a
computer or **tablet** to stay connected
with family and friends?

Do you need to schedule **video calls** with
your doctor or attend **virtual meetings**?

Perhaps you have a family member or friend
recovering from COVID and you would like to
visit with them **virtually**.

Contact Access Technologies, Inc.
at **503-361-1201** or
800-677-7512
to see if you qualify.

Services are available in any language.
Servicios disponibles en cualquier idioma.
Услуги доступны на разных языках

ATI
ACCESS TECHNOLOGIES, INC.

Medicare help is available
Thousands of Oregonians get their
Medicare questions answered by
certified Medicare counselors
working with the Oregon Senior
Health Insurance Benefits Assis-
tance (SHIBA) program. Medicare
open enrollment for Medicare Ad-
vantage and Prescription Drug plans
is Oct. 15 to Dec. 7. Don't miss your
opportunity to shop, compare and
make enrollment decisions.

SHIBA and local partners are
committed to continuing to provide
Medicare counseling services during
the COVID-19 pandemic. Consumers
can schedule telephone-based
appointments by calling a local office
(listed in the search tool below),
calling 800-722-4134 (toll-free), or
emailing shiba.oregon@oregon.gov.

2021 Calendar

January 2021

N	S	M	T	W	T	F	S
53						1	2
1	3	4	5	6	7	8	9
2	10	11	12	13	14	15	16
3	17	18	19	20	21	22	23
4	24	25	26	27	28	29	30
5	31						

February 2021

N	S	M	T	W	T	F	S
5		1	2	3	4	5	6
6	7	8	9	10	11	12	13
7	14	15	16	17	18	19	20
8	21	22	23	24	25	26	27
9	28						

March 2021

N	S	M	T	W	T	F	S
9		1	2	3	4	5	6
10	7	8	9	10	11	12	13
11	14	15	16	17	18	19	20
12	21	22	23	24	25	26	27
13	28	29	30	31			

April 2021

N	S	M	T	W	T	F	S
13					1	2	3
14	4	5	6	7	8	9	10
15	11	12	13	14	15	16	17
16	18	19	20	21	22	23	24
17	25	26	27	28	29	30	

May 2021

N	S	M	T	W	T	F	S
17							1
18	2	3	4	5	6	7	8
19	9	10	11	12	13	14	15
20	16	17	18	19	20	21	22
21	23	24	25	26	27	28	29
22	30	31					

June 2021

N	S	M	T	W	T	F	S
22			1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30			

July 2021

N	S	M	T	W	T	F	S
26					1	2	3
27	4	5	6	7	8	9	10
28	11	12	13	14	15	16	17
29	18	19	20	21	22	23	24
30	25	26	27	28	29	30	31

August 2021

N	S	M	T	W	T	F	S
31	1	2	3	4	5	6	7
32	8	9	10	11	12	13	14
33	15	16	17	18	19	20	21
34	22	23	24	25	26	27	28
35	29	30	31				

September 2021

N	S	M	T	W	T	F	S
35				1	2	3	4
36	5	6	7	8	9	10	11
37	12	13	14	15	16	17	18
38	19	20	21	22	23	24	25
39	26	27	28	29	30		

October 2021

N	S	M	T	W	T	F	S
39						1	2
40	3	4	5	6	7	8	9
41	10	11	12	13	14	15	16
42	17	18	19	20	21	22	23
43	24	25	26	27	28	29	30
44	31						

November 2021

N	S	M	T	W	T	F	S
44		1	2	3	4	5	6
45	7	8	9	10	11	12	13
46	14	15	16	17	18	19	20
47	21	22	23	24	25	26	27
48	28	29	30				

December 2021

N	S	M	T	W	T	F	S
48				1	2	3	4
49	5	6	7	8	9	10	11
50	12	13	14	15	16	17	18
51	19	20	21	22	23	24	25
52	26	27	28	29	30	31	

2021 Holidays

Notes

Jan 01: New Year's Day	Sep 06: Labor Day	
Jan 18: Martin Luther King Day	Oct 11: Columbus Day	
Feb 15: Presidents Day	Nov 11: Veterans' Day	
May 31: Memorial Day	Nov 25: Thanksgiving	
Jul 04: Independence Day	Dec 25: Christmas Day	

Sandy Community Center
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