

Pioneer Adult Community Center August 2020 Updates

**Additional information and updates:
orcity.org/pioneercenter**



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IMPORTANT:

Pioneer Center Closed Until Further Notice

To maintain the safety and health of our patrons and our staff, we will be closed until further notice.

Reopening the Center is dependent upon the direction from local, state, and federal government agencies.

Our staff may be reached individually
via email or phone:

<https://www.orcity.org/pioneercenter/contacts>.

Please allow 24 hours for us to respond.



Hⁿ
Health Net[®] Medicare Sales Advisor
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SNAP BENEFITS FOR OLDER ADULTS

SNAP benefits can provide critical monthly support to older adults. As of early 2020, older adults in Oregon received an average of \$108 per person and \$123 per household. Applicants are encouraged to apply online, especially during this public health crisis - <https://govstatus.egov.com/or-dhs-benefits>

[English](#)

[Spanish](#)

CONSUMER PROTECTION

According to the Oregon Employment Department, impostors are filing claims for unemployment benefits using the names and personal information of people who have not filed claims.

For more information on fraud and scams related to the COVID-19 crisis, see www.oregonconsumer.gov/COVID-19.

WHO'S OPEN?

Clackamas County has created a map to raise awareness of local businesses that are open during the coronavirus pandemic.

Click below to explore this exciting interactive tool
<https://www.clackamas.us/business/whos-open>

VIRTUAL COCKTAIL MAKING

Join McMenamins for weekly tutorials! Each week, they whip up different drinks using spirits, shrubs, bitters, and more! Follow them on social media for the latest each week.

Every Friday @ 4:00pm | 21+ | <https://www.facebook.com/McMenamins/>

OCSS

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CLACKAMAS COUNTY ENERGY ASSISTANCE



You may be eligible for help with your power bill

**You don't have to have a past-due notice.
You may be eligible even if you pay your bill every month.
Assistance is available for a variety of energy needs.**

In addition to usual funding sources, there is a limited amount of CARES Act funding to address COVID-19 affected households. The priorities with this specific fund is to assist households that have lost their jobs or have had a reduction in income—in particular those within Clackamas County that have not yet received unemployment or experienced delays and households that have been quarantined.*

Energy Assistance Income Guidelines

60% of State Median Income by Household Size
For Use in Federal Fiscal Year 2020
Estimated State Median by Household Size-Source HHS

Household Unit Size	Annual Gross Income*	Monthly Gross Income*
1	\$25,983	\$2,165.25
2	\$33,978	\$2,831.50
3	\$41,973	\$3,497.75
4	\$49,967	\$4,163.92
5	\$57,962	\$4,830.17
6	\$65,957	\$5,496.42
7	\$67,456	\$5,621.33
8	\$68,955	\$5,746.25
9	\$70,454	\$5,871.17
10	\$71,953	\$5,996.08
11	\$73,452	\$6,121.00
12	\$74,951	\$6,245.92
Each Additional Member	\$1,499	\$124.92

* Gross income is wages before any tax withholdings or deductions

***COVID-19 affected households may include:**

*Suffered a recent lay-off or job-loss due to the pandemic crisis
Applied for Unemployment but have not received the benefit
(Unfortunately, the \$600/weekly stimulus supplement is included as gross household income,
and is subject to follow the State eligibility guidelines shown above.)
Quarantine, including caring for self or a family member
Unable to find childcare/loss of hours to care for child*

**Call Clackamas County Energy Assistance
503-650-5640 to find out more**

MEALS ON WHEELS DONATIONS NEEDED

Our Meals on Wheels program is currently operating each week and donations are critical in helping our home-bound seniors in Oregon City and West Linn.

Monetary donations can be mailed to our building 615 5th St., Oregon City or submitted online:

<https://www.oregoncity.org/pioneercenter/supporting-senior-health-and-wellness>

Below are items we would graciously accept and deliver to those in need:

Toilet Paper
Toothpaste/tooth brushes
Hand Soap
Shampoo/Conditioner
Adult Diapers: Sizes Small, Medium & Large
Boost / Ensure (food supplement)
Dish Soap / Laundry Soap
Pet Food (unopened)
Any Disinfectant Supplies
Kleenex
Deodorant
Tylenol
Boxed Cookies & Desserts
Diabetic Sugar Free Shelf Stable Desserts (Cookies, Pudding, etc.)
Canned Fruit and Soups

Donations can be dropped off at the Oregon City Pool, 1211 Jackson Street on:

- Wednesdays from 8 a.m. to 4:30 p.m.
- Thursdays 8 a.m. to 12 p.m.
- Fridays 9 a.m. to 1 p.m.

When you arrive at the pool to drop-off your donations, please proceed to the front doors. On the door will be a sign listing a phone number. Please call the listed number and an employee will accept your donation using physical distance. These donations will be disinfected and delivered to those who receive Meals on Wheels Program assistance.

Thank you so much to the countless individuals who have contributed items and donations during this unprecedented time.

We also want to give a huge thank you to the following organizations who have made large donations to our Meals on Wheels Program!

**Bob's Red Mill
Ken Swatman with Oregon City Christian Church
Beavercreek United Church of Christ
Justy's Produce and Flowers**

Also, a big thank you to the Oregon City Pool and their staff for collecting donations for Meals on Wheels!

THANK YOU!

FALL VIRTUAL CLASSES

All Levels Hatha Yoga

Instructor: Julie Jones, Clackamas Community College

October 1 – December 10

Thursday, 9:00 am—10:00am

Classes conducted live via Zoom

Feel better and reduce stress, no matter what your age or fitness level. This class provides all the benefits of yoga — meditation, breathing, stretching, strengthening and balance. Wear clothing in which you can easily move, have a mat or blanket available at home.

\$40 (Over 62 - \$30) | 11 weeks, 10 classes (No Class 11/26)

Contact Jessica to register: jspencer@orccity.org or 503-722-3781

Pilates – All Levels

Instructor: Stacy Rabe, Clackamas Community College

Tuesdays | September 29 – December 8

11:00 am – 12:00pm

Pilates is a whole body, low impact exercise routine that targets the smaller muscles groups. Blending stretch and strength together for a fluid, multi level workout that encourages length, stability, and body awareness.

\$40 (Over62 - \$30) 11 weeks, 11 classes

Contact Jessica to register: jspencer@orccity.org or 503-722-3781

Beginning Painting in Oil - All Levels Welcome

Instructor: Sally Cleveland, Clackamas Community College

Tuesdays | September 29 – December 8

9:30 am – 10:30am

This class is designed to help students understand the basic techniques of painting with oil paint to build skills bit by bit. By the end of the term, students should have finished at least one painting. In order to allow the instructor to see the ongoing work clearly, students may send jpegs of completed assignments to the instructor a day or two before class. Zoom time will be used to discuss each work in a classroom setting and for students to get feedback from each other.

\$40 (Over62 - \$30) 11 weeks, 11 classes

Contact Jessica for supply list and to register: jspencer@orccity.org or 503-722-3781

Balance & Harmony Healing Arts

Instructor—Nick Hancock 503-266-9939

www.balancenharmony.com

TAI CHI, YOGA, and QI GONG classes available via Zoom!

Please see website for more details.

Art Classes—In Three Mediums

Instructor—Melissa Gannon 503-557-3963

Visit www.melissagannon.com for more information and supply list.



Estate Planning 101: Protecting Yourself and Your Family in 2020

Hosted by Oregon City Pioneer Center

Time & Location

Wednesday, Aug 26, 6:00 PM – 8:00 PM
Zoom Webinar

About the Event

During this time of COVID-19, we will discuss the documents you must have in place to protect yourself and your family.

Join Attorney Michael Rose as he discusses how you can protect yourself and your family in the event that you or a loved one needs long term care, or passes away.

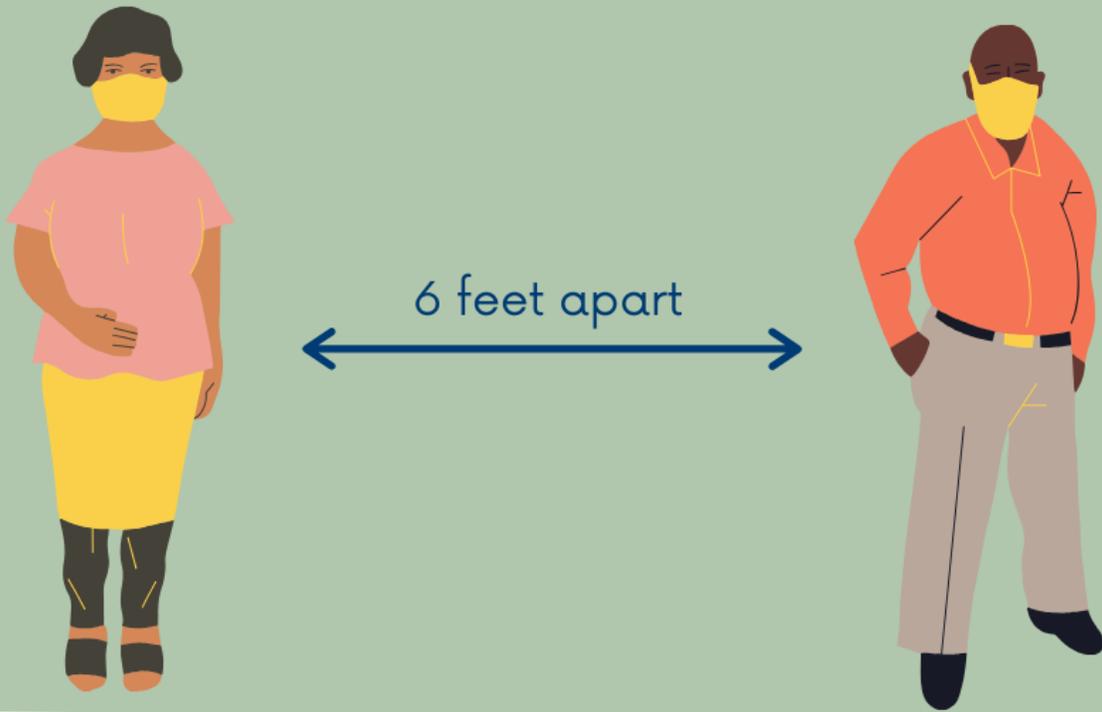
We will discuss:

1. The most expensive estate planning mistakes;
2. How to avoid probate;
3. Protecting your assets with trusts;
4. Avoiding estate taxes;
5. And more!



RSVP

Mask Up



to protect your
neighbors.



PIONEER COMMUNITY CENTER
615 5th Street
Oregon City, OR 97045
orcitey.org/pioneercenter

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



10 Warning Signs of Alzheimer's
August 6, 10 a.m.-11:30 a.m. | [REGISTER](#)
August 19, 1-2:30 p.m. | [REGISTER](#)

COVID-19 and Dementia Caregiving
August 13, 2-3:30 p.m. | [REGISTER](#)

Dementia Conversations
August 20, 2-3:30 p.m. | [REGISTER*](#)

Dining with Dementia
August 17, 10-11:30 a.m. | [REGISTER](#)

Dementia: Homes and Community Settings
August 25, 11 a.m.-12 p.m. | [REGISTER](#)

Effective Communication Strategies
August 18, 10 a.m.-11:30 a.m. | [REGISTER*](#)

Healthy Living for Your Brain and Body
August 3, 10-11:30 a.m. | [REGISTER](#)
August 24, 11 a.m.-12 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers—Early Stage
PART 1: August 14, 10 a.m.-12:30 p.m. | [REGISTER](#)
PART 2: August 21, 10 a.m.-12:30 p.m. | [REGISTER](#)

Understanding Alzheimer's and Dementia
August 4, 2-3:30 p.m. | [REGISTER](#)
August 10, 12-1:30 p.m. | [REGISTER*](#)

Understanding and Responding to Dementia-Related Behavior
August 11, 10-11:30 a.m. | [REGISTER](#)
August 26, 12-1:30 p.m. | [REGISTER*](#)

All sessions here are listed in Pacific Daylight 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](https://alz.org/crf).

*These webinars are presented in partnership with



alzheimer's  association®

For course descriptions and a full list of available webinars and Association events, please visit us online at alz.org/crf.

WE ARE HERE TO HELP VIRTUAL CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association® —



MONDAY

- North Portland Caregiver Support Group**
August 10, 2020 from 10-11 a.m. | [REGISTER](#)
- John Day Caregiver Support Group**
August 17, 2020 from 11:30 a.m.-1 p.m. | [REGISTER](#)
- Grants Pass Caregiver Support Group**
August 24, 2020 from 5:30-6:30 p.m. | [REGISTER](#)
- Young-Onset Alzheimer's Caregiver Group**
August 24, 2020 from 6:30-8 p.m. | [REGISTER](#)
- Salem Caregiver Support Group**
August 31, 2020 from 3:30-5 p.m. | [REGISTER](#)

TUESDAY

- PDX Early-Stage Caregiver Support Group**
August 4 from 1:30-2:30 p.m. | [REGISTER](#)
August 18, 2020 from 1:30-2:30 p.m. | [REGISTER](#)
- Hillsboro Caregiver Support Group**
August 18, 2020 from 10:30 -11:30 a.m. | [REGISTER](#)
- Tigard Caregiver Support Group**
August 25, 2020 from 7-8 p.m. | [REGISTER](#)

WEDNESDAY

- LGBTQ+ Caregiver Support Group**
August 5, 2020 from 6-7 p.m. | [REGISTER](#)
- Bend Early-Stage Caregiver Support Group**
August 12, 2020 from 1:30-3 p.m. | [REGISTER](#)
August 26, 2020 from 1:30-3 p.m. | [REGISTER](#)
- Vancouver Salmon Creek Caregiver Group**
August 12, 2020 from 6-7 p.m. | [REGISTER](#)
- SE Portland Caregiver Support Group**
August 12, 2020 from 6-7 p.m. | [REGISTER](#)
- Lake Oswego Caregiver Support Group**
August 19, 2020 from 1:30-3 p.m. | [REGISTER](#)
- Ashland Caregiver Support Group**
August 19, 2020 from 5:30-7 p.m. | [REGISTER](#)
- Medford Early-Stage Caregiver Support Group**
August 19 & 26, 2020 from 1-2 p.m. | [REGISTER](#)

THURSDAY

- Eugene Caregiver Support Group**
August 13, 2020 from 1-2 p.m. | [REGISTER](#)
August 27, 2020 from 1-2 p.m. | [REGISTER](#)
- Newberg Caregiver Support Group**
August 13, 2020 from 2-3 p.m. | [REGISTER](#)
August 27, 2020 from 2-3 p.m. | [REGISTER](#)
- Telephone Only Caregiver Support Group**
August 20, 2020 from 1-2 p.m. | [REGISTER](#)
- Medford Caregiver Support Group**
August 20, 2020 from 2-3 p.m. | [REGISTER](#)
- Bend Caregiver Support Group**
August 20, 2020 from 5-6 p.m. | [REGISTER](#)
- Nehalem Caregiver Support Group**
August 27, 2020 from 11 a.m.-12 p.m. | [REGISTER](#)

FRIDAY

- Caregivers of Faith Caregiver Support Group**
August 7, 2020 from 10-11 a.m. | [REGISTER](#)
August 21, 2020 from 10-11 a.m. | [REGISTER](#)
- Clackamas Caregiver Support Group**
August 21, 2020 from 10-11 a.m. | [REGISTER](#)

SATURDAY

- Men's Caregiver Support Group**
August 8, 2020 from 9:30-11 a.m. | [REGISTER](#)
- Adult Children Caregiver Support Group**
August 8, 2020 from 10-11 a.m. | [REGISTER](#)

SUNDAY

- NE Portland Caregiver Support Group**
August 23, 2020 from 2-3 p.m. | [REGISTER](#)

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