

LEBANON SENIOR CENTER

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

MAY 2020 — Open Monday-Friday, 8:00 am to 4:00 pm



Here for Lebanon Area Seniors



Following the recommendations of health authorities and the guidelines set forth by government officials, the Lebanon Senior Center will remain closed until we hear otherwise. We cannot say for exactly how long, but we're all doing our best to keep everyone safe. Our staff miss you very much! Stay tuned to local news, social media or the city webpage for news as to when we will be able to open our doors to the public.

If you need transportation support, the LINX Dial-a-Bus continues to be available, currently at no charge, for essential trips. Bus operations are Monday through Friday, from 7:30am to 5:00pm. Please call 541.258.4920 for ride arrangements.

Being apart from friends and family has been difficult, but it is making a big difference. We encourage you to continue to avoid in-person interactions with other people for the time being. Continue to follow all guidelines set forth by public health authorities. If you are getting lonely, you are always welcome to 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.

New volunteer opportunity: We are working with Lebanon senior living communities to plan some fun outreach opportunities in the coming month. If you might be interested in volunteering to brighten the day of seniors living in these communities, please call 541-258-4919 (we will respond to messages if you leave one). If you are not yet a volunteer, you will need to complete a City volunteer application. Volunteer applications can be found on the City website at www.ci.lebanon.or.us, under the Human Resources tab or call us to email or mail one to you.

Wishing You:



VOLUNTEER APPRECIATION

Lebanon Senior Center volunteers are amazing! They share their time, energy and talents to help make the variety of programming possible for seniors in our community. Our thank you event had to be cancelled last month, but our appreciation lives on each and every day. A special kudos to the volunteers that are currently making phone calls as part of our Friendship Brigade, reaching out to other seniors to help combat isolation and help us connect seniors to resources during the Stay Home order. You are making a huge impact on lives. Thank you!

2nd Grade Pen Pals

Thank you for taking part in our pen pal project this year. Due to COVID-19 changing the school year, we will not be able to have our ice cream party with the students. This year was a fun experience and we hope that next school year, we will be able to restart this project with a new group of students. Mrs. Craig sends her heartfelt appreciation for your letters to her students!

Virtual/On-line Activities

We are excited to announce that we will be providing some online, LIVE and recorded activities in the month of May. Follow the [Lebanon Oregon Senior Center](#) 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. Some recorded activities will be posted to our Facebook page and some activities will use GoToMeeting (a free online, meeting tool that supports video chat and group phone calls).



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 in that program for [Lebanon Oregon Senior Center](#).

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. You can also keep coming back to check out our page.

Six Tips for Seniors on Facebook

1. Choose Your friends wisely....You don't have to accept them.
2. Click cautiously and carefully. ...don't fall for clicking on everything or phishing scams.
3. Choose strong passwords and understand privacy settings.
4. Privacy is important – Don't Over-Share (do not publicly share location, vacation plans until after you return, etc)
5. Learn how to block someone.
6. Try to learn about Facebook Live.

(adapted from <https://sixtyandme.com/6-simple-facebook-safety-tips>)



Facebook Special Activities

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. Group leaders are welcome to share ideas with Rebecca, rwirfs@ci.lebanon.or.us. The following is a list of special activities that we will be sharing on our Facebook page.

Normalcy with a Twist

Wednesday, May 6th Birthday Ice Cream Social

On the first Wednesday of the month, we celebrate birthdays with ice cream after lunch. We might still need to practice social distancing but we can enjoy some ice cream. Comment on our post about ice cream from 8-11am to be entered to win ice cream delivered to your doorstep (Lebanon city limits only).

Crafternoons

Thursday, May 7th posting 2:00-2:30pm, Dressing up a Jar as a Vase & Floral Arranging Tricks

Senior volunteer, Norma, is our inspiration. She is largely responsible for the decorating that happens around the Center. We hope that we can demo what we have learned from her. We will be giving away the arrangements to those who comment on the post (must live within 3 miles of Lebanon to win).

Thursday, May 25th 2:00-2:30pm, Toilet Paper Roll Crafts

Last month, finding toilet paper on a shelf seemed like gold. Now is your chance to turn those empty rolls into a project someone might like to receive. From making cute critters to mini gift boxes to faux wrought iron wall hangings, recycling cardboard tubes into crafts isn't just for kids. Note: we do not need donations of rolls for the Center at this time.



Cooking Demo

Thursday, May 7th, 14th, and 21st, 2:00-2:30 Pantry Puzzles Cooking Demo

Find our Pantry Puzzle post on Facebook, on/after May 5th. Comment on our post with a couple ingredients that are hanging out in your pantry, on a shelf or in the fridge that you are lacking inspiration to use up. We will pick three posts to turn into cooking demos. Not quite an Iron Chef, but let's see what we can cook up!

LIVE Programming (online through GoToMeeting)

Please call [541-258-4919](tel:541-258-4919) and leave your name, phone number and the name of the activity that you are interested in. We will contact you with the details of connecting, its easy. All activities remain free!

Wednesdays in May 2-3:00pm

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.)

May 6th will be a trial run. We will play *Bingocize* (a combination of Bingo and some low impact exercise). Participants of the trial will get two additional Bingo cards to be used in the following weeks (total of 4).

May 13th Bingo for Isolation Survivor Packs - Winning a Bingo will receive a fun mix of items you might need while staying home (must be within 3 miles of Lebanon city limits to win)

May 20th Bingo Prize Surprise-Winning a Bingo will receive an item donated to the Center (must be within 3 miles of Lebanon city limits to win)

May 27th Turn Bingo Card Into Gift Card– Winning a Bingo will receive small gift cards from local businesses.

Thursdays in May, from 10-11:00am



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.

Friday. May 8th, 10-11:30am

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

We can't do our lunch outing this month—Boo hoo! We can still check in with your fellow pals and share how you have managed to keep busy during the last two months. We may talk about redoing a couple of monthly themes. Bring your own snack and call in to our virtual meet up.

Tuesday mornings, starting May 12th, 8:00-8:40am

Chair Chi (seated exercise program)

Join Rebecca as she helps start your day with exercise to work flexibility, balance, and coordination. Lift your spirits and breathe deep. Beginners welcome. Laughter is a strong possibility.



Tuesday, May 12th, 1:00-2:00pm

Mind Matters: Understanding Emotional Health - Anxiety and Depression

Isolation, self-quarantine, and pandemics may have given all of us a new sense of awareness of anxiety and depression. Keeping our mindset healthy and positive can be a challenge on a "regular" day but you may be facing new stresses because of our current social situation or for other more personal reasons. Join Helen Beaman, a behavioral health expert, to explore some of the causes, risk factors, and the signs and symptoms of anxiety and depression. Both have developed in humans with specific purpose, but too much is harmful. You'll also get information on prevention and coping skills, as well as details on resources available in our community.

Thursdays, May 14th and 28th, 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.

Tuesday, May 19th, 2:00-2:45pm

Engage Your Brain: Capturing Memorable Moments

Lori McNulty, retired teacher of many writing classes, will be leading us in a workshop to help capture this somewhat unique experience of Staying Home and Staying Safe. What silly side of this serious situation will you share in years to come with family and friends. Novice writers welcome; pen and paper needed.

Tuesday, May 26th, 3:00-3:30pm

Old Time Radio Show

Nothing like hiding behind a mic and being unseen that lets two 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, but through the modern digital platform. Make sure to sign up to be tuned in.



At Home Exercise Options

Food & Pharmacy

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.

City parks and trails, as well as most Linn County parks and trails, are open to walking/jogging/biking, but you need to observe social distancing. You should only walk with members of your household. Be aware that all public bathrooms at these locations remain closed (as of the date of this printing).

If you do not want to venture far from home:

- Do laps around the house, yard, or block
- Go on a photo safari walk (snap pics of birds, or flowers to see how many different ones you see)
- Pull some weeds/gardening
- Knock down spiderwebs/spruce up exterior
- Take some empty cans or bottles outside and hunt down some type of ball— Ta Da, yard bowling
- Dance party on the lawn (laughing is exercise too!)—maybe you can get the neighbors in on it!

Free Online Exercise Programs:

1-Mile Walk at Home with Leslie Sansone

<https://www.youtube.com/watch?v=X3q5e1pV4pc>

Senior Fitness by Tona (more traditional aerobics)

<https://www.youtube.com/watch?v=sEk8bZbeZao>

Tai Chi with David Dorian-Ross (we use his video at the Senior Center on some Tuesdays)

https://www.youtube.com/channel/UCebeniyQIzU_PVk07YI1_pA

Chair Yoga Class

<https://www.youtube.com/watch?v=2oT3PJ-22RI>

Chair Dance

https://www.youtube.com/watch?v=NbioVF_wALQ

Pharmacy Updates

Some local pharmacies are now offering free delivery to help people stay home and stay safe. There are often distance limitations. Some pharmacies or insurance providers may also offer prescriptions via the mail. Some will now take payment over the phone so a friend or loved one can pick up your prescription. There are some restrictions, please check with your pharmacy and ask about your options. Contact us if you need help picking up meds or groceries, 541-258-4919.

Now Offering Free Delivery

Safeway 541-259-5706

RiteAid 541-451-8020

Pill Box 541-259-1225



Park and Pickup

Walmart 541- 258-7440 (pharmacy end now has special parking to pick up prescriptions without going into store)

Grocery

Home Delivery Options

Cascade Produce out of Stayton delivers in our area too. More than just produce. Been selling out, so call earlier than needed, 1-503-769-6925
<https://cascadeproduce.com/>



Instacart is a national site that coordinates with some local stores to offer delivery to your door (**here in Lebanon, they use Safeway**). Delivery only in Lebanon city limits. https://www.instacart.com/store/checkout_v3

Curbside Pickup

Walmart offers free curbside pickup when you order your groceries through their website. Quantity restrictions on many products.

Online Boredom Busters and Enrichment

Dates and links to classical musicians performing around the world for free

<https://www.wkar.org/post/list-live-streaming-concerts#stream/0>

Drama Online Library— if you like theater check this out <https://www.dramaonlinelibrary.com/>

Lebanon Public Library offering free library e-card through June to access online resources

<https://www.ci.lebanon.or.us/library>

Online internet based library <https://openlibrary.org/>

Arm Chair Travel <https://www.latimes.com/travel/story/2020-03-25/travel-video-see-world-free>

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.

Toe Nail Care: (Not scheduling May)

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.

Name _____ New Subscriber
Address _____ Renewal
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Phone # _____ Cash Check



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RETURN SERVICE REQUESTED