

# LEBANON SENIOR CENTER

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

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

## Senior Center Update

It is exciting to see local businesses beginning in to reopen as our county was approved for Phase I under the Governor's plan. The Lebanon Senior Center building will remain closed during Phase I. We do not have an estimate of the date, but we're all doing our best to keep everyone safe. Stay tuned to local news, social media or the city webpage for news regarding what Phase II will look like.

During the closure, maintenance crews have stripped and polished the Auditorium floor, fresh paint has gone up in some locations and cleaning projects have been under way. We miss all of you and hope you will be able to come check out the updates before too long. Separation is hard and lonely, we encourage you to continue to avoid close contact with people for the time being. Continue to follow all guidelines set forth by public health authorities. If you are getting lonely, please reach out to us at the Senior Center. Our Friendship Brigade has been contacting folks to help combat isolation. We always have room for more friends. If you know someone that might benefit from a call, please feel free to refer them to us by leaving a message on the Lebanon Senior Center main line, 541-258-4919.

## LEBANON PUBLIC LIBRARY MATERIALS

Curbside Pickup is up and running!

You can place items on hold through the Lebanon Public Library website

[www.ci.lebanon.or.us/library](http://www.ci.lebanon.or.us/library) using your library account.

You will need your library card number and 4 digit pin.

Questions? Call the library (541)258-4926 Monday - Friday from 10am-4pm and we would be happy to help!



If a trip to the library is not possible, don't feel left out. The Senior Center would like to offer free book delivery to those who need it. Simply place your items on hold via the online catalog or call (541) 258-4926 and the library staff can help you. When your holds are ready we will give you a call. If you need your items delivered let the library staff know that you need delivery. They will contact the Senior Center for help arranging delivery. This applies to books, music, movies, and all materials that you can borrow from the library.

## 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.
- We're currently providing essential rides only (groceries, prescriptions, medical and other businesses open during current phase)
- 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.
- We're currently not collecting fares for bus rides, to minimize the spread of the virus.

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

**Reasons to Celebrate:** June 7: National Chocolate Ice Cream Day, June 10: Iced Tea Day, June 14: Flag Day, June 20: Summer Solstice



### **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.

### **THANK YOU!**

Though the doors to the Senior Center have been closed to the public since mid-March, essential services have been provided from some incredible people in our building. They deserve a special shout for their continued efforts to serve our community, while adapting to new demands and taking extra precautions to ensure the safety of themselves, coworkers, and those they serve.

Meals-on-Wheels volunteers have never stopped delivering meals to over 125 people every day, Monday through Friday. Now more than ever they are providing essential nutrition, but also a reminder that those receiving the meals are not alone.



LINX Transit drivers have continued to provide essential rides since the COVID-19 situation began. They have invested lots of time and energy to sanitizing buses and equipment repeatedly throughout the day, helped identify needs of riders to senior center staff and distributed donated homemade masks to seniors and those with disabilities. Thank you all for your service to our community!

### **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!

**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.

**ZOOM:** This internet based platform 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.

**YouTube:** **Lebanon Oregon Senior Center** has its own YouTube Channel. It can be found at <https://www.youtube.com/channel/UCmWryLj3phi4sNmLV0c4lg>

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



### **Famous Painting Re-creation Contest**

Museums around the world have challenged folks to creatively recreate famous works of art, not in painting, but in real life with people and items at home. We are challenging area seniors to get in on this. At stake is a gift certificate to a local restaurant (with a dine in or eat out option). Pick a painting, do a live replication of it, and send us the photo email to [rwirfs@ci.lebanon.or.us](mailto:rwirfs@ci.lebanon.or.us) or mail to 80 Tangent St, Lebanon OR 97355. Please share your name and the name/ painter of the painting you chose. Images will be shared on our Facebook page (entrants names will not be included). No French boudoir or Greek anatomy appreciation style art works please. Enter by June 22nd.

## 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 from 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!**

### I-SCREAM YOU-SCREAM

#### **Wednesday, June 3rd Birthday Ice Cream Social**

On the first Wednesday of the month, we celebrate birthdays with ice cream after lunch. Meeting in person might not be an option, but eating ice cream should always be an option. Comment on our post about ice cream between 8am and 4pm to be entered to win ice cream delivered to your doorstep (Lebanon city limits only). **Facebook**



### Crafternoons

#### **Thursday, June 11th, at 4:00pm, CD Owl Upcycle:**

Turn trash to treasure in the project that recycles unwanted items into a piece of fun decorative art. You might not look at your trash the same again. **Facebook and YouTube**

**Tuesday, June 16th, at 4:00pm, Patriotic Cards:** Sandra Lewis will be demonstrating how to make two cards that are patriotically inspired, but with some color changes you can use to meet other celebratory needs. Sandra is putting together 10 kits (one kit per person) for us to give away to those that would like to follow along. **YouTube and Facebook**



#### **Friday, June 19th, at 11:00am, Personalized Puzzle**

A lot of people have been working on puzzles to pass the time lately. Wouldn't it be fun to make a puzzle that you had picked the picture being put together? This could be a fun way to surprise a loved one, young or old, with a special gift. **YouTube and Facebook**

### Cooking Demo

#### **Tuesdays, June 9th, 16th, 23rd, and 30th, at 4:00pm Celebrating Strawberries Cooking Demo**

In June, Lebanon is all about Strawberries! We might be missing out on some of our usual festivities for Strawberry Festival but we will celebrate these wonderful red berries with a quartet of yummy recipes. No shortcake here. Stir up some different ways to serve a strawberry. **YouTube and Facebook**

## Interactive Programming through ZOOM

### Tuesdays June 9th and 30th, 3:00-4:00pm

#### **Spill It—Virtual Happy Hour**

We don't want you to spill your beverage, but we do want you to come and connect. Share how things are going for you. Swap creative ideas for how to keep busy, tell a funny experience during this time of staying in. Find a comfy spot and be reminded that you are not alone.

Join through Zoom—**We can even email you the links to click on!**

<https://us02web.zoom.us/j/85126590637?pwd=TFR6WTd6SHp2SHo2c2cyajYxM1d4dz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 851 2659 0637; Password: 1847)



### Friday, June 12th, 10:00-11:30am

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

We miss each other's faces, but we can still check in with our pals and share how we have managed to keep busy during the month. Bring your own snack and call in to our virtual meet up.

Join through Zoom—**We can even email you the links to click on!**

<https://us02web.zoom.us/j/86073391223?pwd=VDJXTzE3Q3B6SzY0a2FpZis0Qlpndz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 860 7339 1223; Password: 1847)

## LIVE Programming through ZOOM

All activities remain free! Please [call 541-258-4919](tel:541-258-4919) if you have questions about the activities or about how to connect. We would love to help! Connecting by a regular phone is an option for live Zoom events.

### Wednesdays in June 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.

**June 3rd 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.

**June 10th Bingo for Store Gift Cards** - Winning a Bingo will get you a small gift card to a local store

**June 17th Bakery Bingo**-Winners will receive an item delivered the next morning from one of the two new local bakeries that opened in May...fresh pastries anyone? (must live within Lebanon city limits to win a prize)

**June 24th Restaurant Gift Card Bingo**— Winning a Bingo will receive small gift cards from local restaurant.

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

<https://us02web.zoom.us/j/89400827640?pwd=eUICOGMwbzM1REkNlTlNjEzNzliZz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 894 0082 7640; Password: 1847)



### Thursday, June 18th 2:00-3:00pm Mind Matters: Summer Sun and Fun

Join an expert as we explore the various ways our bodies change as we age, in relation to tolerating the heat that summer brings. First, we'll cover the signs and symptoms of dehydration and heat stress so you know what to look for while you're out enjoying your summer. Then we'll outline the many ways you can stay comfortable and safe during the wonderful season of sunshine! **YouTube video and**

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

<https://us02web.zoom.us/j/87854102971?pwd=STF5aFd2M0Y1TnFSR2NNTXc2MVZXZz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 878 5410 2971; Password: 1847)

### Thursdays, June 11th and 25th, 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/82540351293?pwd=d3l5VnNldm9KR05mTVVnMXFFVmZkZz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 825 4035 1293; Password: 1847)

### Tuesday, June 23rd 3:00-3:45 Old Time Radio Show

Last months show was well received so we are doing another! Nothing like hiding behind a mic and being unseen that lets people feel like they can ham it up. Inspired by radio shows from decades past, this show will endeavor to entertain like radio once did. If you need additional information on how to listen in, call 541-258-4919. We cannot record the performance for licensing purposes and the wishes of the performers. **YouTube,**

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

<https://us02web.zoom.us/j/86548736677?pwd=cWpMNG13eUFpYWNLyng2L1hCNU4xUT09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 865 4873 6677; Password: 1847)



### Friday, June 19th 2:00-2:30pm Name That Tune

Fun contest identifying songs from different decades. Grab paper and pen and join us. Win a gift card.

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

<https://us02web.zoom.us/j/89541443543?pwd=My9oZ1VmVjBKQ1JyUHJOQzY1TmPzZz09>

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 895 4144 3543; Password: 074425)

# At Home Exercise Options

# Community Partners

## **Get Outside!**

The weather is offering more and more nice days, so even though we are staying home to stay safe, you can go outside. You can do some gardening or yard care. Going for a walk or bike ride will not only let you see something else besides your four walls but also provide many health benefits.

The Senior Center is also providing two exercise opportunities via online platforms. These sessions are provided through the Zoom platform via a video chat. They will also be streamed onto our Center's YouTube Channel and can be viewed anytime after the initial class is complete. If you are not an early bird, you can still watch the video later and join in. *(Stay tuned, as we hope to be able to provide them on the lawn next to our building this summer as soon as authorities allow.)* **We can email you the link by request; call the office 541-258-4919.**

## **Chair Chi**

**Tuesday mornings 8:00-8:45am**

Join Zoom Meeting

[https://us02web.zoom.us/j/83686386210?](https://us02web.zoom.us/j/83686386210?pwd=TVhPV0tpUmd5T2V5TUR2NXNuZ1ZXdz09)

[pwd=TVhPV0tpUmd5T2V5TUR2NXNuZ1ZXdz09](https://us02web.zoom.us/j/83686386210?pwd=TVhPV0tpUmd5T2V5TUR2NXNuZ1ZXdz09)

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 836 8638 6210; Password: 1847)

YouTube: Lebanon Oregon Senior Center channel

## **Strength and Mobility Using Household Items (seated or standing)**

**Thursday mornings 8-8:30am**

Join Zoom Meeting

[https://us02web.zoom.us/j/87981900273?](https://us02web.zoom.us/j/87981900273?pwd=OVJpdUdndks1U3FlazExd3NOZE5NQOT09)

[pwd=OVJpdUdndks1U3FlazExd3NOZE5NQOT09](https://us02web.zoom.us/j/87981900273?pwd=OVJpdUdndks1U3FlazExd3NOZE5NQOT09)

—OR— Call 1-877-853-5247 (toll free)

(Meeting ID: 879 8190 0273; Password: 1847)

YouTube: Lebanon Oregon Senior Center channel

Many of the agencies that serve seniors have adapted to current protocols and are still available to help seniors in our community.

You can still talk to many of the groups listed on the Services and Support Groups Page on this newsletter. **Senior Health Insurance Benefits Assistance (SHIBA)** is arranging telephone meetings to help seniors with Medicare and supplement questions. **Seniors Service programs** are also providing assistance to answer many questions and resources over the phone.

Attorney consultations for **wills, trust, power of attorneys**, etc are still available via phone. Call the Senior Center 541-258-4919 to be given an appointment time for the call.

**Community Services Consortium (CSC)** is still providing many of its services, such as utility assistance. CSC has appointments for utility assistance, offered from the safety of your home - No late bill or shut off notice required. Use our 24/7 automated phone scheduling system to schedule an appointment anytime! Linn County residents: (541) 926-7163 For more information about our utility assistance program, visit our website: [communityservices.us/utility-assistance](http://communityservices.us/utility-assistance)

**State Self Sufficiency** offices (food stamps, etc) are trying to meet most needs over the phone or online. Call the office before going in. Lebanon 541-259-5860

**Department of Motor Vehicles** will begin to reopen to some services by appointment on June 1. Call the Lebanon branch to see if they are making appointments before going, 541-451-1145. Some services are available online <https://www.oregon.gov/odot/DMV/>

## **Online Enrichment**

The Majestic Theater in Corvallis has been sharing performances online throughout the Stay at Home order. You can find more information about their programs on their website <https://www.majestic.org/>

Digital Strawberry Festival Parade is a Facebook event, scheduled for June 6th, is intended for community members to share their photos from the festival in years passed. <https://www.facebook.com/events/859986531161670/> Photos will remain available to look at after the 6th as well.

As Oregon State Parks begin to reopen, you might want to check the status of the park you wish to visit before going. Not all facilities are open or provide restrooms. <https://stateparks.oregon.gov/index.cfm?>

# SERVICES & SUPPORT GROUPS

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

**Ageing 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.

**Toe Nail Care: (We will schedule soon)**

Need help taking care of toe nail trimming/general foot care? Nurses come to the Senior Center monthly. Call 541-258-4919 to make an appointment. Cost \$20.

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.

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**Lebanon**  
Senior Center

80 Tangent Street  
Lebanon, OR 97355

**541-258-4919**

FAX 541-258-4956

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