



LANE COUNCIL OF GOVERNMENTS

AUGUST 2023 NEWSLETTER



Visit Our Website

LCOG RECEIVES GRANT FOR RURAL SAFE ROUTES TO SCHOOL PROGRAM

LCOG received a \$10,000 grant from Lane County Public Health to buy 85 bikes for the Rural Safe Routes to School program. Staff recently finished putting them together. Our mission is to provide bicycle and pedestrian education to schools in rural Lane County. We partner with rural communities to support safe, easy, and fun ways for kids to walk, roll, bus, or carpool to school. Learn more at <https://www.saferouteslanecounty.org/>



LCOG's Lane County Safe Routes to School Coordinator, Megan Shull.

**REGISTER BY AUGUST 13 FOR
A RACE FOR THE REST OF US**



On Sunday, August 20, 2023, we are hosting our fourth annual 0.5k hybrid (virtual and in-person) fun run called **A Race For The Rest of Us**. This “race” will raise money for our Senior Meals Program, which provides food to Lane County seniors who might otherwise go hungry. Our Senior Meals Program is the **ONLY** program at Senior & Disability Services that relies on donations and fundraising to help fill funding gaps for normal operations for these crucial services. New this year, we will also offer a virtual 5k. We'd love to see you there! [Click here to register by August 13](#). We are also looking for sponsors. If you're interested, email Marisa Andrews at mandrews@lcog.org.

NORTHWEST NEIGHBORS CAFE 60 REOPENS



The Senior Meals Program helps people age 60 and older maintain their independence by providing food, friendship, and safety check. On Monday, July 31, Café 60 will reopen at Northwest Neighbors, located at 1221 Jacobs Drive, Eugene, OR 97402.

Service is at 11:30 a.m. and is available to people who are 60 years of age or older and their spouses, regardless of age at no cost*. If you are under age 60,

we welcome you to dine with us at \$8.00 per meal.

Entrée Options: Teriyaki Meatballs with Sauce or Chicken with Peanut Sauce

Sides: Brown Rice, Mandarin Slaw, Kyoto Vegetable Blend

Dessert: Grace's Chocolate Bar

Reservations are required no later than Tuesday, July 25th by calling 541-689-8011. Walk-ins will be accommodated as long as meals are available.

*Voluntary donations are welcome, but not required. Contributions directly impact our ability to provide nutritious meals, friendly visits, and regular wellness checks to seniors in our community.

To explore our full menu, please visit

<https://www.lcog.org/sdslane/page/whats-menu>.

The [Senior Meals Program](#) is a program of Senior and Disability Services, a division of Lane Council of Governments.

NEW LOGOS



Senior Meals
Café 60 / Meals on Wheels

We are excited to share that beginning this month, we will be using a new logo for Senior & Disability Services (S&DS) and our Senior Meals Program! The reason why we'll be using new logos is so it will be easier for the public to understand that these programs are a part of LCOG. We hope these new logos will make it easier for the public to access the services LCOG provides.

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is returning to Lane County!

Powerful Tools for Caregivers is a six-week workshop that is open to anyone over the age of 18 who provides care to a loved one. We will discuss ways to manage stress, create goals, set boundaries and much more in a supportive environment.

- This workshop will be in-person at Campbell Community Center.
- Tuesdays 12:00-1:30 p.m.
- Starting Tuesday, August 22
- Registration limited to 15 people
- No Cost
- Book included with workshop

Please email LivingWell@lcog.org to register.

LANE SENIOR SUPPORT COALITION GARDEN PARTY AUGUST 26



The Lane Senior Support Coalition Presents the 2023 Garden Party "Taste of the Town." Proceeds go directly to low-income seniors in Lane County through the [LSSC Emergency Fund](#). It happens Saturday, August 26 from 5:00-7:00 p.m. at the Campbell Community Center at 155 High Street in Eugene. Vote for your favorite bites presented by seven local retirement communities, have a drink, bring case, and enter to win great prizes. Tickets are \$40. Call to reserve at 541-357-2630 or go to www.lanessc.org and click on the Donate button. [Download the flyer.](#)

Thanks to the sponsors Adult Living Solutions, AIMS Mobile Nursing, Brighton Hospice, and Bristol Hospice.

LTD WARNS ABOUT FRAUDULENT WEBSITE



Lane Transit District is alerting the public about a fraudulent website posing as LTD's website.

On July 14, LTD was made aware of a fraudulent website using the name Lane Transit and claiming to be headquartered at its offices in the Glenwood.

A prompt investigation determined the website is a front for an online fraudulent pay-for-shipping scheme. LTD promptly reported the site to the FBI, the Federal Trade Commission, and Google. Through LTD's legal counsel, it sent takedown demands to the website host provider.

In the meantime, LTD says anyone who has been defrauded and lost money to the scammers can file a complaint using the FBI Cybercrime Unit webpage, located here: [Internet Crime Complaint Center\(IC3\) | Home Page](#).

For reference LTD's website is URL is www.LTD.org.

NEW LANE COUNTY EMERGENCY ALERT SYSTEM

Public safety partners in Lane County are updating their emergency alerting service to the statewide alerting system OR-Alert, which will be called Lane

Alerts locally, to send emergency alerts – including evacuation notifications – to residents and visitors.

Residents should go to www.LaneAlerts.org to create a free Lane Alerts account and select where and how they would like to receive emergency alerts. Residents can also text their ZIP code to 888777.

Lane Alerts allows people to opt-in to receive notifications via phone call, text message and email based on locations they care about. At minimum, people signing up must provide their name and one method of contact. Residents can choose to receive notifications about emergency events that may affect their home, workplace, child's school, etc. The types of emergencies that people may receive alerts about include evacuations, severe weather, flooding, police activity, and more.

[Learn more about the different types of emergency alerts by watching a short video.](#)

Lane Alerts partner agencies include Lane County Emergency Management, Lane County Sheriff's Office, and Central Lane Communications Center. The system is powered by the State of Oregon's OR-Alert program and Everbridge. Learn more about OR-Alert at www.oralert.gov.

Source: <https://www.flashalert.net/id/LCG>

EUGENE POLICE COLLECTING BABY DIAPERS

Join the Eugene Police Department in collecting diapers for Lane County Diaper Bank. The bank helps families who are struggling with diaper needs in our community. The goal is 3,000 diapers for 120 babies. Bring diaper donations down between 8 a.m. and 5 p.m., August 1 through 31, to the collection at 300 Country Club Road (EPD) or 230 4th Street (SPD). The bank will take open or sealed packages, any size, and any brand, plus sealed wipes. You can also use the QR code in the comments section to purchase diapers on the bank's wish list for direct shipping.

WHAT'S HAPPENING!

- August 4 - Ride, Read, & Rock the Block Party - Eugene [\(link\)](#)
 - August 4 - First Friday Art Walk - Oakridge [\(link\)](#)
 - August 5 - Coburg Car Classic [\(link\)](#)
 - August 5 - SPIN Senior Wellness & Resource Fair - Eugene [\(link\)](#)
 - August 10-13 - Scandinavian Festival - Junction City [\(link\)](#)
 - August 18-20 - Western Oregon Exposition - Cottage Grove [\(link\)](#)
 - August 20 - A Race for the Rest of Us - Eugene [\(link\)](#)
 - August 27 - Willamette River Festival - [\(link\)](#)
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FOLLOW US ON SOCIAL MEDIA!

In addition to this newsletter, LCOG hosts pages on Facebook, Twitter, Instagram, and LinkedIn where members can track and find information about what's happening in the region. Scroll down and click on hit the buttons below the log, and be sure to like and follow LCOG's pages.



Lane Council of Governments

859 Willamette St., Suite 500
Eugene, OR 97401
Phone: +1 541-682-4283
Email: bwilson@lcog.org

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