

LEBANON SENIOR CENTER

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

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

LINX TRANSIT UPDATE



The City of Lebanon will be resuming the LINX LOOP service on Monday, October 12th, 2020. Transit service and operating hours have been reduced since mid-March due to the COVID-19 pandemic. As of Monday, October 12th, LINX Transit will operate Monday through Friday, from 7:00am to 6:00pm, with Dispatch available at 7:45am. We will operate the deviated fixed route LOOP, demand response service (call to make ride arrangements) and serve up to three miles outside the city limits. Please call us at 541-258-4920.

Local transit systems, including LINX Transit, are currently operating under Level 2 of the Governor's reopening plan and Oregon Health Authority (OHA) guidance. Here is what you should know when riding the bus:

- We are sanitizing high touch areas of the buses multiple times each day and using an electrostatic sprayer at the end of the day to fog and safely disinfect all surfaces of the bus.
- Drivers are currently not collecting passes or bus fare. This is a temporary change.
- Face masks/coverings are required for passengers and drivers. Drivers have masks available for riders.
- Use sanitizer or a sanitizing wipe before and after riding the bus. Drivers have both available for riders.
- We are required to limit the number of riders on the bus at one time in order to maintain the social distancing requirements. We have seats marked accordingly.
- Stay home if you're sick, coughing, have a runny nose or a fever.
- Practice good hygiene; wash your hands frequently and avoid touching your eyes, nose and mouth. Sneeze/cough into your elbow.

Riding public transportation during COVID-19 is safer than most think when everyone is following the rules. Thank you for your cooperation in keeping everyone safe!

\$\$ Financial Fridays \$\$

October is National Financial Awareness and Planning month.

Heading into the holiday season, we can all benefit from a reminder to prepare our budgets and keep our spending in check. While it's always better to give than receive, it's smarter stick to a budget all year long. Lets take a fresh look at our spending habits in October. Take an honest look at where you are at and better position yourself to reach some financial goals.

We will be providing information resources on Fridays, October 9th through 30th. Packets will be available at our front doors, by email or through our Facebook page.

Topics will include:

- 1) Budgeting and Paying Bills (Know your resources)
- 2) Credit, Reports and Developing Better Credit Scores
- 3) Financial Exploitation (Identity Theft and Scams)
- 4) Managing Someone Else's Money (Power of Attorney) and Helping Someone with Disabilities Manage Money

Information will be provided by the Your Money, Your Goals and Money Smart for Older Adults programs sponsored by the Bureau of Consumer Financial Protection and the FDIC. Supplemental Identify Theft materials provided by the Linn County Sheriff's Department and the Oregon Secretary of State's office.



HAPPY HALLOWEEN





Halloween Movie at the Center

Friday, October 30th 1:00-3:00pm

You read that right. This isn't a trick.



We will be showing **The Addams Family** (1991).

"Based on the 1960s television series, the beloved macabre family takes to the big screen in a tale that centers on con artists out to swindle them by introducing a bogus Uncle Fester into their home."

This treat is available to the first 25 seniors that call and sign-up. Reserved seating will be distanced at least six feet apart. Members of the same household will be able to sit together. Call 541-258-4919 Monday through Friday to sign-up, let us know if your are signing up multiple from your household.

COVID-19 protocols will require participants to wear face masks/face coverings over nose and mouth while in the building and participate in a screening process for contact tracing.

Participants will be treated to a goodie bag of pre-packaged treats. Water and soda will be available for purchase (50 cents, please bring exact change).

IT'S ALL A TREAT—DRIVE THRU ICE CREAM SOCIAL

Wednesday, October 14th 12:00-1:00pm

Staff will be in the parking lot in front of the Senior Center passing out individually wrapped ice cream treats to seniors (50+). Pull up in your car, truck, bus, bike or tennis shoes to receive your treat. Have a Fall or Halloween joke ready and earn an extra treat.

Boredom Busters

Packet available on Tuesdays in front of the Center after 10am or by mail.

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. If you like puzzles you make like our Mystery Club (see page 3).

We're Puzzled

Friday, October 23rd 10:00am-1:00pm

We are setting up a table full of puzzles outside, so you can take a new puzzle or two to work on at home. Bring your mask and use the hand sanitizer before touching puzzles.
If you have puzzles to donate, they can be dropped off at this time. Please set them to the side.

Programs at a Distance are Offered Through:

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, October 12th and 19th (26th if needed), 2:00-3:30pm

Mystery Team—"Murder at the Festival"

Join our mystery squad and help unravel this month's case. "Jimmy Morrow has been murdered at the Berryville Festival and Conundrum Case Files needs YOU to solve the case of 'Whodunnit'! This fictional case file is filled with suspect photos and profiles, crime scene photos, evidence found at the scene, clues, such as various strange letters found with the victim that require decoding, witness statements, police report, and a coroner's report. It is up to you to crack the code and find the murderer – are you up to the challenge?" 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

Thursdays, October 8th and 22nd, 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.

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

(Meeting ID: 837 2655 0421)

Friday, October 9th 10:00-11:00am:

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

Watch your mail for a note from Rebecca. She is up to some tricks and hopes you will play along and treat each other to a Secret Pal chain letter this month. Our phone meeting is also happening so you can check in with all your pals and share how you have managed to keep busy during the month. 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 October 8th if you want Rebecca to call and connect you, 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/86804421933>

Meeting ID: 868 0442 1933

Thursday, October 22nd 1:00-2:00pm:

Mind Matters— Brain Health: Keeping the Lights On

When people think about staying fit, they often forget about their brain. And yet, your brain plays a critical role in everything you do, such as thinking, feeling, remembering and sleeping. Keeping your brain active and engaged increases its vitality and builds a reserve of brain cells and connections. Join our expert as she goes over the importance of challenging your brain on a daily basis!

Zoom—We can email you the link by request.

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

(Meeting ID: 810 0442 3286)

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People



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

Wednesdays in October 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. FREE to PLAY!

October 7th 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 or to swap out old cards.

October 14th Coffee Card Bingo- Winners will receive gift cards to a local coffee shop.

October 21st Restaurant Bingo - Winners earn chances to win a \$20 gift certificate to local restaurant, Conversion Brewing (offers curbside, delivery, and dine in).

October 28th Bingo Box Prizes- Winners will win an opportunity to raid the Bingo prize cart.

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)



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.

Senior Center Raised Bed Gardeners

Gardeners, please do not forget to come clean our your garden plot if you are not Growing a fall crop. Part of your agreement to use the plot is to maintain it. There are lots of weeds out there folks.



Exercise Options

Chair Chi

Tuesday mornings 9:00-9:40am

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

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

(Meeting ID: 836 8638 6210)

YouTube: Lebanon Oregon Senior Center channel

Strength and Mobility with Household Items

Videos on YouTube channel:

Lebanon Oregon Senior Center

Cardio Drumming **NEW**

Thursday mornings 9:00-9:30am

Pick up a pair of sticks or even a pair of spoons and join us for this creative and fun exercise experience. No prior drumming experience needed. An object to drum against (exercise ball, bucket, a chair back, etc) and something to drum with can be helpful but you can also imagine them. Video Chat or internet for

watching video required.

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

-OR- <https://us02web.zoom.us/j/89293665880>

(Meeting ID:892 9366 5880)

YouTube: Lebanon Oregon Senior Center channel

Other Opportunities

QiGong with Beverly

Will not be meeting in October



Crafts and Cooking Demos

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!**

Crafternoons posted by 4:00pm

Tuesday, October 6th Bent Wire Photo Holder

Surrounding ourselves with photos of friends and loved ones can help us combat isolation. Make this cute little photo holder for yourself or get a head start of holiday gifts. This could hold photos, a recipe or a reminder. **WHILE SUPPLIES LAST:** We will have kits available for pick up, so you can make this craft along with our video. This will be shared on Facebook and YouTube.



Tuesday, October 13th Felt Hot Cup Sleeve

Drinkers of hot beverages rejoice, we have a cute craft for you. Make this reusable felt sleeve to protect your hands from overly hot cups. (It could also protect against cold cups.) The can be modified to make all kinds of cute designs to match the users preference. **WHILE SUPPLIES LAST:** We will have kits available for pick up, so you can make this craft along with our video. This will be shared on Facebook and YouTube.

Tuesday, October 20th Greeting Card Craft

Sandra will be demonstrating how to make two different styles of greeting cards and putting together 10 kits (one kit per person) for us to give to those that would like to follow along (reserve yours 541-258-4919). Watch the instructional video on Facebook or YouTube.

Friday, October 27th Simple Paper Boxes

Two styles of paper box templates will be shared. These two styles are on the easier side and great for beginners interested in origami and folded paper crafts. Using different styles of paper can certainly give them different personalities. **WHILE SUPPLIES LAST:** We will have kits available for pick up, so you can make this craft along with our video. This will be shared on Facebook and YouTube.



Cooking Demo

Wednesdays, October 7th, 14th, 21st and 28th by 4:00pm Cooking Demos: One Pot/One Dish Dinners

Fall is here and we are inspired to stir up some comfort that can be found in casseroles. One pot/one dish recipes also save prevent us from having to do a pile of dishes. Casseroles, Instapot, crockpots, and skillet meals are up for consideration. This will be shared on Facebook and YouTube.

2021 MEDICARE OPEN ENROLLMENT DATES: October 15th-December 7th

During Medicare open enrollment, you can review your existing coverage and make changes to it that will take effect in January. Specifically, you can switch from:

- Original Medicare to a Medicare Advantage plan.
- One Medicare Part D drug plan to another.
- A Medicare Advantage plan to Original Medicare.
- Join a Part D drug plan.
- One Medicare Advantage plan to another.
- Drop your Part D coverage.

Have questions?

The Senior Health Insurance Benefits Assistance (SHIBA) program is a statewide network of trained volunteers who educate and advocate for people of all ages who have Medicare. SHIBA volunteers currently provide one on one appointments via telecounsel in Linn County which is sponsored by the Retired & Senior Volunteer Program (RSVP) of the OCWCOG. Call 541-812-0849 and make an appointment today! They will be dropping off information guides to the Center in mid-October.

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.

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). Learn about YouTube, Facebook, or Zoom. Call 541-258-4919 for more information.

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



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RETURN SERVICE REQUESTED