

# LEBANON SENIOR CENTER

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

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

## Senior Center Update

We are all anxious to start back up with classes and activities at the Lebanon Senior Center, and 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.

The Senior Center building will remain locked during the month of July. We will be facilitating one on one appointments, as noted at the bottom of the page. We hope to begin facilitating small groups (of under 10 participants), in August.

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

## LINX TRANSIT UPDATES



The LINX Dial-a-Bus is currently operating, Monday through Friday, from 7:30 to 5:00 pm. Please call 541-258-4920 before 4:00pm to make ride arrangements.

Some of our LINX Transit procedures have changed in order to help keep everyone safe during the COVID-19 pandemic. Please follow these guidelines:

- Masks are required while riding the bus. We have them available if you need one.
- Follow social distancing guidelines and maintain 6 feet when possible, at least 3 feet between other riders. We've taped off seats to stagger seating for riders.
- Don't ride the bus if you're sick, coughing, have a runny nose or a fever. Sneeze/ cough into your elbow. Stay home if you're sick.
- Use good hygiene: wash your hands and use sanitizer.

**Thank you for your cooperation in helping to keep everyone safe & healthy!**

## 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, you must wait in your car until the nurse meets you at the door, reschedule your appointment if you are ill or symptomatic and one person is allowed in the room with the nurse. Please bring your own towel. Appointments are on Thursdays and the cost is \$20.

An **attorney offers a free, one-time consultation 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, you must 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). Please wear your mask and adhere to sanitizing practices during appointment. Call 541-258-4919 for more information.



Happy 4<sup>th</sup> of July!

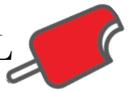


LINX Transit & Senior Center will be closed on Friday, July 3rd



## DRIVE THRU ICE CREAM SOCIAL

Wednesday, July 8th from 12:00-1:00pm



We are celebrating April-July senior birthdays! 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. It will be sweet for us to see you and say hello. We miss you all and want to celebrate you all—even if socially distant!

### Powerful Tools for Caregivers & Grief Support via Zoom

Lumina Hospice presents, **Powerful Tools for Caregivers**, a 6-week educational program designed to help family caregivers. Through this program caregivers learn how to take care of themselves while caring for a relative or friend, wherever they live; at home in a nursing home or across the country. The caregiver receives a complimentary copy of the *Caregiver Helpbook* thanks to a generous community grant from OCWCOG Family Caregiver Support Program. Class size is limited and pre-registration is required. Please call Kim, at 541-757-9616 if you or a family caregiver might be interested.

Dates: 6 week session, 1x/week, Thursdays, July 16 to August 20, 2020

Time: 1:30-3:00pm

Place: "Zoom for Healthcare" videoconferencing

**The Caregiver Support Group** is also now being offered via "Zoom for Healthcare" the 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month, 1:30-3:00pm. These groups are open to all family caregivers in our community regardless of type of illness or prognosis. Participants share common experiences and support one another along the difficult path of caregiving. Please call Kim, at 541-757-9616 if you'd like to participate. A Zoom link is emailed the Monday prior to the group meeting date.

**Grief Education & Support Group:** a structured eight-week group that focuses on a different aspect of the grief experience each week. Workbooks with reading materials and activities to help explore various aspects of the grief process are provided. REGISTRATION IS NOW OPEN FOR JULY. Contact our Bereavement Coordinator for registration information by emailing her at [grief@luminahospice.org](mailto:grief@luminahospice.org) or calling our office at 541.757.9616. Meetings are held through "Zoom for Healthcare."

### 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](http://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>

# 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.

## Wednesdays in July from 2:00-3:00pm Bingo

**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.

**July 1st 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.

**July 8th Bingo for coffee** - Win a small gift card to a local coffee spot (good for other drinks too)

**July 15th Prize Box** - Winners will earn a chance to come by the Senior Center and pick a prize out of our box of goodies.

**July 22nd Store Gift Card Bingo**— Winning a Bingo will receive small gift cards from local store.

**July 29th Restaurant Gift Card Bingo**— Winning a Bingo will receive small gift card for a drive thru.

**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; Password: 1847)

## Thursday, July 23rd 2:00-3:00pm Mind Matters: Invisible Grief

Grief doesn't always have to involve losing someone in your life. As we age, we are sometimes forced to consider giving up things or activities we enjoy; such as jogging, pinocle, volunteer activities, or traveling. This can lead to a rather profound sense of loss. Join an expert as we discuss the types of "invisible losses," and learn how to cope, heal, and grieve from these types of disenfranchised losses.

**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)



## Thursdays, July 9th and 30th, 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.

For an extra challenge, read a book from a culture other than your own to share.

**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)

## Tuesdays 10:00-10:30am and Fridays 9:00-9:30am Newspaper Highlights

The newspaper delivery keeps coming, so why let it go to waste. If you are missing getting a chance to read the paper at the Senior Center, maybe we can help. Join staff on a Zoom call and have a chance to have some newspaper highlights read over the phone. You will have a chance to ask for news from your favorite section.

**Zoom— We can email you the link by request.**

<https://us02web.zoom.us/j/89835150207>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 898 3515 0207)

### CONGRATS!

Cindy Cole is the winner of our photo contest last month. She recreated "The Gossip" by Norman Rockwell.

## Programming through ZOOM continued...

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

**Friday, July 10, 10:00-11:30am:**

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.

**Zoom — We can email you the link by request.**

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

—OR— go to <https://us02web.zoom.us/j/86804421933>, Meeting ID: 868 0442 1933.

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 July 9th, 541-258-4919, if you would like her to call you for the Secret pal meeting.

### Mystery Hour—Engage Your Brain

**Mondays, June 13th and 27th, 2:00-3:00pm:**

Join our mystery squad and help unravel a case. 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.

**Zoom — We can email you the link by request.**

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

—OR— <https://us02web.zoom.us/j/82487484079>

Meeting ID: 824 8748 4079



## 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, July 14th, at 4:00pm, Thinking of You:** Sandra Lewis will be demonstrating how to make two cards. Sandra is putting together 8 kits (one kit per person) for us to give away to those that would like to follow along. A how to will be shared on Facebook and YouTube.

### Cooking Demo

**Wednesdays, July 1st, 8th, 15th, 22nd, and 29th at 4:00pm Cooking Demos: Can't Stand the Heat**

In July, we will be whipping up some recipes for meals that do not use the stove or oven. 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. A how to will be shared on Facebook and YouTube.

### Crafternoons— Christmas in July

*We are bringing back some of our popular crafts from this past Christmas season. Why not get started on some early gifts. Heck some of these would be cute or useful year round!*

### **Friday, July 17th by 4:00pm—Return of the Gnomes (Gnomagedon 2)**

We will be demonstrating how to make a quick simple gnome out of a few items. You may have gnome parts laying around your house that you didn't know were watching you. Gnomes aren't just for winter holidays, you can keep a gnomey friend out all year long with a few wardrobe changes.



### **Friday, July 31st by 4:00pm— Herbalicious Bounty for Kitchen or Bath**

Summer is a great time to gather up extra herbs from the garden or farmers market for making pampering products or gifts from the kitchen. Herbs can be expensive, so gather fresh and dry your own.

# Exercise Options Outside of Center

## 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



## 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.



## Outdoor Yard and Chore Assistance

The Greater Santiam Youth Works, through the Greater Santiam Boys and Girls Club, is an 8 week program designed to provide the opportunity for teens to receive training and gain real life work experience, while serving the community.

The Crew is looking to help assist community members with exterior projects (i.e. washing windows, lawns, weeding). If you or someone you know needs assistance, they'd love to send a work crew to assist Tuesdays and Thursdays, from June 23rd to August 13th. Youth are paid by the Boys & Girls Club, therefore, this is a free service to community members.

Contact The Greater Santiam Youth Works Coordinator Shayla Murphy at 541-405-0228 with questions or to schedule help with your project.



1. **Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water and their sense of thirst becomes less acute as they age.
2. **Stay cool.** High temperatures can be life threatening, especially for seniors.
3. **Dress appropriately.** Wear light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are lightweight and breathable. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. **Wear sunscreen!** Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently.
5. **Preserve your vision.** Sun exposure can irritate eyes and cause vision damage.
6. **Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.).
7. **Watch for heat stroke.** Heat stroke symptoms include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.

*The Senior Center may seek permission to open the auditorium for later afternoon cooling center needs for seniors without air conditioning. On days over 95 degrees, you may call the Senior Center for details, 541-258-4919, when/if the temperature climbs.*

# 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 or 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.

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The expiration date will appear on the mailing label.

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