

# **Pioneer Adult Community Center July 2020 Updates**



**Additional information and updates:  
[orcity.org/pioneercenter](http://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.



**H<sup>n</sup>**  
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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](http://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>

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# Go Teams Are Ready to Help!

Feeling isolated or alone? Are things too stressful right now, or overwhelming? We want to help.

Go Teams are made up of people trained to listen and provide support in times of struggle. Go Team members are not therapists, but we are really good at listening. We will try to help reduce distress, work to improve existing coping skills, and will help you locate other resources if needed. We can assess the need for different kinds of support and provide help navigating all the options available.

We will listen to your story. We can help with a referral or a resource. Give us a chance to be there for you.



**Clackamas County**  
**Go Teams**  
**503-655-8585**



# 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  
Cat Litter  
Pet Food (unopened)  
Any Disinfectant Supplies  
Kleenex  
Deodorant  
Tylenol  
Boxed Cookies & Desserts

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!**

**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!**

# FREE VIRTUAL ACTIVITIES/EVENTS

## ONLINE EXPERIENCES

- **Alzheimer's Foundation of America:** Holding free community classes on their [Facebook](#) page.
- **Lan Su Chinese Garden:** Check out these short [virtual visit videos](#) from this beloved landmark.
- **Oregon Historical Society:** Peruse the museum's [online exhibits](#) and "[Dear Oregon](#)" blog, which is updated twice a week with "dispatches from professional time travelers."
- **Oregon Public Broadcasting (OPB):** Watch their "[Virtual Music Festival](#)," featuring videos of live performances by acts like Black Belt Eagle Scout, Blossom and Y La Bamba.
- **Oregon Zoo:** Adorable animal videos are posted almost daily to their [YouTube](#), [Facebook](#) and [Instagram](#) channels, along with live streams with the zoo's animal caretakers.
- **Pittock Mansion:** Take a [virtual tour](#) of this historic Portland home.
- **Portland Art Museum:** Explore the museum's [online collection](#), download [arts activities made by teachers](#) and visit their [YouTube channel](#) for virtual tours of exhibits, conversations with artists and more.
- **Portland Japanese Garden:** Head to their [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#) for a daily "One-Minute Moments of Serenity."
- **Slabtown Tours:** Folks of all ages will enjoy the peculiar Portland tidbits in the [Trivial Fun History Facts Blog](#).

## ONLINE EVENTS

- **Pickathon Concert-a-Day | Daily at 1 p.m.:** The beloved music festival is sharing a [full concert](#) from its archives every day.
- **Artslandia Happy Hour | Daily at 5 p.m.:** Tune in for a daily dose of Portland performances from this local arts publisher, live on [Facebook](#) and archived on the [Artslandia website](#).
- **Virtual Singalong With Low Bar Chorale | Tuesdays at 6 p.m.:** Join local music troupe Low Bar Chorale for their weekly singalong sessions, streamed live from their [Facebook page](#). Lyrics to the week's songs are available to download on their [website](#).
- **ART.V from ADX | Fridays at 6 p.m.:** The Art Design Exchange is broadcasting [ART.V](#), featuring Portland artists and their work the first Friday of every month, live on Instagram ([@adxportland](#)).
- **Portland Musicians Streaming Concerts:** Vortex Music Magazine has a full [calendar of streaming concerts](#).

## LIVESTREAMED COOKING CLASSES

- **Chef Vitaly Paley | Fridays at 5 p.m. PDT:** James Beard award-winning Chef Vitaly Paley (Paley's Place, [Imperial](#) and [Headwaters](#)) is hosting weekly live cooking classes on his Instagram ([@vit0bike](#)) with a focus on using non-perishable ingredients. Bring questions, as Paley will do a question-and-answer session with viewers at the end of the class.
- **Chef Gabriel Rucker | Wednesdays, Fridays and Sundays at 6 p.m. PDT:** Lauded Chef Gabriel Rucker (Canard, Le Pigeon) is hosting live cooking classes three times per week on his Instagram ([@ruckergabrial](#)), showcasing recipes for some of his most requested dishes.

\*Events subject to change depending on organization \*

# NEW VIRTUAL SUMMER CLASS

## **All Levels Hatha Yoga**

Instructor: Julie Jones

July 16 – September 3

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.

**\$30 (Over 62 - \$20) | 8 weeks, 8 classes**

**Contact Jessica to register: [jspencer@orccity.org](mailto:jspencer@orccity.org) or 503-722-3781**

## ZOOM FAQs

### **What is a zoom class?**

Zoom classes take place in your home or your place of desire while watching an instructor through a computer or smart device. The classes are live on a specified day, date and time. You will be able to see the instructor perform as well as see fellow students. For questions, call (503)722-3781.

### **Do you need an account to use Zoom?**

A zoom account isn't required to attend a class. You can join a class using the Zoom mobile apps or desktop applications on a computer.

### **How do I sign up for Zoom?**

You can sign up for a free Zoom account at [zoom.us/signup](https://zoom.us/signup), but an account is not needed to participate in a Zoom fitness class. Once you have registered for the fitness class through the Pioneer Center, you will receive the zoom link information to join.

### **How do I use Zoom on my PC, Mac or smart device?**

If you are using a smart device, you will need to download the free zoom app. If you are on a computer, you can download the desktop app, or use a web browser to access the class with the class link.

### **How do I join a Zoom fitness class?**

You can join a class by clicking the zoom class link or going to [join.zoom.us](https://join.zoom.us) and entering in the meeting ID.

Once you have registered, you will receive the zoom link information to join.

1. Click on the link to join the zoom fitness class.
2. A dialog box may appear that says, "Open Zoom". If this appears, click on "Open Zoom" at the bottom of the box to continue.
3. Video – It will then ask if you want to join the meeting/class with video or without video.
4. Audio – It will then ask if you want to join using your computer audio.
  - a. You can change both of these settings at any time during the meeting by using the Mute/Unmute and Video buttons on the bottom left of your screen.

### **Will others be able to see and hear me?**

As a participant, you have options to not have yourself be seen by others or heard by others. At the end of a class, the instructor has the option to unmute everyone to be able socialize or get feedback.

### **How to I exit/leave at the end of a fitness class?**

You can exit/leave a fitness class by clicking on "Leave Meeting" on the bottom right corner, or simply by exiting out of the app/internet browser you are using to view the class.

[Official Zoom FAQs](#)



## Estate Planning 101: Protecting Yourself and Your Family in 2020

Hosted by Oregon City Pioneer Center

Time & Location

Wednesday, Jul 22, 10:00 AM – 12:00 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**

# Public Health and Quarantine in Historic Oregon City

In the Middle Ages, the “Black Death” or bubonic plague, killed 30% of Europe’s population as well as a significant percentage of Asia’s population. To control the spread of disease, cities established a period that ships had to stay offshore before unloading at ports in Europe, generally thirty days. In 1448 the Venetian Senate established forty days, or *quaranta giorni*, as the required time before ships entered their port, leading to the term quarantine.

In the 19th century Europeans and Americans brought diseases to what became the Oregon Territory, including typhoid fever, cholera, dysentery, smallpox, and measles. Native American populations were decimated by these diseases. They also spread among the early settlers. Oregon City, as the first incorporated city in the Territory, was in a particularly perilous position. Early residents may have had a family cow, a few chickens, and a small home garden, but most of their goods were purchased at local mercantile establishments in the mixed residential, commercial, and industrial area concentrated between the Willamette River and the bluff. People lived close together, many in hotels and rooming houses, and mingled daily with other shoppers at the local butcher shops, bakeries, stores, and restaurants.

Oregon City had many trained physicians who recognized the risk of communicable disease in a city. Dr. Forbes Barclay and his family moved to Oregon City in 1850. Barclay, the surgeon at Fort Vancouver, was professionally trained in Edinburgh, Scotland and received his medical diploma from the Royal College of Surgeons in London on July 5, 1838. He had an early understanding of the spread of disease and the risk of exposure to infected persons. Barclay helped oversee the city’s response to disease until his death in 1873.

The first mention of a “Health Officer” in City Council minutes appears in 1866, when City Marshal J. W. Ryan was appointed as the health officer at \$6 per month. His duties included checking reported cases of smallpox, diphtheria, cholera, and other diseases and recommending isolation of the sick to prevent the spread of disease. On February 1, 1869 the first Smallpox Committee was appointed, including Dr. Barclay and two city council members. By this time, Barclay was offering a smallpox vaccination and recommended it for all school age children. The city continued to employ a health officer, or health committee, until the early 1900s when state and county health departments were established and took over the job of monitoring disease outbreaks.

December 14, 1870 the City Council passed Ordinance No. 87, the first ordinance defining rules for quarantine. The ordinance required that a yellow flag, eighteen by twenty-four inches, be raised above any home or lodging house when a resident was diagnosed with a communicable disease. Failure to raise the flag could result in a fine of not less than fifty or more than one hundred dollars. The same fine applied to any physician who failed to notify the Board of Health of an infected person in the city. The Board of Health was given the power to close houses, alleys, streets or “anything else in connection to preventing the spread of such disease as in their judgement may be best for the welfare of inhabitants of said city.” They were also authorized to make certain medical care was provided and to assure that medicines and groceries were delivered to a quarantined residence.

An outbreak of smallpox in April 1874 brought the first reported school closure. The total number of cases was not reported but the City Council paid \$168.06 for expenses related to the smallpox cases in the city, including bills from local grocers.

The City Council added other diseases requiring quarantine over the next thirty years, but continued to require that a quarantine flag be flown, the residence fenced off where possible, and that all residents remain in the home or boarding house until a doctor certified that residents all had recovered. Although there were still deaths from communicable diseases, newspapers reported that city residents were more likely to recover than those living in the surrounding countryside.

In 1903 the Oregon State Board of Health was established. The board established quarantine regulations to apply statewide. Their guidelines included requirements that in cases of scarlet fever the patient remain in quarantine until skin symptoms cleared and that any patient or child remain home and out of school for another ten days after quarantine was lifted. The city continued to employ a Health Officer and pay for groceries for those in quarantine through at least 1919.

## Public Health and Quarantine in Historic Oregon City Cont.

Although influenza had been present for many years, the first true epidemic, the so called “Spanish” flu was not reported in Oregon City until October 1918. The first case in Portland was diagnosed on October 3 when a soldier traveling from Camp Lewis was admitted to the hospital. Considered part of the “second wave” of the influenza, it spread rapidly. On October 17, 1918, the *Oregon City Enterprise* advised: “The most important precautions against the disease are said to be avoid crowded conditions and overeating. Coughing, sneezing or expectorating in the presence of others is also dangerous, since the disease is highly infectious.” Although the same issue printed a report by Health Officer Dr. John W. Norris that there were few cases in Oregon City, that changed rapidly.

On October 24, the newspaper reported that there were no deaths in Oregon City “but Mayor E. C. Hackett has ordered the closure of all churches, schools, amusement places, pool halls, other institutions, lodges and clubs and suspended public meetings until further notice.” More than 12 cases had been diagnosed at this point. The Mayor went on to order: “I likewise urge upon all the necessity of avoiding crowds, unnecessary streetcar traffic and unnecessary shopping. School children should be kept home and not allowed to be with other children. In other words, your own life may depend upon the care you take. Be careful and avoid crowds of any and all kinds. Take extra care of your children.”

The library also closed, but the librarian was available by phone for inquiries about books.

Noting that Seattle had mandated masks, the *Enterprise* reported on November 1 that the number of cases in Oregon City were declining although very few gauze masks were being worn locally. Churches reopened on November 16 and other restrictions were lifted soon after. The limited duration of the closures was partially due to the Armistice on November 11, as well as the approaching holidays.

By December 6 there were 22 “mild” cases in Oregon City, and twenty days later Dr. Norris directed that all influenza cases be quarantined. Cases continued to appear the next two years but there no other reported public closures for influenza. Several short school closures for measles and scarlet fever were ordered through 1920 and in February 1920 the city school district barred 100 students who were not vaccinated against smallpox.

After 1920 quarantines for common diseases, including infantile paralysis, were ordered by the County Health Department, but no public closures are reported in the minutes from City Council or City Commission meetings. Advances in hygiene in the 20th century slowly reduced the numbers of communicable diseases and the need for quarantine. Beginning In the 1890s a sewer system had been extended through the city. Residents and businesses were ordered to connect to the sewer and close all outhouses and cesspools.

After a 1913 typhoid outbreak Oregon City changed the city water source from the Willamette River above the falls to the upper Clackamas River. The line was completed in 1915. The sewers, clean water, and better public hygiene helped eliminate bacterial infections including cholera, scarlet fever and typhoid.

New vaccines helped eliminate several of the bacterial and viral diseases including diphtheria (1923), polio (1955), and measles (1963). The Centers for Disease Control and Prevention reports that the last natural outbreak of smallpox occurred in 1949 and credits mandatory vaccination.

We no longer die of typhoid or cholera like our ancestors on the Oregon Trail, but new diseases will continue to appear in the world. The advice has not changed since the early days of Oregon City - good hygiene, avoiding people who are ill, creation of new vaccines, and limiting public gatherings when necessary can keep us all healthy and alive.

Karin D. Morey, local historian.

Author, *Meade Post No. 2, G. A. R.* and co-author of *On This Day in Oregon City*, both available from Amazon.

# Be well. Be safe. Be kind.



## We miss you!

**From Your Friends At The  
PIONEER COMMUNITY CENTER  
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[orcite.org/pioneercenter](http://orcite.org/pioneercenter)**

