



Senior Center and LINX Transit

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ADVISORY BOARD MEETING

OCTOBER 18, 2023

MINUTES

Members Present: Marlene Flyer, Sherry Liest, Linda Meredith, Cody Wack, Joli Root & Kindra Oliver

1. WELCOME:

Kindra opened the meeting at 10:00 a.m.

We still have two vacancies on the board. .

2. MINUTES:

Linda moved to approve the minutes from the August 16th, 2023 Advisory Board meeting; Marlene seconded; motion passed unanimously.

3. REPORTS:

Meal Site:

- Tori is always looking for substitute drivers to help deliver meals in the community.
- Cascades West Council of Governments (COG) has been working on revamping the congregate meal sites and rolling out a new concept to encourage more seniors to partake in the senior meals program. The congregate meal site is now called CONNECTION CAFÉ, as it most accurately reflects the intended spirit of the program. Once the design team has created a new brand and logo, they will be doing additional marketing and outreach in the communities.

Kindra has been working with the COG Meals-on-Wheels (MOW) Regional Supervisor to discuss how the Senior Center (SC) can help. We're thrilled with the new concepts and creating a more inviting and welcoming atmosphere for the community. The SC can help to find volunteers to play the piano or provide some background entertainment during meals, from time to time. Meals will now be served at 12:00, not before, as advertised in marketing materials. Meals would often be served much earlier and conflict with other SC programs and diners wouldn't be able to eat together.

Senior Center:

- We have several programs this morning and had to get creative with our space to accommodate everything, which hasn't been an issue since Pre-Covid. Activities this morning included a scams/fraud presentation, LBCC Tai Chi, Wood Carving,

Scrabble and Social Games. This is a good “problem” to have and just requires some juggling.

- Our Senior Center Falls Prevention Workshop and luncheon, in September, was a great success. Thank you to COMP-NW Physical Therapy and COMP-NW medical students for partnering to offer this great program and for providing balance assessments to seniors in our community. Statistics show that one in four seniors have a significant fall each year and we were able to help increase awareness about the impacts of falls on long term well-being and quality of life, as well as present some proactive measures to minimize falls.
- We are hearing feedback that seniors would like to see more in-person events, so we will start to add some larger events, as we are able to.
- We are planning our Veterans Recognition Reception for Thursday, November 9th. Our program includes students from Seven Oaks’ leadership class sharing some cards and short presentations of gratitude, the JROTC posting and retiring the colors, and more! The Linn County Veterans Services will also have an information table available during this time. It is a privilege to get to honor veterans and their families from our community every year.
- Our biggest event of the year is our Thanksgiving Banquet, which we will be holding in person this year, on Thursday, November 16th. During the COVID pandemic, we provided a remote banquet by delivering Thanksgiving meals to hundreds of seniors in 2021, 2022, and 2023. This year, we are happy to be reconnecting with community partners, old and new to hold the banquet in person. We are bolstering volunteer numbers to get the help needed to feed 250 seniors. This year we will have some entertainment from the Parks family and their friends from the Oregon Fiddlers Association. The Lebanon High School Cheerleaders will be helping to serve the meal. Thank you to all for helping to make this wonderful event happen.
 - Senior Center staff and volunteers will be opening the partitions in the two back rooms and setting up tables in the auditorium on Wednesday afternoon, the 15th. Thank you for helping to prep for the large event.
- Thank you to Cascades West Council of Governments and Older Americans Act funding, the Lebanon Senior Center has ten new I-pads to implement technology programs and have available for use at the Senior Center. We plan to offer an I-Pad 101 class in November and December to help seniors get familiar with the I-pads and will be offering to check them out to use in our library during our hours of operation. Programming is aimed to help address isolation and loneliness by helping to stay connected with family and friends, access resources on the internet, engage in healthy brain activities, participate in technology programs and help keep seniors engaged in social groups. One of our regular tech volunteers has offered his time to facilitate the introductory class and offer one-on-one assistance, by appointment.
- The Lebanon Square Circlers have expanded their classes at the Senior Center. In addition to their free lessons every Tuesday, they are holding their Sunday evening classes and every other Saturday dances here as well.

LINX Transit:

- LINX Transit continues to see increases in ridership and call volume in the office. We ended the first quarter of FY23-24 just over 15,000 rides. Below are ridership figures for years prior to outline growth over the years:
 - FY23-24: up to 60,000 rides estimated for current FY
 - FY22-23: 47,851 rides, 58% increase over prior FY
 - FY21-22: 30,021 rides, 36% increase over highest other count in FY18-19

- FY11-12 through FY20-21: average of 19,977 rides each FY, during these 10 years (low of 18,655 and high of 22,001)
 - Prior five FY's: average of 14,800 rides per FY (low of 13,719 and high of 16,149)
- LINX Transit has a draft engineering design for the LINX fleet parking, at the Maintenance Shops, on Oak Street. Site improvements should start in the next couple of months.
 - LINX staff is working with our Maintenance Department for the Park and Oak Street bus stop improvements, as well.

4. CONTINUING BUSINESS:

- The group talked about some additional programming ideas:
 - Invite speakers for a series or various topics (history, wellness, homesteading, etc..)
 - Tea events with our vintage tea cups and saucers (Mother's Day Tea, Tea and Fashion Show or a speaker, etc)
 - Wellness – speakers from Samaritan (diabetes, heart health, grief counseling, etc.)
 - Elder Law information
 - BP checks
 - Oregon Care Partners (free online classes)

5. NEW BUSINESS:

- The group talked about the idea of having a volunteer greeter at the front counter or lobby area during our busy times of the day when Senior Center staff is not available. Our Senior Center staff is often facilitating classes and assisting other groups the majority of their work day. We used to have a few volunteers that would come in for a few hours most days of the week to greet people coming into the Senior Center and providing information and tours to newcomers.
- Marlene shared some feedback from our Walk with Ease Evidence Based Program about walking locations and other information to consider with our next walking session.

Michelle had provided Kindra with similar feedback from facilitating the group, including:

- Most participants wanted a variety of walking locations and didn't care for walking the track.
- The group enjoyed walking as a group; it would be ideal to have Michelle and another trained volunteer to help facilitate the group, so there is a leader with those that walk faster and further and those that are just getting started.
- The group liked stretching, but didn't always care for the lesson before or as they walked. The stretching and short informative lesson is a requirement for the Evidence Based Program, but we'll consider other options for presenting the information.
- Overall, the group felt they made improvements with their endurance by participating in a regular walking group.

6. ADJOURNMENT