

LEBANON SENIOR CENTER

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

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

HAPPY NATIONAL SENIOR CENTER MONTH! 2020 THEME: DELIVERING VITAL CONNECTIONS

WERE YOU READY? ARE YOU READY?

September is **National Preparedness** month. All month, we will be challenging area seniors to really look at how prepared they are for an emergency. Emergencies come in all shapes and sizes: personal ones like a house fire to community ones such as flooding or even global ones like a pandemic. Live Longer Lebanon will also be providing information through their Facebook page and partner with the Senior Center to share information for seniors.

You might be saying...wait, aren't we in a state of emergency now? I am wearing a mask and I am not getting to live the life I am use to. This is true and valid, but emergencies aren't known to ask permission before showing up. Preparedness should be a part of our regular routine as many items in our emergency ("go") bags need refreshed routinely. We care about your safety and wellness so much that we will try to bribe you into participating! Follow along each week with our preparedness information sharing and you can be entered into a weekly drawing to win an item to add to your preparedness "go" bag. Items include an emergency radio/flashlight/charging devices, first aid kits, water/fire resistant document pouches, and portable water filtration systems.

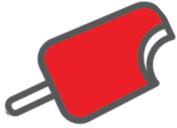
Information will be available on our Facebook and YouTube Channel on the following dates according to weekly safety theme. If you do not have internet access, you can stop by the Senior Center front door on the date given and pick up a printed packet of information that will cover the topics and have a list of items to work on (homework).

You will have a week to work on the checklist provided for that part of your emergency preparedness. Bring evidence of assembling the materials (show us your "go" bag/bucket/rolling case) the following week to be entered in the drawing for that theme's giveaway. We understand there are financial constraints to assembling a kit in one month, so look around your house, assemble what you can and create a list of items to be purchased and added in the future. This will count as working on your list if you are unable to complete the entire list....and still get you entered in the drawing. If transportation is an issue, please call the Senior Center. Our Activities Coordinator can help facilitate getting your check done so you can be entered in the drawing.

No excuses. Let's all work on being more aware and more prepared.

Information Release Facebook or Pick-up at Senior Center	Theme	Progress Check-in and Giveaway Entry
September 1st 11:00am	Personal Safety (Radio/Flashlight/Charger Giveaway)	September 8th 11:00am-12:00pm
September 8th 11:00am	Physical Needs (Water Filter Giveaway)	September 15th 11:00am-12:00pm
September 15th 11:00am	Health Needs (First Aid Kit Giveaway)	September 22nd 11:00am-12:00pm
September 22th 11:00am	Financial Needs (Fire/Water Resistant Pouch)	September 29th 11:00am-12:00pm

Call the Senior Center for more information, 541-258-4919.



DRIVE THRU ICE CREAM SOCIAL



Wednesday, September 2nd
12:00-1:00pm

Staff will be in the parking lot in front of the Senior Center passing out individually wrapped ice cream cups to **seniors** (50+). Pull up in your car, truck, bus, bike or tennis shoes to receive your treat.

We love seeing your smiling faces!

Meet someone in the park and have a social distant ice cream date.

We will have our masks and gloves on.



* Social Security Administration * Important Information *

The SSA requested that we share some information with seniors. During the pandemic situation, they are still available to help by phone. A local representative is available to take your call Monday thru Friday from 9:00 a.m. – 4:00 p.m. at 1-877-405-9196.

We may be able to schedule an appointment if we cannot help you by phone. We cannot accept walk-in visitors at this time. You may also visit www.SSA.gov.

Many of their services can be completed online.

Garden Bounty

Mondays, September 14th & 21st
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 is set in front of the building for vegetables and fruits to be dropped off and shared.

Bring your own bag to take something home.

Engage Your Brain On the Go

Packet available on Garden Bounty table and during puzzle exchange (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, September 18th
10:00am-12:00pm

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.

A box is available at this time to receive puzzles for later use.

Even at a Distance Activities

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.

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/UCmWryLj3phi4sNmLV0c4lg>

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, September 14th, 21st and 28th, 2:00-3:30pm

Mystery Team—"The 12th Street Theater Case"

Join our mystery squad and help unravel this month's case. Local theater owner Victoria Frankle was murdered on Thursday April 4, 2002 at a theater in downtown Edston. In an attempt to cover their tracks and finish the job, the killer set fire to the theater. 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

Thursdays, September 10th and 24th, 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)



Thursday, September 10th 10:00-11:00am:

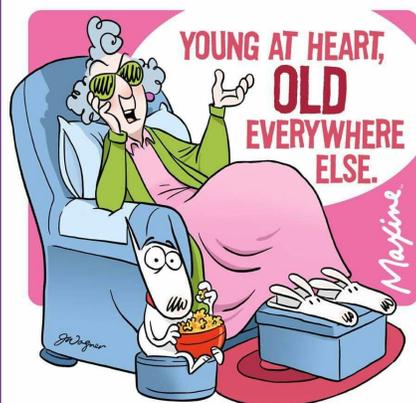
Secret Pals (for Secret Pals group that signed up in January)

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 September 9th 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, September 17th 2:00-3:00pm:

Mind Matters- Self-Empowered Aging

In a society that has yet to fully appreciate the potential of older adults, self-empowered aging improves one's odds to accomplish later life goals that others may discount, and to enjoy self-esteem and satisfaction that others may lack. Join an expert in the field of behavioral health as she takes you through the process of self-empowered aging and reinvention of the self during later life.

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)

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

Wednesdays in September 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.

September 2nd Bingocize for bonus cards and coffee. 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.

September 9th Pastry Bingo- Winners will win a chance to get a pastry from a new local shop.

September 16th Restaurant Bingo - Winners earn chances to win a \$20 gift card.

September 23rd No Bingo today

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

If you want to come down and work in your garden space Monday through Friday between 8:00am-3:00pm, you can knock on the front door to borrow the garden tool cart. We just ask that you wear gloves and wipe off the tools that you use.

We do have 2 raised beds open. Contact us for more information, 541-258-4919.



Exercise Options

Chair Chi

Tuesday mornings 9:00-9:0

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

Will not be meeting in September



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!**

Card Craft Demo

Tuesday, September 8th, by 4:00pm: 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, September 2nd, 9th, 16th, and 23rd by 4:00pm Cooking Demos: Celebrate the Garden

Leave a Zucchini on Your Neighbor's Porch Day became a holiday for a reason. This time of year some gardeners have an excess so why not look at some new recipes to inspire to use the extras or even the unknowns. Kohlrabi is fun to look at and say, but what do you do with this quirky vegetable? We will be sharing recipes to help inspire uses for those extra garden vegetables. This will be shared on Facebook and YouTube.

Crafternoons posted by 4:00pm

Friday, September 4th Fall Banner Decoration

Fall is on its way, so get a jump start with making a decoration to celebrate the change of seasons. Make it small to hang on your door or make it a bit larger to hang elsewhere in your home. This will be shared on Facebook and YouTube.



Tuesday, September 15th Craft with Me: Decorative Tin Can Organizer

Learn how to use scrapbook papers to decorate and repurpose used tin cans into containers to organize your spaces. Hosted by our card craft instructor, Sandra Lewis. This will be shared on Facebook and YouTube.

Friday, September 25th Embossing Leaves

Nature makes such beautiful things. We will be embracing the architecture of leaves and learn to use some various items that you may have around your house to emboss and imprint the shape and veining of leaves. This will be shared on Facebook and YouTube.



Emergency Preparedness for Seniors

Tuesdays in September

Each week we will share information from a variety of sources to assist senior sin being more prepared for an emergency. Weekly topics will include...

September 1st—Personal Safety: Getting to a safe place, evacuations or shelter in place, planning, where to get information, talking with support team/family, introduce go bag, know types of threats and update resources as needed

September 8th—Physical Needs: go bag essentials for physical needs including food, water, shelter, PPE/sanitation, cloths

September 15th—Health Needs: medications, plan if you require medical equipment (back up batteries), who to call for support, special things to consider for older adults

September 22nd—Important Info Needs: medical info, written list of contacts and numbers, account info, copies of important docs, prescription list and some cash

Checklists and printed resource material will also be available on these topics at the front doors of the Senior Center each week. See front page for more information or call us. These will be shared on Facebook and YouTube.

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



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