



LANE COUNCIL OF GOVERNMENTS

## SEPTEMBER 2023 NEWSLETTER



[Visit Our Website](#)

## A RACE FOR THE REST OF US



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



# Thank You for Racing with Us!



Thank you for supporting our 4th Annual A Race for the Rest of Us, benefiting the LCOG Senior & Disability Services' Senior Meals Program! We raised \$1,721 which will help feed seniors throughout Lane County. A special thank

you to our sponsors: Oakshire Brewing, Trillium Community Health Plan, Threadbare Print House, Lane Forest Products, Voodoo Doughnut's-Eugene, and Alison Cadaret, DDS.

## SENIOR MEALS OPENS MORE CAFE 60s

# Café 60

## GRAND RE-OPENINGS IN SEPTEMBER

5TH	OAKRIDGE	11:30 AM
6TH	JUNCTION CITY	11:30 AM
11TH	FLORENCE	11:45 AM
18TH	CRESWELL	12:00 PM
19TH	COTTAGE GROVE	11:30 AM



[WWW.LCOG.ORG/SDSLANE/PAGE/SENIOR-MEALS-PROGRAM](http://WWW.LCOG.ORG/SDSLANE/PAGE/SENIOR-MEALS-PROGRAM)

The Senior Meals Program is reopening five Café 60 locations in September! 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 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.

\*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.

# FUNDRAISER FOR LANE SENIOR SUPPORT COALITION

Lane Senior Support Coalition (LSSC) is having a fundraiser at Cornucopia on Monday, September 18<sup>th</sup> from 11:30 a.m.-8:00 p.m. When you present this flyer in person or by phone, 20% of the proceeds will go to [Lane Senior Support Coalition](#). This flyer is valid at all three [Cornucopia locations](#) in Eugene/Springfield. For those who might not know, Lane Senior Support Coalition 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. Let's help show our support to LSSC by treating ourselves out to eat at Cornucopia!



Join us for a Community Fun-Raiser at any Cornucopia location

**Monday, September 18, 11:30 – 8pm**

20% of proceeds from those who present this flyer by phone or paper will go to the

**Lane Senior Support Coalition**



Learn about Lane Senior Support Coalition at [www.lanessc.org](http://www.lanessc.org)

Indoor and Outdoor Dining available!

Cornucopia Restaurant 295 w. 17<sup>th</sup> Ave. 541-485-2300

Cornucopia Bar & Burgers 207 e. 5<sup>th</sup> Ave. 541-485-CORN

Cornucopia Main Street 521 Main St. 541-485-2879



## SPRINGFIELD BLOCK PARTY

Were you at Springfield's The Block Party? We were, and it was a blast! We hosted a table with the City of Springfield's Transportation Department and handed out free lights and reflectors for walking, biking, and rolling. It was a great time to meet lots of people in the community and share ways they can take advantage of active transportation.



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## CHILD PASSENGER SAFETY WEEK



# KNOW FOR SURE

## IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

### CAR SEAT CHECK

Date & Time: **Saturday September 23**

Location: **10:00 AM to 12:00 PM**

**RiverBend Hospital**

Sponsor: **PeaceHealth Trauma**

Phone: **eprice1@peacehealth.org**

Child Passenger Safety Week is September 17-23, and our [Safe Lane Transportation Coalition](#) wants you to make sure your kids are in the right car seat for their age and size. Overall misuse rate for car seats is 46% - nearly half of all car seats are installed incorrectly. A local car seat will be held at PeaceHealth RiverBend Hospital on Saturday, September 23 from 10 a.m. to 12 p.m., so come stop by!

## WHAT'S HAPPENING!

- September 15 - Sprout Film Festival - Springfield ([link](#))
- September 22 & 23 - Cottage Grove Fall Festival ([link](#))
- September 23 - Florence Festival of Books ([link](#))
- September 24 - Veneta Celebration Run ([link](#))
- September 30 - Nobel Peace Park Annual Festival - Eugene ([link](#))

## 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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