



MEMORANDUM

Senior Services & LINX Transit

Date: November 1, 2024

To: Mayor Jackola and City Council

From: Kindra Oliver, Senior Center & LINX Transit Director

Subject: Monthly LINX & Senior Center Report

LINX Transit:

LINX Transit has provided over 25,000 rides to date, which is more than we used to provide in one year, just a few years ago. We are on track to providing 72,000-75,000 rides this fiscal year.

LINX Transit continues to work with Linn County Transportation Advisory Committee to make recommendations to the Linn County Board of Commissioners for STIF (Statewide Transportation Improvement Funds) allocations to public transportation providers in Linn County, for the FY 2025-27 biennium. We have more requests for the biennium than there are funds available. The next meeting is Thursday, November 8th, 2024.

Senior Center:

Sometimes the most amazing successes come in small numbers. One senior standing up may not sound impressive, but numbers don't always tell the story. This month in our Spirit of Chi class, one senior that has been coming to Chair Chi for a year was able to stand up on their own. This senior is a stroke survivor, which left her right side with some permanent damage making the use of her right leg and right arm very difficult and exhausting. As do many, the defeat and loss set in and this senior let the ability she was at define her life for years. One day, she decided to try our Chair Chi class. She loves the encouragement she receives for just showing up and the comradery of others meeting life where they are and not giving up on sustaining or even working to feel stronger. When we merged our Chair Chi and Tai Ji Quan class together, many were nervous. This intrepid senior kept coming anyway. Though, she didn't feel she could do much of the standing portion, she did go through some of the arm motions (because all effort is good effort in our class). Eventually, she began trying to do some of the standing portion of the class and something amazing happened.... she stood. She sat and then she stood two more times! Does she still struggle to get from one end of our building to the other to get to and from class, yes. She can now do three sit to stands. One may not be a big number, unless you are that one getting stronger, finding community and finding new reasons and ways to live a better life.

In other Center news, we had great turn outs for presentations from the Police Department and Fire Department. Dala Johnson from the LPD presented on Emergency Preparedness and shared tips and tricks specifically geared towards older adults. Candace Hedding from the LFD presented on programs and resources that help seniors be safe at home. Teaming up with other community agencies to provide vital information to seniors is an important part of our programming. Many seniors do not have or utilize digital means to be connected to new programs or educational materials now offered solely online.

We have quite a few rentals from insurance companies presenting on supplemental insurance plans. This is vital information for seniors facing ever changing Medicare coverage. The Senior Center offers a central location for seniors to seek out information and resources important to their well-being all year long. Our partnership with SHIBA (Senior Health Insurance Benefits Assistance), a volunteer program under the Oregon Cascade West Council of Governments, continues to provide Lebanon seniors with a resource to get unbiased information and a personal look at medication costs through different plans. SHIBA has added additional hours to their time at our Center to meet the increased open enrollment need.

Of course, we had to sprinkle some seasonal fun and education into the mix with a Fall Festival, a historical presentation on the cemeteries of Linn County, and a special Halloween movie.