

## OCTOBER 2023 NEWSLETTER



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## WALKTOBER



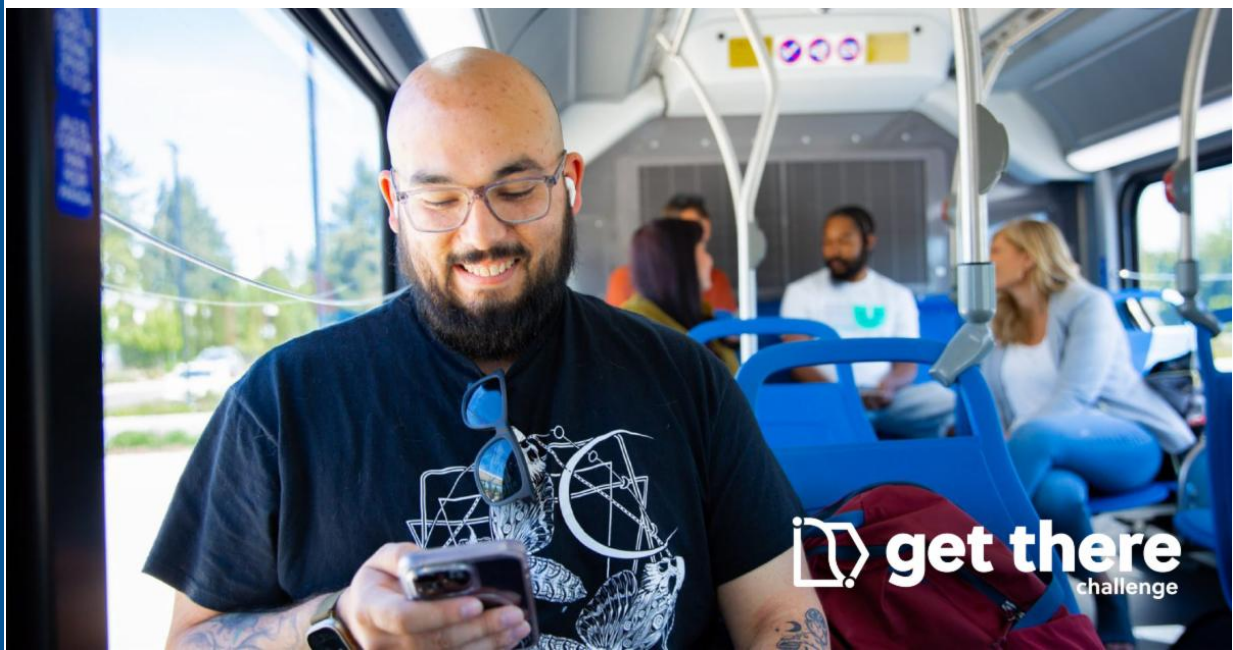
Do you like walking for fun, exercise, or errands? Or wish you had more reasons to walk? Mark your calendar for Walktober - a month filled with walking in Lane County!

Throughout October, enjoy more than 35 walks and tours including art walks, nature walks, historical walks, Coffee Shop Hop, team challenges, and more. Whether art, horticulture, exercise, or making friends is your thing, you'll find a range of guided tours, group walks, and self-guided options to suit your tastes.

Visit the [Walktober Webpage](#) for a full list of walks or follow [Walktober on Instagram](#).



## GET THERE CHALLENGE



The 2023 Get There Challenge has kicked off, but you can still join and win! Don't miss out! Join or create a team and log your trips taken by bike, foot, carpool, vanpool, and transit, plus remote work days for the chance to win prizes!

Here's how to join:

1. [Create an account](#) for free in Get There Connect or log in [here](#).
2. [Join a team or create one](#) (and become a team captain!)
3. Log your trips and/or remote work in Get There Connect to win prizes! Remember: You can get a head start and win early bird prizes through Sept. 30 at [GetThereOregon.org/Achievements](http://GetThereOregon.org/Achievements).

Top teams can win:

- \$50 Ruffwear gift card
- \$25 Cafe Yumm gift card and Get There swag
- \$25 VISA gift card
- \$100 River City Bicycles gift card
- \$100 Clever Cycles gift card and a water bottle

The grand prize of \$1000 and top honors will go to the team with the highest score (avg trips per team member) at the end of the Challenge. View full prize details [here](#).

Learn more at [GetThereOregon.org/Challenge](http://GetThereOregon.org/Challenge).

## METRO TELEVISION PROGRAM MANAGER WINS INTERNATIONAL AWARD



Metro Television Program Manager Neil Moyer has been honored with the Brian Wilson Memorial Award for Programming Excellence by the National Association of Telecommunications Officers and Advisors (NATOA). This

international award is presented annually to a NATOA member who has made major contributions to government programming.

Metro TV also won a NATOA Award of Excellence in the Parks and Recreation category titled "Eugene Path Etiquette." [Watch it here](#). It also received an Award of Honor in the Public Service Announcement category for "Lane County Public Health Handwashing PSA: Eugene Emeralds." Congratulations!

LCOG's Metro Television department offers communication services to local governments, other agencies, and jurisdictions. It operates Comcast Channel 21, a 24/7 cable channel which provides live meeting coverage and replay, as well as other programs highlighting local government services and other items of interest. It streams these meetings live over the internet, and offers archived meetings for viewing on demand. It also provides award-winning video production services. [Learn more](#).

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## SENIOR MEALS OPENS MORE CAFE 60s

The Senior Meals Program reopened more Café 60 locations in September! They include Oakridge, Junction City, Creswell, and Cottage Grove. Reservations are required for each location and should be made at least one week in advance. Walk-ins will be accommodated as long as meals are available. Service time varies by location, and meals are 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 for \$8.00 per meal.

\*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/senior-meals-program>.

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## YOUR NEXT OIL CHANGE CAN HELP MEALS ON WHEELS!



As part of their *Drive To Do More* commitment to support charities and volunteers nationwide, Jiffy Lube is collaborating with Meals on Wheels to raise funds and awareness that will help our seniors stay nourished. From October 1 to October 31, Jiffy Lube customers who receive oil changes, tire rotations, or other vehicle maintenance will be able to donate \$1, \$3, \$5 or more to Meals on Wheels at checkout. Funds raised in our local community will be used to support our efforts at both Senior & Disability Services and Food for Lane County!

Stop by one of these Jiffy Lube locations in October!

- 528 W 7<sup>th</sup> Ave, Eugene, OR 97401
- 340 Coburg Rd, Eugene, OR 97401
- 1005 SE Cleveland Square Loop, Bend, OR 97702
- 907 NW 6<sup>th</sup> St, Redmond, OR 97756

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## LCOG AWARDED FOR FIRE RESPONSE



In September 2023, Lane County recognized Lane Council of Governments Senior & Disability Services for its response to the Cedar Creek Fire in 2022.

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## LSSC FUNDRAISER RESULTS

Lane Senior Support Coalition (LSSC) raised \$531 during a fundraiser they held at Cornucopia on in September. LSSC is one of our community partners who helps people age 60+ who are needing emergency funds to help resolve a situation they are in when other resources cannot step in. Thank you to everyone who stopped by for this good cause, and thank you to Cornucopia for contributing to help our local seniors!

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## WHAT'S HAPPENING!

- October 13 - Coburg's Scarecrow Festival ([link](#))
  - October 14 - BEAM Bright Parade - Eugene ([link](#))
  - October 28-29 Heceta Head Lighthouse Ghost Stories and History Tour - Florence ([link](#))
  - October 31 - Alvadore Halloween Carnival ([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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