

# **Pioneer Adult Community Center October 2020 Newsletter**



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



**OUR STAFF**

**Kathy Wiseman**  
Manager  
503-496-1523

**Jamie Davie**  
Client Services  
503-722-3268

**Jessica Spencer**  
Recreation  
Programmer  
503-722-3781

**Debbie Taplin**  
Office Specialist  
503-974-5514

**Shirley Ryan**  
Meals on Wheels  
Coordinator  
503-722-5979

**Patty Hopkins**  
Food Service Worker  
503-657-3063

**Angela Hartmann**  
Nutrition Assistant

**Jennifer Garrick**  
**Neal Schmitt**  
Van Drivers

# IN THIS ISSUE

Staff Contact/ Closure Info	2	Donations Needed	5
Resources	3	Estate Planning	6
Energy Assistance	4	Wreaths / Volunteer Appreciation	7

## 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.

Health Net has answers to your Medicare questions. [LEARN MORE](#)

## Virtual Medicare 101 with 2021 Updates

Are you new to Medicare or looking to enroll in a different plan? Clackamas County Certified SHIBA Counselors will give an extensive overview of Medicare and the most recent/upcoming changes. Q&A session follows. A great opportunity for anyone now enrolled or soon approaching Medicare eligibility.

Monday, October 5 | 2:00pm–4:00pm

Go to [www.orcity.org/pioneercenter](http://www.orcity.org/pioneercenter) for the registration link

## Clackamas County Aging and Disability Resource Connection

The Clackamas ADRC is designed to streamline access to information and resources about long-term supports and services in the community. ADRC has information about in-home care, long-term care planning, how to arrange for home delivered meals, how to apply for Medicaid, and much more.

If you have questions, or are seeking information about options for an older adult or person with disabilities, please contact the Clackamas County ADRC to speak with a certified Information and Referral Specialist at 503-650-5622.

Please note, there is no charge for this service.

Hours of Operation: Monday – Thursday, 8:30 a.m. to 5:30 p.m.

During COVID-19  
**You Are Not Alone**

We know physical distancing creates increased concerns and there is help.

During Covid-19  
**You are not Alone**



For a list of complete resources visit: [oralert.gov/not-alone](http://oralert.gov/not-alone)

**All of these help lines offer translation services and are confidential.**

- National Suicide Prevention Hotline: 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233
- RAINN – National Sexual Assault Hotline: 1-800-656-4673
- Youthline: 1-877-968-8941 or TEXT teen2teen to 839863 – Teens available 4-10pm Pacific Time.
- Oregon's SAFEline: 1-855-503-7233 (SAFE)  
Report abuse, neglect, financial exploitation or self-neglect of an adult or child.
- Aging and Disability Resource Connection: 1-855-673-2372 (ORE-ADRC)

For more resources, you can CALL: 211 or 1-866-698-6155. TTY: dial 711 and call 1-866-698-6155.

TEXT: your zip code to 898211 (TXT211). EMAIL: [help@211info.org](mailto:help@211info.org)

If you can't use this, maybe you know someone who can. Keep our communities strong.

You can get this document in other languages, large print, braille or a format you prefer.  
Contact [Oregon.MassCare@state.or.us](mailto:Oregon.MassCare@state.or.us). We accept all relay calls or you can dial 711.

DHS 2468A

 **DHS** | Oregon Department of Human Services

# 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 homebound 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.orcity.org/pioneercenter/supporting-senior-health-and-wellness>

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

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

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.**

THANK YOU!

OCSS

## Optimum Capital Strategies

Specializing in Financial Planning and Investment Management Services

Let us help you with:

- 401(k) rollovers
- Custom portfolios for growth and/or income
- Retirement planning
- Risk reducing strategies

Offices in Oregon City, Beaverton & Bend

971.250.0303

donb@investocs.com • www.investocs.com

Local Registered Investment Advisor



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

Hosted by Oregon City Pioneer Center

Time & Location

Thursday, October 13, 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**

# PIONEER CENTER'S ANNUAL FUNDRAISER

PRE ORDER YOUR WREATH TODAY!

Our fresh 22-inch diameter wreaths are assembled in Clackamas County and contain noble fir, cedar, berried juniper and pine cones, and are finished with a colorful hand-tied bow.

*Order by November 20 | \$20 each | Pre-payment is required when ordering.  
For more information or to make a purchase or donation,  
contact Jessica at [jspencer@orcity.org](mailto:jspencer@orcity.org) or 503-722-3781.*

*While the Pioneer Center is closed, orders may be made over the phone or by mailed check.  
Wreaths will be available to pick up at the Pioneer Center Tuesday, December 1 noon–4:00pm*

## VOLUNTEER SPOTLIGHT

Cathy & Jim Elting have been delivering Meals on Wheels for over 30 years. Their friends enjoyed volunteering for Meals on Wheels so it started as a way for them to visit and stay in touch. They love their Oregon City community and were happy to have the opportunity to support their friends and neighbors. It became their passion.

Jim & Cathy are the best example of volunteering. They joked that they were so used to going to St Johns every day, that once they didn't have kids at St. Johns anymore, they had to find something to do and thankfully the Senior Center fulfilled that desire to help. Their family Thanksgiving dinners were always scheduled around the community dinner at St Johns Church.

Volunteering came from the heart for both Cathy & Jim and they instilled that in their children and grandchildren.

Thank you Cathy and Jim for all that you do!





# CALLING ALL SENIORS!

Engage with other older adults across the country through Covia. Virtual programs are FREE to individuals and available to adults over the age of 60.

**Well Connected** offers phone and online group conversations, classes, support groups, lectures, and more!

**Social Call** matches individuals for regularly scheduled one-on-one friendly phone conversations.

Participate and/or volunteer!

**CALL NOW!**

**(877) 797-7299**  
coviconnections@covia.org  
covia.org



**PIONEER COMMUNITY CENTER**

**615 5th Street**

**Oregon City, OR 97045**

**[orcite.org/pioneercenter](http://orcite.org/pioneercenter)**