

Pioneer Adult Community Center September 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.



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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 for the registration link

Nationwide Teaching Tuesdays workshops

Health Care Cost for Retirees

In this presentation, you'll learn about what Health Care can cost in retirement, what Medicare does and doesn't cover, and how you can plan for those costs. [Sign up here](#)

Tuesday, September 1 | 11:30am–1:00pm

Managing Taxes on Your Retirement Income

In this presentation, you will gain insight into how taxes can impact your retirement plan. Learn planning opportunities and sequencing strategies that may help generate more tax-efficient retirement income. [Sign up here](#)

Tuesday, September 8 | 11:30am–1:00pm

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.

The logo for Optimum Capital Strategies (OCSS) consists of the letters 'O', 'C', and 'S' stacked vertically in a white, sans-serif font on a dark green rectangular background.

Optimum Capital Strategies

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Local Registered Investment Advisor

Oregon Food Bank

Please note: Pantries and food assistance sites across the state remain open — with increased cleaning and changes in service to help minimize contact among groups of people. Hours and availability are updated daily. Please call ahead before visiting a partner agency.

503-505-7061

9:00 AM - 5:00 PM, Monday through Friday

Clackamas Service Center

Call (503) 560-6178 or email info@cscoregon.org to request a food box delivery.

Leave a message with your name, phone number, and the zip code where you live.

Please call only if you have less than a 5 day supply of food.

9:00 AM - 5:00 PM, Monday through Friday

Oregon City Library Contactless Pickup Appointments FAQ

The Oregon City Public Library offers an appointment-based, no contact holds pickup service.

The service is currently available Monday through Friday with 10-minute pickup appointments.

More information can be found here: <https://www.orcity.org/library/contactless-pickup-appointments-faq>

Local Activities

Portland Living on the Cheap offers readers useful tools for living well on less, plus the latest deals and freebies from national retailers and restaurants. Browse original, well-researched articles filled with actionable advice on personal finance, lifestyle, technology, health, travel and entertainment.

<https://portlandlivingonthecheap.com/category/free-events/>

OSU Extension offers virtual educational workshops, activities, and services tailored to the unique industries, natural resources, and people in our communities. Check out their website and Facebook page for all virtual workshops and more information:

<https://extension.oregonstate.edu/county/clackamas/events>

<https://www.facebook.com/OSUExtClackamas/>



Powerful Tools for Caregivers

7-week online Zoom workshop
Thursdays Sept. 3 - Oct. 15, 1 - 3 PM

A class to help caregivers take better care of themselves!

Tools to reduce stress
Communicate difficult feelings
Make tough decisions
Locate helpful resources
Time management
Effectively problem solve

Register by Aug. 24!

12 participants maximum!

To sign up or ask questions, call 503-650-5605 or email fcsp@clackamas.us

FALLS PREVENTION AWARENESS DAY 2020

SEPTEMBER 22, 2020

9:00 am to 2:00 pm *

Sponsored by Older Adult Behavioral Health Initiative

Coos & Curry (SCC) and Lane Counties

*Attendees can register for one or all sessions

REGISTER: https://scc_lc_oabhi_falls_prevention_awareness_day_2020.eventbrite.com

NEED MORE INFO: lualhati.anderson@lanecountyor.gov or 458-221-0873



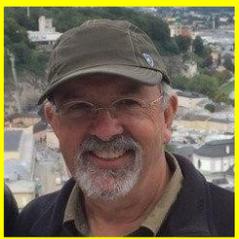
FALLS & BEHAVIORAL HEALTH: The Body & Mind Connections

NIRMALA DHAR, ACSW LCSW

Oregon Health Authority - Health Systems Division

OABHI Program Coordinator

9:00 am - 10:30 am



FALL RISKS: CHRONIC CONDITIONS and MEDICATIONS

J. DAVID SANCHEZ, MD

Psychiatrist/LaneCare Medical Director

Lane County Health and Human Services

11:00 am - 12:00 pm



PHYSICAL STABILITY and HOME SAFETY

RONIT COHEN

Retired physical therapist/Senior Living Adviser

A Home to Fit You - owner

12:30 pm - 2:00 pm



Partnerships to Improve Behavioral Health for
Older Adults and People with Disabilities

In 2015, Oregon Health Authority implemented the Older Adult Behavioral Health Initiative (OABHI), contracting with behavioral health agencies for assignment of 25 specialists throughout Oregon. The Initiative was created to address the growing and unique needs of older adults and people with disabilities. Primary responsibilities of OABHI Specialists include collaborating and coordinating with multi-systems; providing complex case consultations; and promoting workforce development and community training related to older adults and people with disabilities.

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)
Diabetic Sugar Free Shelf Stable Desserts (Cookies, Pudding, etc.)	

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!

PIONEER CENTER'S ANNUAL FUNDRAISER

PRE ORDER YOUR WREATH TODAY!

ONLY \$20!

PURCHASE BY MAIL
(615 5TH ST) OR CALL US AT
503-722-3781

For more information or to make a purchase or donation, contact Jessica at jspencer@orc.org or 503-722-3781.

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 from October 1–November 20 | \$20 each
Pre-payment is required when ordering.*

*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*

FALL VIRTUAL CLASSES

All Levels Hatha Yoga

Instructor: TBA, 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

Thursday, September 10, 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



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

coviaconnections@covia.org
covia.org



PIONEER COMMUNITY CENTER

615 5th Street

Oregon City, OR 97045

orcitey.org/pioneercenter