

LEBANON SENIOR CENTER

Focused on those 50 years and older, and those with disabilities

AUGUST 2020 — Available by Phone Monday-Friday, 8:00 am to 4:00 pm

Still Here

We know many of you are asking “when is the Senior Center going to open?” The short answer is we do not know. We are all anxious to start back up with classes and activities at the Lebanon Senior Center. We miss being the gathering place for so many seniors in our community. As we think about reopening, we are constantly assessing current information and working with local officials to determine the best balance for operations, including when and how to slowly open back up. When we reopen, things will be a bit different in order to follow all guidelines to help ensure safety and health concerns are addressed. We will need to start small, adjust and adapt.



We do not have an estimate for a date when the doors will reopen to general entry. Stay tuned to local news, social media and/or the city webpage for news regarding our current programming and any reopening updates.

“TROPICAL” DRIVE THRU ICE CREAM SOCIAL

Wednesday, August 12th from 12:00-1:00pm



A lot of vacation plans have been put on hold due to the pandemic, but we know how to have fun with a stay-cation! Why not dress up in your favorite Hawaiian shirt or tropical gear and pretend we are heading out to a tropical destination! You could even dress up your vehicle with the theme.

Most tropically attired participants could have their ice cream upgraded. (Staff will be looking to award enthusiasm with a tub of ice cream in addition to your small treat. Staff will be in the parking lot in front of the Senior Center passing out individually wrapped ice cream treats to **seniors** (50+). Stay in your car and join the conga line, following the flow, to receive your treat. We love seeing your smiling faces!

We will have our masks and gloves on; treats are individually wrapped.



Isolation and Loneliness

If pandemic has been hard on you...If you struggle with feeling forgotten or lonely...you are not alone. People of all ages are currently wrestling with some of the changes to their lives since COVID-19 became part of our lives. These resources are here to help keep you connected. Our doors might not be open, but our hearts are.

- Oregon Warmline 1-800-698-2392 (9am-11pm every day)
- Friendship Line 1-800-971-0016 (24/7/365)
- Lines for Life 503-200-1633 or 800-282-7035
- Mind Matters presentation on Social Isolation and Loneliness (details on page 3)

Garden Bounty

**Mondays in August
9:00am-12:00pm**

If you have excess bounty from your garden and are looking for folks to share it with, bring it down to the Senior Center on Monday mornings. A table will be set up out front and seniors are welcome to stop by and pick up some fresh items to supplement their pantry. Bring your own bag.

Engage Your Brain On the Go

**Fridays, August 7th and 21st
10:00am-12:00pm**

Swing by the Senior Center front door and pick up a packet of puzzles, games, fun facts and more. Challenge your brain and endeavor to work your way through the pages. Send the brain waves dancing in this fun way of encouraging healthy brain activity.

We're Puzzled

**Friday, August 21st
10:00am-12:00pm**

Missing our puzzle lending library, you are in luck. We are taking the whole collection outdoors. Come pick up a new puzzle or two to work on at home.

Previously borrowed puzzles or new donations can be dropped off at this time, to be held for later.

One-on-One Appointments Available at Senior Center

Nail Care is Back! The nurses are back! Call to schedule your nail care **appointment, 541-258-4919**. There are some new procedures to follow: masks are required unless you have a medical reason that prevents it, please wait in your car until the nurse meets you at the door, reschedule your appointment if you are ill or symptomatic and only one person is allowed in the room with the nurse. Please bring your own towel.

Appointments are on Thursdays and the cost is \$20.

One-time consultation with local attorney, by appointment (2nd Wednesday) for seniors to discuss or review: Trusts, Wills, Powers of Attorney, Advance Directives, Guardianships, Conservatorships, Probate, Trust & Estate Administration. Masks are required unless you have a medical reason that prevents it, please wait in your car until the attorney meets you at the door, reschedule your appointment if you are ill or symptomatic and one household is allowed in the room with the attorney at a time. If you are uncomfortable coming to the Center, the attorney can do a phone meeting. Please let staff know at the time the appointment is made, 541-258-4919.

Tech Time appointments are available. During these 30-minute appointments you can get one on one assistance with questions about your electronic devices. (smart phone, cell phones, tablets, laptops). Get one on one help learning about YouTube, Facebook, or Zoom. Please wear your mask and adhere to sanitizing practices during appointment. Call 541-258-4919 for more information.

Even at a Distance Activities

Throughout the summer, we will continue to offer some programming that can be accessed remotely, via the phone or the internet, regardless of when our doors reopen to the public. We know that some seniors will choose to stay at home in light of their own medical and personal needs. We appreciate everyone's patience as we have been learning to adapt programs to new formats. Program ideas always welcome!

ZOOM: This program allows us to have group meetings via teleconference and video chat. You can call the toll free number to connect to the activity from any type of phone. Different events will have slightly different links and each activity will have its link listed with the event information.

Facebook: Follow the us on Facebook, for up to date information, to strike up a conversation with other seniors or staff and check out links to other online resources. We have also been hosting contests and giveaways on our Facebook page (ice cream and flower arrangements for example). To login to Facebook, go to www.facebook.com. If you do not have an account, you will need to create one. Make sure to write down the login information that you choose. To find our page in Facebook, search for **Lebanon Oregon Senior Center**. There are some Lebanon Senior Centers in other states (but none like ours, wink wink). Once you find it, click on the "Like" and "Follow" button. As we post content you may see it pop up on your news feed.

YouTube: **Lebanon Oregon Senior Center** has its own YouTube Channel. It can be found at <https://www.youtube.com/channel/UCmWyryLj3phi4sNmLV0c4lg>

If you have questions, please give us a call, 541-258-4919. We can even email you the links to click on!

Programming through ZOOM

All activities remain free! Connecting by a regular phone is an option for live Zoom events. If you are struggling to get connected, we can call you to get you connected to the conversation.

Please call 541-258-4919 if you have questions about the activities or about how to connect.

Mondays, August 10th and 24th, 2:00-3:30pm

Mystery Team—"Framed"

Join our mystery squad and help unravel this month's case "Framed". If you are a fan of solving puzzles and sniffing out clues, you may enjoy working with others to solve the mystery before us. Please call to sign-up for this event, so you can be assigned to the case, 541-258-4919.

"The Valley Falls Museum is home to some of the world's most exciting art exhibits and archeological finds. It has a wonderful ancient history curator in Albert McCain. However, a successful heist of the museum one evening also results in the death of McCain. Museum employee, Noah Parker, is charge with robbery and murder. Parker calls you and proclaims he's not guilty. Solve the mystery of the museum heist and the murder of McCain and collect the clues that could either free Parker from jail or lead to his conviction.

Zoom —We can email you the link by request.

<https://us02web.zoom.us/j/82487484079> —OR— Call 1-877-853-5247 (toll free)

Meeting ID: 824 8748 4079

Thursdays, August 13th and 27th, 2:00-3:30pm

Book Lovers

For book lovers, the Stay At Home order has been a good excuse to get some extra reading in. With so much reading, the group will be having two opportunities to "show and tell" their favorite reads. Everyone gets a chance to share about something they have read, and you might be inspired for your next great book to read.

Zoom—We can email you the link by request.

<https://us02web.zoom.us/j/83726550421> —OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 837 2655 0421)



Thursday, August 20th 2:00-3:00pm

Mind Matters: Social Isolation and Loneliness

Older adults are at increased risk of being socially isolated or lonely. Living alone, health problems and disability, sensory impairment such as hearing loss, and major life events such as loss of a spouse have all been identified as risk factors for social isolation and loneliness. Join an expert in the field of behavioral health as she guides you through how you can avoid social isolation and manage feelings of loneliness.

Zoom—We can email you the link by request.

<https://us02web.zoom.us/j/81004423286> —OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 810 0442 3286)

Tuesday, August 25th from 2:00-3:00pm:

Journeys - Prompt driven oral story telling

We have all taken various paths in life that cross here at the Lebanon Senior Center. Fascinating stories, humbling tales and lives well lived are told around here on a regular basis (when our doors are open). Good conversation isn't just limited to in person, so we are bringing the concept of the sharing circles that we have held in person to the 'at a distance' concept. We will share a topic or a prompt and invite seniors to reminisce with us. It is our desire to have volunteers start writing up these memories for seniors to share with family members.

Zoom —We can email you the link by request.

<https://us02web.zoom.us/j/86986876784> —OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 869 8687 6784)



Programming through ZOOM continued... (and there is more!)

Friday, August 14th 10:00-11:30am:

Secret Pals (for Secret Pals group that signed up in January)

Maybe we can't yet meet in person, but we can have a meeting of minds and hearts. Check in with all your pals and share how you have managed to keep busy during the month. Bring your own snack and call in to our virtual meet up. If you are struggling to get connected, Rebecca can also call you to get you connected to the conversation. Please leave a message on the Senior Center line by August 13th if you want Rebecca to call and connect you, 541-258-4919.

Zoom — We can email you the link by request.

<https://us02web.zoom.us/j/86804421933> —OR— Call 1-877-853-5247 (toll free)

Meeting ID: 868 0442 1933

Wednesdays in August from 2:00-3:00pm:

Senior BINGO (2 paper Bingo cards will be mailed to participants. Center will mail cards out next business day after sign up and is not responsible for mail delivery, so sign up early. Keep your cards for all games.) Please call 541-258-4919 to receive your bingo cards, we will need your name and address so we can mail them.

August 5th Bingocize for bonus cards. We will play *Bingocize* (a combination of Bingo and some low impact exercise). Participants get two additional Bingo cards to be used in the following weeks.

August 12th Bingo for coffee - Win a small gift card to a local coffee spot (good for other drinks too)

August 19th Prize Box - Winners will earn a chance to come by the Senior Center and pick a prize out of our box of goodies.

August 26th Restaurant Gift Card Bingo— Each Bingo win will get your name in the drawing for a \$20 gift card to a local restaurant.

Zoom — We can email you the link by request.

<https://us02web.zoom.us/j/89400827640> —OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 894 0082 7640)

Senior Center Raised Bed Gardeners

Mondays, 9:00-11:00am:

We will be pulling the garden tools outside for you to access to work on your garden. This also a good time to gather, chat, and talk about gardening. No host meeting around the senior center garden area. We will have cleaning supplies and disinfectant for participants to wipe down the garden tools after each use. If you are needing the tools another time Monday through Friday from 8am to 4pm, please call the Senior Center as we will try to accommodate.

If you would like to plant some Fall/Winter crops, we do have 2 raised beds open.

Contact us for more information, 541-258-4919.



Exercise Options

Chair Chi

Tuesday mornings 9:00-9:45am

Join Zoom Meeting

Call 1-877-853-5247 (toll free)

-OR- <https://us02web.zoom.us/j/83686386210>

(Meeting ID: 836 8638 6210;

Password: 1847)

YouTube: Lebanon Oregon Senior Center channel

Strength and Mobility Using

Household Items

Thursday mornings 9-9:30am

Join Zoom Meeting

Call 1-877-853-5247 (toll free)

-OR- <https://us02web.zoom.us/j/87981900273>

(Meeting ID: 879 8190 0273;

Password: 1847)

YouTube: Lebanon Oregon Senior Center channel

Offsite Opportunities

QiGong with Beverly

Mondays and Wednesdays

11:00am-12:00pm,

Fridays 12:00-1:00pm

At Century Park across from the Boys and Girls Club



Special Demos and Facebook

Monday through Friday, we share a couple of posts each day that involve content we feel may be informative or share an interest with a group that regularly would be meeting at the Senior Center. These can be our activities, community activities, or opportunities to engage in interesting or educational content form around the world. The following is a list of special activities that we will be sharing on our Facebook page. **Questions?... please give us a call, 541-258-4919. We can even email you the links to click on!**

Card Craft Demo

Tuesday, August 11th, at 4:00pm, Thinking of You & Birthday: Sandra will be demonstrating how to make two cards and putting together 5 kits (one kit per person) for us to give away to those that would like to follow along (reserve one 541-258-4919). Watch the instructional video on Facebook or YouTube.



Cooking Demo

Wednesdays, August 5th, 12th, 19th, and 26th at 4:00pm Cooking Demos: Can't Stand the Heat

In August, we will continue to explore recipes that require little to no heat sources for preparation. Cooking in the summer can be a heated chore, so hopefully we will inspire a meal that can help keep the heat down in your house. This will be shared on Facebook and YouTube.

Crafternoons posted by 4:00pm

Tuesday, August 4th Pressing Flowers and Uses for Them

We will be demonstrating how to press flowers and other botanical items. We will also share some ideas for pressed flower craft possibilities. This will be shared on Facebook and YouTube.



Tuesday, August 18th Craft with Me: Decorative TP Roll Journal

See how to make a miniature journal or booklet out of one of those toilet paper rolls that you have laying around. Cute little project that you can add your own spin to or could make a fun little gift for someone else. All kinds of possibilities with stuff around your house. Sandra from our card making group will be sharing this project. This will be shared on Facebook and YouTube.

Tuesday, August 25th Printed Text Enhanced Primitive Art

Have an old text book, dictionary or sheet music sitting around and need a creative use for them? How about turning a couple pages into some fun art work. Get in touch with your younger version of Bob Ross because this is suitable for beginners and could be fun for more advanced artists as well. A canvas or thick art paper, a variety of brushes or fingers, acrylic paint, Modge Podge/glue and torn pages are all you need. This will be shared on Facebook and YouTube.



FYI (For Your Info):

We have had many calls from seniors interested in the NEW low income senior & veteran housing being built off of S. Main Rd. We received word that they are accepting applications and will be ready for move ins starting in September. You can get more information by calling the Linn-Benton Housing Authority at 541-926-4497, visiting their website at www.L-bha.org or visiting their office at 1250 Queen Ave SE in Albany.



"The only time I live life in the fast lane is when I have eight items or less."

SERVICES & SUPPORT GROUPS

AARP Driver Safety: For dates and times contact LBCC at 541-259-5801

Aging and Disability Resource Connection: Services can help with Medicaid, food stamps, in-home services, housing and other advocacies. 541-967-8630 Ext. 109 or 800-638-0510 Ext. 804

Cancer Support Group: 2nd Monday of each month, 7-8:30pm at Lebanon Community Hospital. 541-768-2171, Anita Earl, LCSW.

Caregiver Support Group: 1st and 3rd Tuesday of each month, 1:30-3pm at the Lebanon SC. Call Benton Hospice at 541-757-9616 for more info.

Cancer Wellness Group: Sponsored by Samaritan Health Services and meets the 1st Wednesday of the month from 5:30-7:00pm at the Lebanon Senior Center. Register: 541-451-7392.

Dental Services: Emergency dental assistance on a limited basis through the River Center, 541-451-1271. Lane Community College Dental Clinic (Eugene), 541-463-5206, offers \$50 cleanings and other minor services. Chemeketa Community College (Salem), 503-584-7101, \$30 cleanings and additional cos for further work.

Facility/Room Rentals: The Lebanon Senior Center has rooms available for meetings, weddings, anniversaries, etc. Kitchen use is available also. For info contact the Senior Center—541-258-4919.

Fix-It-Brigade: Help with safety related minor home repairs (no plumbing/electrical). Call 541-258-4919 for information. **Volunteers Needed!**

Grief Support Groups: Lebanon Community Hospital, Conference Room A. 2nd Tuesday of the month 4:30pm; 4th Tuesday 2:00pm. 541-812-4547

Hearing Support Group: Last Wednesday of each month at 6:30pm at Albany General Hospital Reimer Bldg. No meetings in July & December. For more information call John 541-220-8541.

Housing Subsidy: Linn/Benton Housing Authority 541-926-4497

Legal Assistance: To make a free consultation with an attorney, call the Lebanon Senior Center at 541-258-4919. Limited Topics (Wills, Power of Attorney, Trusts, etc.).

Low Income Energy Assistance: Linn County 541-926-7163 (Accepts collect calls)

Medical Equipment Loans/Rentals/Sales: Love INC (Linn) 541-924-5683, Love INC(Benton) 541-757-8111, Samaritan Medical Equipment 541-451-6364, Turning Leaf 541-570-1868.

Multiple Sclerosis Support Group: Last Saturday of each month from 10:00 am-12:00pm at Lebanon Hospital, Conf Rm 3, Contact Lynn at lebanonmssupportgroup@hotmail.com

Parkinson's Support Group: 3rd Thursday of each month from 4:00-5:30pm at the Veterans Home. Questions? Call Angela at 503-930-3123.

Samaritan Health: For info on an ongoing six week series on Living Well with Chronic Health Conditions and Living Well with Chronic Pain, call 541-768-6811.

Senior Meals/Meals-on-Wheels: Services the Lebanon/Scio area, Monday-Friday. For info or volunteering, call 541-451-1139 (site manager). To start receiving MOW call 1-800-638-0510.

Senior Support Services:

Financial Management Program: For assistance managing personal finances or to volunteer to assist individuals, Call Diana Hancock at 541-812-2597.

Medicare Insurance Assistance - Senior Health Insurance Benefits Assistance (SHIBA) helps with understanding Medicare and providing impartial information for supplemental insurance, including drug coverage. Call 541-812-0849 for information.

Senior Companion- Living alone and feeling isolated? Wish you had a regular visitor to get to know. Call for more information. 541- 812-0849.

Volunteer Placement - Retired Senior Volunteer Program (RSVP) will help you put your skills and talents to good use by volunteering in one of many nonprofit organizations. 541- 812-0849

Social Security's Supplemental Security Income (SSI): Social Security Administration 1-800-772-1213

Supplemental Nutrition Program (SNAP): Formerly Food Stamps: DHS self sufficiency, Lebanon 541-259-5860

Utility Drop Boxes: Bring the following bills into the Lebanon Senior Center and save postage: Republic Services, Comcast, NW Natural Gas, Lebanon City Water/Sewer & Pacific Power. City Water and PP&L pick-up every day at 8am; others on Tuesday and Friday at 8 am.

Vision Support Group: Third Wednesday of every month at the First Christian Church, 432 Ferry St., Albany. For more info call 541-928-5008.

Volunteer Caregivers: Call to schedule a ride to your out-of-town doctor's appointment. Dependent upon driver availability. Office hours M-TH 9-1; F 8-10 am, 541-928-2173.

If you would like an annual subscription to our newsletter, fill in the needed information below and return it along with your \$5 subscription fee to the Lebanon Senior Center.
The expiration date will appear on the mailing label.

Name _____ New Subscriber

Address _____ Renewal

City, State, Zip _____ Amount _____

Phone # _____ Cash Check



LEBANON SENIOR CENTER ADVISORY BOARD

Henry Chambers; Sherry Liest; Lori McNulty
Marlene Flyer; Joan Voss; Bonnie Stalker; Kyle Randleman

NOTE: All newsletter inserts are paid advertisements. The City of Lebanon, Lebanon Senior Center, and employees do not endorse any information obtained from advertisers.



OREGON
Lebanon
Senior Center

80 Tangent Street
Lebanon, OR 97355

541-258-4919

FAX 541-258-4956

RETURN SERVICE REQUESTED