

Senior Connection

Newsletter



Recreation and Parks Update

Recreation Classes

Registration for limited Adult, Senior and Adaptive programs began on June 15. There are still some openings in classes which will start mid-July. Contact your community center for more information. Vulnerable populations to COVID-19 are encouraged to follow OHA and CDC guidelines for people who are high-risk.



What to expect if you take a class?

- A greeter to ask you a few health screening questions before you enter the building.
- Floor markings for spacing and traffic flow.
- Smaller class sizes.
- Chairs/tables strategically set up or floor markings in rooms to ensure distancing.
- Staff wearing masks if 6' distancing cannot be maintained.
- Open windows and doors.
- Attendance taken in every class for contact tracing.
- Ample time between classes for staff to sanitize the room.
- Lots and lots of reminders to follow COVID protocols. 😊

Pools

Amazon Pool opened June 22 for lap swim and on-your-own fitness only. Lap swimming and fitness will require prior lane registration to participate. Drop-ins will not be taken. We are hoping to have Sheldon Pool open with similar programming mid-July.

Parks

Eugene Parks and Open Space is reopening park amenities as allowed by Oregon Health Authority in Phase 2. Visitors are still required, under the Stay Home, Stay Save Lives order, to maintain 6 feet of physical distance between others. Signs encouraging physical distancing will be posted in prominent areas of recreational areas that are open for use. For more info: <https://www.eugene-or.gov/185/Parks-and-Open-Space> .



Parks, paths and trails	Open
Community Gardens	Open
Disc Golf	Open
Dog off-leash areas	Open
Park sites and shelters	Open
Playgrounds and play areas	Open
Tennis/pickleball courts	Open

Did You Know?

Foods to Boost Your Immune System

Feeding your body certain foods may help keep your immune system strong. Include these immune system boosters in your meals and snacks.

▶ Citrus fruits - The vitamin C in citrus is thought to increase the production of white blood cells, which are key to fighting infections. If you take supplements, avoid taking more than 2000 milligrams a day.

▶ Red bell peppers - These babies contain almost 3 times as much vitamin C as an orange and are a rich source of beta carotene.

▶ Turmeric - This bright yellow, bitter spice has been used for years as an anti-inflammatory in treating osteoarthritis and rheumatoid arthritis.

▶ Broccoli - Full of vitamins A, C, and E, as well as fiber and antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. The key to keeping its power intact is to eat it raw or steamed.

- Information taken from "15 Foods That Boost the Immune System; www.healthline.com



Tax Preparation

CASH Oregon can help support tax filing during COVID-19

If you need help filing your taxes and your household makes below \$69,000 a year, CASH Oregon, a program of Metropolitan Family Service, can help. In response to COVID-19, CASH Oregon is taking its free Volunteer Tax Assistance to the phone. IRS certified volunteers can answer your tax questions and guide you through filing your own taxes. For more information, go to the CASH Oregon website or call the free tax help hotline at 503-966-7942. The hotline is available Monday to Wednesday 9 am to 4 pm.

SHIBA Appointments at Petersen Barn

Senior Health Insurance Benefits Assistance (SHIBA) conducts one-on-one appointments with individuals to answer questions about Medicare health insurance coverage, forms and more. You can now make in-person appointments to meet with a SHIBA volunteer on Thursday afternoons at Petersen Barn. Call 541-682-5521 to schedule an appointment. Masks are required for all SHIBA appointments.

SHIBA is not currently meeting at Campbell due to our construction.



Contact Tracing Scam



The Oregon Department of Justice has issued a scam alert for people who are pretending to be contact tracers. These imposters send emails and text messages with links to fraudulent websites. Clicking on the link may download software onto a device, giving them access to an array of your personal and financial information.

If you receive an email or a text message you think might be from a scammer posing as a contact tracer, first, do not click on any links. Then, file a complaint online at www.oregonconsumer.gov or call 877-877-9392 and ask that a complaint form be mailed to you.

Play Campbell Summer BINGO

Campbell Center is playing BINGO this summer with two different games. Check off items you have done, and once you have two lines crossed out, call 541-682-5318 to be entered into a drawing for prizes. The games end July 24th.



Stay Home

Read more than 3 Books	Did a Jigsaw Puzzle	Watched the Too Much TV	Ordered something online for the 1 st time	Made A Mask Even if you didn't wear it
Walked Outside Most days (Just around the block counts)	Baked Cookies	Surfed You Tube Because you were Bored	Stared out a Window at the Rain	Cleaned out Cupboards or Closets
Went for a Car Ride	Phoned Someone you hadn't seen in a year	Stay Home Save Lives (free space)	Went to the Grocery Store Senior Hours	Wrote a letter (birthday cards don't count)
Gave Yourself a Haircut	Painted a Room	Worked in the Yard or Garden	Forgot to get Dressed	Defrosted the Freezer
Made Bread	Opened a Window to let the SPRING inside	Watched Birds or Squirrels	Crocheted, Knitted, Whittled, Created Something with Supplies on hand	Bought extra Toilet Paper

2 Line BINGO, 2 lines must be completed. Once card is completed call 541-682-5318 to have your card checked.

Winners will then be entered a drawing for gift cards from local businesses. Contest ends July 24, 2020 at 4:00p



Campbell Things

Had Lunch Bunch With Us	Enrolled in a Language Class	Borrowed a Book or Puzzle	Took a Martial Arts Class	Been on a Trip with Us
Know how to get to the Art Room	Come to Friday Bridge	Used the Woodshop	Ready for the New Fitness Center Fall 2020	Played Pinochle
Attended a Presentation in the last year	Have the Campbell's Number Posted or Memorized	played BINGO (at Campbell)	Been to our Bazaar	Updated your Registration Information this Year
SHIBA and Senior Law Appointments	SBSB or BB&B (you know what this is)	Used the Wi-Fi	Walked the Bike Path by Campbell	Had a Cup of Coffee with us
Put a Piece or 2 in the Lobby Jigsaw Puzzle	Took a Computer Class or Used the Lab	Know Ms. Campbell's 1 st Name	Had your Taxes done by AARP here	Played Pool

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