

LEBANON SENIOR CENTER

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

FEBRUARY 2021—Available by Phone Monday-Friday, 8:00 am to 4:00 pm



The Lebanon Senior Center and LINX Transit will be **closed** on **February 15th** in observance of President's Day.



MARDI GRAS PARADE

Wednesday, February 19th 12:00-1:00pm

Let the good times roll! Come celebrate February birthdays with a cupcake. Break out the feather boa, a fancy mask, or get dressed up and drive by the front of the Senior Center. Give us your best parade royalty wave (and give us a reason to smile!) as you parade past staff.

Seniors (50+) will be rewarded with a cupcake (our version of the traditional King Cake). Pull up in your car, truck, bus, bike or tennis shoes to receive your treat. We will have our masks and gloves on too.



Decorative Mask Contest



Embrace the mask and elevate it to another level! Masks have become a regular part of our lives over the past year. In the spirit of Mardi Gras, why not make a mask a statement (yes, those nose and face coverings)! Have fun with it and give it some personality. Take a picture of your mask and send us a picture (by mail: 80 Tangent Street, Lebanon OR 97355 or email: rwirfs@ci.lebanon.or.us). **Entries due by Mardi Gras, Tuesday, February 16th.** We will help the winner celebrate with a gift card!

If you do not have a mask to decorate, we can help solve that problem.

Give us a call if you need a mask or have questions, 541-258-4919.

Your Life Story

February celebrates love. Share some love with your family by spending time sharing some of your life story. Your life doesn't have to be exotic or action packed to matter.

Without you, it is possible that that your family wouldn't be what it is today. Take some time and share some details. It will make a great gift and be a blessing to generations of your family. It can also be a lot of fun to look back and remember when. Make yourself a cup of cocoa, tea, or cider and curl up with our packet (courtesy from the Legacy Project) on these chilly winter nights. There is no better time than the present to capture your past. **Packets available starting Tuesday, February 9th.**

Lori McNulty, who taught Life Story classes through LBCC, will be joining us for **two free ZOOM presentations** to share tips and inspire you to share details about your life beyond the biographical data. Breathe some life and laughter into your story. Sign up by calling 541-258-4919. **Presentations are Fridays, February 19th and 26th 2-3:00pm.** We can call to connect you, or join on Zoom <https://us02web.zoom.us/j/85851242098> or by phone toll free 1-877-853-5247 (enter Meeting ID 858 5124 2098).

Trivial Pursuit on Zoom

Thursday, February 18th 2-3:00pm

We are dusting off the box of Trivial Pursuit! Join us for an hour of humbling trivia to prove how much or how little we really know. This is just for fun. Feel free to drag everyone in the house to the phone to help you out. Call to sign-up if you need us to call and get you on the phone call, 541-258-4919. More confident, join us on Zoom via phone or video chat:

<https://us02web.zoom.us/j/88238495007>

—OR— Call 1-877-853-5247 toll free

(Meeting ID: 88238495007)

Technology Gap Program

If you do not have a device that allows you to access telehealth, online wellness programs, and internet at home and would be interested in being able to **borrow an iPad** a month at a time...give us a call to express your interest! We are looking at a grant to provide **iPads and internet** and need to know interest. Call us: 541-258-4919.

COVID-19 Vaccination Scheduling Assistance

Covid vaccinations for older adults are coming to Linn County. We do not have specifics yet, but the target is to have vaccinations available to people over age 85 beginning the week of February 7. We have heard that there will be on-line appointments coming in the next week or so. When the website for scheduling is available, we will share it on our Facebook page. For seniors with technology challenges, staff at your Lebanon Senior Center will be available to assist you to get appointments when the scheduling website becomes available.

In addition, we are hoping to be able to run a LINX bus to and from the Linn County Fairgrounds for people who need transportation to get a vaccine.

If you are interested in either service, please call 541-258-4919 and leave your name, phone number, address, and whether you need assistance with sign-up, transportation, or both. We will call to help you as soon as we have the information needed.



Random Acts of Kindness Week February 14th-20th

Doing small acts of kindness can lift your spirits and spread smiles around you. A little thought and intention can go along way in making a difference in someone's day. We challenge you to join us in spreading some kindness each day this week. Below is an idea for each day, but feel free to come up with your own ideas too. We would love to hear how you are growing kindness; we will be posting a prompt on our Facebook page for seniors to share their acts of kindness.

Sunday, February 14th: Write an encouraging letter or note to a friend or family member.

Monday, February 15th: Do an act of kindness for someone and encourage them to pay it forward.

Tuesday, February 16th: Leave a note or small token of appreciation for your mailman in your mailbox.

Wednesday, February 17th: Support a local business (order take out, leave a nice tip, visit a local shop)

Thursday, February 18th: Make a batch of cookies and take them to a fire station or the police department.

Friday, February 19th: Clean out a closet or pantry and donate food or clothes to a local food pantry or clothing closet (River Center, Lord's Store House, FISH, Lebanon Soup Kitchen are some ideas).

Saturday, February 20th: Call a friend and share a laugh.

Share Some Love

Deliveries Friday, February 12th (afternoon)

Know a senior that needs to know that someone is thinking of them and that they are loved? Why not have Senior Center staff deliver your caring thought. We will be your Valentine delivery agent (not quite a cupid: no diapers, wings, or arrows!). Give us a call **before February 10th** and share your name, the name of the senior recipient and address of a senior recipient. If a senior receives multiple nominations, they will receive one balloon and all of the nominating names will be attached to the note. If you have questions, please give us a call 541-258-4919.

Powerful Tools for Caregivers presented by Lumina Hospice

6-week class held online Thursdays from February 11 through March 18
2 to 4 pm via Zoom

Powerful Tools for Caregivers is an educational program designed to help family caregivers. You will learn how to take care of yourself while caring for a relative or friend, wherever they live: at home, in a nursing home or across the country. Receive a handbook through the mail that you will reference throughout the class.

This class will give you tools to:

- * Help reduce stress
- * Communicate effectively
- * Take care of yourself
- * Reduce guilt, anger, and depression
- * Help you relax
- * Make tough decisions
- * Set goals and problem-solve

There is no cost to participate. Registration is required.

Call Lumina at 541.757.9616 and ask for the Caregiver Support Coordinator or email caregiver@luminahospice.org

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.

Thursday, February 11th & 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. Everyone gets a chance to share about something they have read, and you might be inspired for your next great book to read. Participants are often willing to share their books.

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, February 12th 10:00-11:00am:

Secret Pals

Our phone meeting is 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 January 14th if you want a call to 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

Wednesdays in February 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!

February 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 or to swap out old cards.

January 10th Coffee Gift Card Bingo - Winners get a gift card to a local coffee place.

January 17th Eat Out Bingo— Winners earn chances to win a gift card to a local eatery.

January 24th Pastry Bingo - Winners get a gift certificate to a local bakery.

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)

Tuesdays, February 16th & 23rd from 1:00-2:30pm:

Mystery Club — “Fire in Adlerstein”

Join our mystery squad and help unravel this month’s case. “In this Murder Mystery Party Case File – Fire in Adlerstein, players work to solve a murder using the case file and evidence provided. Journalist Carl Notebeck has been charged with murder in an arson death. Work to identify the killer’s motive, means and opportunity to commit the murder.” 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.

<https://us02web.zoom.us/j/81881838170>—OR— Call 1-877-853-5247 (toll free)
(Meeting ID: 818 8183 8170)

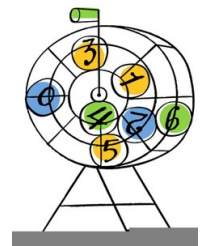
Tuesdays, February 22nd 2-3:00pm:

Arm Chair Travel—Venice

Travel may be difficult right now, but we can still learn about new places and escape our every day from the comfort of our favorite chair. Join us as we learn about Venice, Italy.

Zoom — We can email you the link by request.

<https://us02web.zoom.us/j/88428761644>
—OR— Call 1-877-853-5247 (toll free) (Meeting ID: 88428761644)

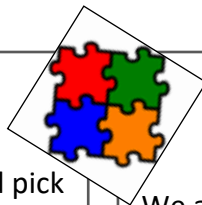


Boredom Busters

Available starting February 8th

Swing by the Senior Center front door and pick up a packet of puzzles, games, trivia, fun facts and more.

Challenge your brain and endeavor to work your way through the pages. Fun way to keep your brain engaged!



Puzzle Pick Up

Tuesday, February 16th

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 donating a puzzle, please set them to the side.

Live Longer Lebanon presents the 5-2-1-0 Challenge:

It's time to start planning for your organization or family's 5-2-1-0 Challenge coming up in February, 2021! Check out the new website at www.be5210.com and sign up! You can access all kinds of tools and trackers at the resources link there. Email for more information: faithcommunityhealthnetwork@gmail.com or livelongerlebanon@gmail.com. These sessions are offered by the Faith Community Health Network of the Mid-Willamette Valley in collaboration with Live Longer Lebanon.



Zoom session topics, dates, and times:

Wednesday, 2/3/2021, 1:00pm-2:00pm - 5 or more servings of fruits and veggies. Learn benefits (beyond just plain good health!) of fruits and veggies in our diets and tips on how we can get more!

<https://www.eventbrite.com/e/5-2-1-0-challenge-2021-five-or-more-servings-of-fruits-and-veggies-tickets-138198101241>

Wednesday, 2/10/2021, 1:00pm-2:00pm - 2 hours or less of leisure screen time

Is screen time really bad for us? Is some worse than others? What about our kids? grandkids? Get these questions answered... and more!

<https://www.eventbrite.com/e/5-2-1-0-challenge-2021-two-hours-or-less-of-leisure-screen-time-tickets-138199110259>

Wednesday, 2/17/2021, 1:00pm-2:00pm - 1 or more hours of physical activity

How much exercise do I need, and what kind? Does it have to be all at once? Check out how you can build more movement into your day!

<https://www.eventbrite.com/e/138200634819>

Wednesday, 2/24/2021, 1:00pm-2:00pm - 0 sugary drinks

Many of us are unaware of how much sugar is hidden in our favorite beverages! Come and see for yourself!

<https://www.eventbrite.com/e/138201056079>

Live and In Person...

The Senior Center building will remain locked during the month of December. We will be facilitating one on one appointments so seniors can utilize the following Senior Center resources. COVID-19 guidelines will require participants to wear masks, participate in contact tracing and screenings to enter the building.

Participants will be allowed in the building for their appointment and then will need to leave the building at its conclusion. Please reschedule your appointment if you are ill or symptomatic. Sign-ups/appointments are required and can be made by calling 541-258-4919.

Tech Time— 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.

Nail Care — Schedule your nail care appointment. Please wait in your car until the nurse meets you at the door. Please bring your own towel. Appointments are on Thursdays and the cost is \$20.

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 and YouTube Channel (search for Lebanon Oregon Senior Center). **Questions?... please give us a call, 541-258-4919. We can even email you the links to click on!**

Card Crafts

Tuesday, February 8th Greeting Card Craft posted by 4:00pm

Sandra will be demonstrating how to make two different styles of greeting cards and putting together 6 kits (one kit per person) for us to give to those that would like to follow along (reserve yours 541-258-4919).

Cooking Demo

Thursdays , February 4th and 18th by 4:00pm Cooking Demos: Celebrate Hearth Health Month

February is national hearth Health Month. We will be cooking up two recipes with heart health in mind. Check out the videos and be inspired to eat for better health.

Craft Demos (Limited Make and Take Kits)

Decorative Paperclip Bookmarks

Paperclips are a great starting point for making a variety of bookmarks and they are readily available. Check out a couple of the styles we come up with and then let your creativity make them your own. We will have kits available this craft starting February 8th. Call 541-258-4919 to arrange to pick one up. The instructional video will be shared on Facebook and YouTube on Thursday, February 11th.



Window Waldorf Star

These stars are made with a semi-translucent paper that catches the light in windows. Fold the pieces, glue them together and hang to brighten your winter days. Kits will be available starting Tuesday, February 16th. The instructional video will be shared on Facebook and YouTube on Monday, February 22nd.



Facebook: Follow 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>

Exercise Options



Our YouTube channel offers recorded workouts online. Go to www.youtube.com and search for Lebanon Oregon Seniors Center. They are all free and a great tool to achieve your post holiday goals.

Tax Resources

The Lebanon Senior Center will not be reopening in time to host the AARP Tax Aide program. If you need help filing, there are several tax preparing businesses around Lebanon. We suggest calling a couple to find the best price for your tax needs.

There are also several internet resources that could be helpful if you want to prepare your own taxes. There are free tax filing programs through the state and federal tax sites (see a list from the Oregon Department of Revenue site listed below). **Make sure you use a secure, private internet connection when transmitting tax information.** We do not advise using public internet or public WIFI.

- AARP Tax Aide Foundation is available year round for tax questions (<https://taxaideqa.aarp.org/hc/en-us>) and we have heard that they may be doing taxes in other locations. You can check their website for developing information.
- Oregon Department of Revenue has lots of reference information as well as a list of free tax pep services offered online <https://www.oregon.gov/dor/Pages/index.aspx>

Oregon no longer prints and mails forms. You can go online to print your forms at

<https://www.oregon.gov/dor/forms/Pages/default.aspx>

Federal forms <https://www.irs.gov/forms-instructions>

United Way may be offering free tax assistance through their MyFreeTaxes program

(<https://www.myfreetaxes.com>). You can call their tax helpline at (866) MY-TX-HELP (698-9435).

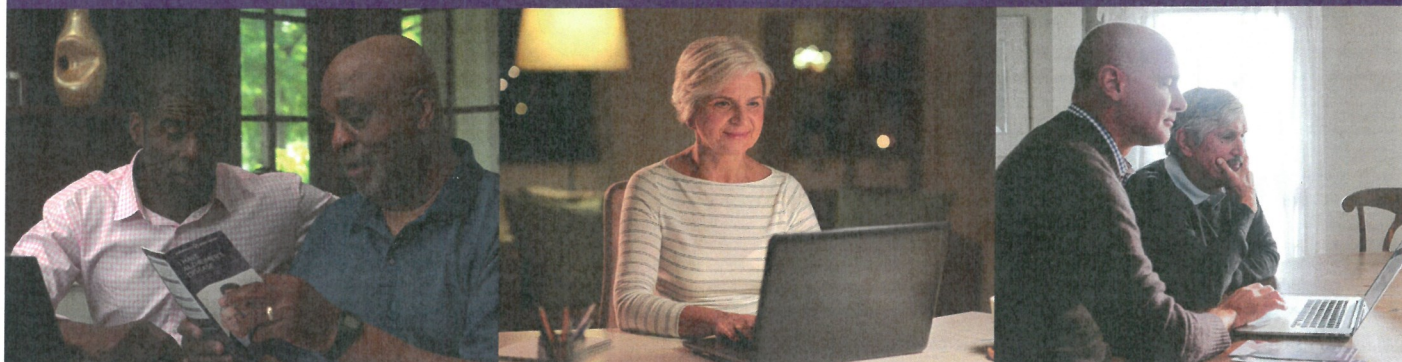
Free federal and Oregon online tax preparation and e-file if:

<p>TaxAct www.taxact.com</p>	<ul style="list-style-type: none"> • Your federal adjusted gross income was \$63,000 or less; and • You're age 56 or younger, or • You're eligible for the Earned Income Tax Credit (EITC), or • You're active military with a federal adjusted gross income of \$72,000 or less.
<p>OnLine Taxes https://www.olt.com/main/oltstateff/default.asp</p>	<ul style="list-style-type: none"> • Your federal adjusted gross income was between \$16,000 and \$72,000, regardless of age. • You're active military with a federal adjusted gross income of \$72,000 or less. <p><i>Note: You must use this link for the free offer. Using any other link may result in fees or charges.</i></p>
<p>Intuit/TurboTax https://freefile.intuit.com/</p>	<ul style="list-style-type: none"> • Your federal adjusted gross income was \$39,000 or less; or • You're eligible for the Earned Income Tax Credit (EITC), or • You're active military with a federal adjusted gross income of \$72,000 or less (including reservists and National Guard.)
<p>1040Now https://www.1040now.net/freefileor.htm</p>	<ul style="list-style-type: none"> • Free federal and Oregon tax preparation & e-file if your adjusted gross income is \$32,000 or less and you live in Oregon. • This offer is limited to three free file returns per computer.
<p>TaxSlayer www.taxslayer.com</p>	<ul style="list-style-type: none"> • Your adjusted gross income is \$72,000 or less; and • You're age 51 or younger, or • You're eligible for the Earned Income Tax Credit • You're active military with a federal adjusted gross income of \$72,000.

REGISTER TODAY

ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's

Feb. 17, 10-11:30 a.m. | [REGISTER](#)

Feb. 22, 3-4:30 p.m. | [REGISTER](#)

Advancing the Science: The Latest in Research

Feb. 4, 10 a.m.-12 p.m. | [REGISTER](#)

COVID-19 and Caregiving

Feb. 9, 3-4:30 p.m. | [REGISTER](#)

Effective Communication Strategies*

Feb. 18, 9-10:30 a.m. | [REGISTER](#)

Healthy Living for Your Brain and Body

Feb. 11, 11 a.m.-12:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer's*

Feb. 9, 1-3:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Late Stage

Part 1: Feb. 25, 12-1:30 p.m. | [REGISTER](#)

Part 2: March 4, 1-2:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers-Middle Stage*

Feb. 3, 11 a.m.-3 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia*

Feb. 1, 10-11:30 a.m. | [REGISTER](#)

Feb. 12, 12-1:30 p.m. | [REGISTER*](#)

Feb. 16, 3-4:30 p.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behavior*

Feb. 5, 2-3:30 p.m. | [REGISTER](#)

Feb. 24, 10:30 a.m.-12 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option

Feb. 2, 3-4:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Standard Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900 OR VISIT US
ONLINE AT [ALZ.ORG/CRF](#).

*These webinars are
sponsored by



alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at [alz.org/CRF](#).



Oregon Cascades West Meals on Wheels | February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cowboy Campfire Stew Mexican Pasta Bake Chuckwagon Corn Spinach Romaine Salad White Dinner Roll S'more Pudding	2 Spaghetti & Meat Sauce Chicken Rice Bake Green Beans Garden Vegetable Salad Garlic Roll Seasonal Fresh Fruit	3 Bavarian Stew Macaroni & Cheese Capri Blend Vegetable Apple Cranberry Coleslaw Potato Roll Banana Chocolate Chip Bar	4 HS Turkey Patty w/Gravy Beef Mushroom Patty Garlic Whipped Potatoes Scandinavian Blend Vegetables Whole Wheat Bread Lime Whip	5 Santa Fe Chicken Mini Salad Chef Mini Salad Spinach Romaine Corn Chowder Dill Roll Spiced Peaches
8 Chicken Pomodoro Spinach Strata Italian Blend Vegetables Garden Vegetable Salad Whole Wheat Roll Gelatin Jewels w/Whipped Topping	9 Beef & Black Bean Chili Lasagna Roll Up Broccoli Spinach Romaine Salad Cornmeal Roll Vanilla Pudding	10 Chicken Breast Supreme Breaded Fish w/Tartar Sauce Whipped Potatoes Succotash Rye Onion Bread Seasonal Fresh Fruit	11 Egg Salad 1/2 Sandwich Half Tuna Salad Sand Half Lentil Potato Soup Carrot Coleslaw Whole Wheat Bread Pineapple Tidbits	12 Valentine's Day Special Roasted Turkey w/Gravy Meatloaf w/Gravy Sour Cream & Chive Potatoes Country Trio Vegetables Squash Bread Valentine's Day Chocolate Cake
15 Closed for the President's Day Holiday	16 Mardi Gras Special Chicken & Sausage Jambalaya Red Beans & Rice Whole Kernel Corn Marinated Zucchini Salad Cracked Wheat Roll Bread Pudding w/Raisins	17 Ash Wednesday Turkey Salad Sandwich Half Chickpea Salad Sandwich Minestrone Soup Pickled Beets Whole Wheat Bread Pears	18 Beef Sloppy Joe Buffalo Chicken Sandwich Winter Blend Vegetables Potato Salad Hamburger Bun Cherry Poke n' Pour Cake	19 White Bean Chicken Chili Vegetable Lasagna (Zucchini) Tossed Salad Herbed Carrots Seven Grain Roll Snickerdoodle Bar
22 Teriyaki Meatballs Garlic Chicken Delmonico Potatoes Broccoli Whole Wheat Bread Hermit Bar	23 Shaved Turkey Sand Half Meatloaf Sand. Half Potato Chowder Marinated Spring Garden Salad Whole Wheat Bread Applesauce	24 Creamed Chicken & Vegetables Beef Patty w/Pepper & Onion Gravy Whipped Potatoes Green Peas French Bread Ice Cream Cup	25 Herbed Chicken Patty w/Gravy Roast Pork w/Gravy Whipped Sweet Potatoes Mixed Vegetables Multigrain Bread Cranberry Fluff	26 Chicken Pastina Broccoli Omelet Bake Whole Kernel Corn Spinach Romaine Salad Oat Bran Roll Carrot Cake
Suggested Donation: \$3.50 per Meal 1% Milk Served w/All Meals WE ACCEPT THE OREGON TRAIL CARD.				
<i>Not a calendar to return for orders.</i> To Sign up (New): 1-800-638-0510 Existing Client: 541-457-1139				
ALLERGEN DISCLAIMER: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.				

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.

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