



MEMORANDUM

Senior Services & LINX Transit

Date: October 1st, 2025

To: Mayor Jackola and City Council

From: Kindra Oliver, Senior Center & LINX Transit Director

Subject: Monthly LINX Transit & Senior Center Report

LINX Transit:

LINX Transit has provided 19,276 rides in the first quarter of the year, which is just shy of our 20,000 average number of rides provided 4-5 years ago.

Senior Center:

Our 3rd Annual Fall Prevention program co-hosted with COMP-NW Physical Therapy students went over very well. Sixty-eight seniors and students came together to learn from each other. Twenty-nine seniors had fall assessments done by the students (observed by faculty). Seniors came away feeling more empowered to help keep living life on their terms. Positive aging is an active process, not one that is passive. Students provided a 30-minute presentation that included information on how falls can impact our overall well-being, 10 minutes of demonstrating exercises that seniors can do at home to help strengthen their bodies and maintain balance and flexibility to reduce falls and a 5 minute presentation on the things one can do to minimize the damage of a fall, if you should fall.

Seniors have been working with our I-Pad volunteer to create a video that highlights the positive impact and programming offered through the Senior Center. It has been a lot of fun to see seniors using the iPads all over the building trying to catch "the perfect shot." We hope to debut the video during a Friday movie, so the seniors can show their work on the BIG screen.

Willamette University Law students have begun to use one of our meeting rooms to meet with seniors, by appointment. These seniors signed up to receive help with a will or trust at Willamette University's legal presentation earlier in the year. This is exciting progress in a partnership we hope will grow to help more senior sin our community.

As Fall is just around the corner, our thoughts are turning to our annual Veterans Recognition program, as well as the annual Thanksgiving Banquet. We are working with community partners to finalize plans for both events. The Thanksgiving Banquet is our biggest event of the year, providing a delicious turkey dinner to 250+ seniors in our community.