

## JANUARY 2024 NEWSLETTER



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## WHAT IS A COG?

A Council of Governments is a voluntary association of cities, counties and special purpose districts within a region. COGs serve as regional planning, coordination, program development and service delivery organizations in local communities across the nation. Local issues often cross jurisdictional boundaries and can be most effectively addressed by communities working together within a regional forum.

Councils of Governments solve area-wide problems. COGs are designed to help the public sector operate more efficiently and effectively through the pooling of resources so that communities accomplish more than they could individually.

In Lane County, Oregon, the advantages of cooperation and joint ventures between local governments were recognized in the mid-1940s. LCOG has no taxing or ordinance authority; rather, it conducts its work at the direction and with the voluntary participation of its member agencies. Thirty-five governments and agencies are members of LCOG.

This year, each month we will feature one of our programs in our monthly newsletter to show you the many ways our organization helps provide services in Lane County and throughout the state of Oregon. This month, we are featuring LCOG's Senior Meals Program.

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# Thank You

## FOR SUPPORTING



Thank you so much for all your support during our Senior Meals Program's Giving Tuesday Campaign in November and December. Because of your generosity, we raised \$1,395.80 in online donations - That's enough for 140 meals! - and multiple items from our Amazon Wish List were donated for our Cafe 60 Dining Rooms! We couldn't serve our local seniors without your donations and volunteers hours. Thank you!

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### COMMUNITY RECOGNITION AWARD



In December 2023, the Board of Directors of the Senior Provider Information Network (SPIN) of Lane County selected LCOG's Senior Meals Program as one of their Community Awards recipients in recognition of service to the aging population in Lane County. This award was accompanied with a \$500 donation to the Senior Meals Program.

SPIN's mission is to provide education, information, and networking opportunities to professionals of Lane County, so they can better serve seniors and persons with disabilities. SPIN expanded to Lane County in 2004. Currently, there are about 350 members in Lane County that receive our monthly meeting announcements and about 70 people attend our events each month. In 2009, SPIN of Lane County started the Annual SPIN Fair. This gives group members an opportunity to provide community education, promote their business, network, and inform seniors about resources in the area. More than 350 people attend the fair annually and attendance has grown year after year.

**COME BOWLING WITH US!**



**Senior Meals**  
Café 60 / Meals on Wheels

**playground  
sports**

# Bowling TOURNAMENT

## Register Today!

**JANUARY 20, 2024 12-6 PM**  
**FIRS BOWL IN EUGENE**

We are excited to host a Winter Bowling Tournament FUNdraiser, benefiting LCOG Senior & Disability Services' Senior Meals Program! We have partnered with Playground Sports to host this event and invite all who are interested to come out and have a ball!

The tournament is Saturday, January 20, 2024 from 12:00-5:00 p.m. at First Bowl, 1950 River Road, Eugene, OR 97404.

[Click here to register.](#) The deadline to register is January 17.

The cost for individual players to register is \$75.00, which includes relevant space fees, with all remaining registration fees goes directly to the Senior Meals Program. Teams of six will participate in a no-tap tournament, meaning 8 or 9 pin bowls will count as strikes. There is a 3-game guarantee, Bingo raffle, and prizes for winners! Please note, people of all ages are welcome to attend but only those ages 21 and over are allowed to bowl.

The Senior Meals Program is a nutrition wellness program that helps Lane County adults aged 60 and up to maintain their independence by providing healthy meals and opportunities to develop vital social connections through Cafe 60 Dining Rooms and the Meals on Wheels program. To find out more about these vital programs, please visit

<https://www.lcog.org/sdslane/page/senior-meals>.

**SAVE THE DATE:**

# LCOG MEMBER APPRECIATION DINNER



Save the date for the LCOG Member Appreciation Dinner and Silent Auction! It's on Friday, March 8, 2024 at 6:00 p.m. at the Cottage Grove Armory in Cottage Grove, Oregon. Registration will open soon. We will also hold a silent auction to raise money for our Senior Meals Program. If you or someone you know would like to donate any items to be auctioned off, please call Marisa Andrews at 541-682-4512 or email [mandrews@lcog.org](mailto:mandrews@lcog.org).

## LCOG AWARDS NOMINATIONS

Our LCOG Member Appreciation Dinner is back! Mark your calendars for Friday, March 8 at 6:00 p.m. at the Cottage Grove Armory, 628 E Washington Ave., Cottage Grove, OR 97424.

A traditional component of this event is the formal recognition of outstanding service, leadership, and commitment to the regional community.

We are currently accepting nominations for:

- Outstanding Elected Official
- Outstanding Citizen
- Outstanding Public Career

- Outstanding Public Employee
- Outstanding Intergovernmental Team
- Regional Award of Merit for Economic Enhancement

You are invited to [submit nominations](#) of candidates in any or all of the six award categories.

Nominations of candidates for any of the awards must include a statement that describes the nominee's contributions to the community, the nominee's achievements, and the rationale for the selection of that nominee as the award recipient.

The formal presentations will be made at the Appreciation Dinner. Please [submit nominations](#) for one or all of the awards by February 5, 2024.

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## WHAT'S HAPPENING!

- January 20 - Senior Meals Bowling Tournament ([link](#))
  - January 25-27 - Florence Winter Music Festival ([link](#))
  - January 26-February 24 - Oregon Truffle 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.

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