



GLADSTONE CITY NEWSLETTER

April 2020

For the latest information about our City, visit www.ci.gladstone.or.us

VOLUME 46, NO. 2

COVID-19 Update from Mayor Tammy Stempel



This is an update on the impacts of the Coronavirus, also known as COVID-19, on the City of Gladstone.

Be assured, City Leadership receives consistent updates from the Clackamas County Emergency Operations Center on current information and directives that help us manage the impacts to our community. The Gladstone Emergency Management Team, that includes the City Administrator, The Police Chief and The Fire Chief are monitoring official channels of information regarding COVID-19 and the safety of our citizens.

The City has taken steps to ensure continuity of government services while following local and federal guidelines with regards to employee health concerns. Our goal as a City is to maintain the health of our employees so that we can provide needed services.

We have closed City Hall and the Senior Center, in hopes of preventing exposure to both community members and staff to COVID-19. By doing this, the City also meets social distance guidelines issued by the Governor of the State of Oregon. What does this mean for our community members? Services are still available with some modifications. We encourage community members to use on-line payment processes, email and/or phone as a means of communication with City Hall. We also encourage supporting our local businesses that have remained open.

The City of Gladstone's emergency services, police, fire, and public works, will continue emergency operations. For the time being, police officers may utilize phone communication rather than in person contact as much as possible. Rest assured, officers will respond to calls of violence or in progress calls for service. The Fire Department will also continue service when called upon. If a non-emergency exits and you need to speak with a member of the fire department, please call fire station or non-emergency dispatch at 503-655-8211. The Fire Department is suspending all in station meetings and public education visits effective immediately.

Please remember, the safety of City emergency responders is a priority to ensure no interruption of services in order to provide effective service to our community.

We have had requests from community members on how they can assist the City. At this time, the Governor is establishing state wide criteria for volunteers. Until the City has received the criteria, please email your information to contactform@ci.gladstone.or.us and you may be contacted at a future time. Assistance with food distribution is an immediate concern. Consider sponsoring a family through the local food banks or through other volunteer organizations.

We understand that there is tremendous concern about COVID-19. We want to reiterate the importance of limiting exposure through proper hygiene and following guidelines established by the CDC. If you are informed of a possible exposure, please remember to respect the privacy of individuals and do not spread rumors. Questions regarding possible exposure should be directed to the Oregon Health Authority website at www.oregon.gov/oha, your personal physician, or your supervisor if at work. Helpful website links can be found of the City of Gladstone's website at www.ci.gladstone.or.us. This a time to help one another by following these practices and remain calm!

Support Local Businesses!

Many Gladstone restaurants are offering takeout! Please see the list below for a list of local businesses offering take out services:

- Baskin—Robbins -To Go Only
- Black Rock Coffee Bar -Drive Thru Only
- Burgerville -Drive Thru Only
- Changs -Take Out Only
- Coasters Brew Pub -Take Out Only
- Crossroads Coffee Café -Drive Thru Only
- Flo's Jo -Drive Thru Only
- Gaffers Pub -Take Out Only
- Happy Rock Coffee -Take Out Only
- Heavenly Donuts -To Go Only
- Lee's Teriyaki -Take Out Only
- Masala Box Café & Mart -Take Out Only
- McDonalds -Drive Thru Only
- Stanley's Corner -To Go Only
- Subway -Drive Thru/ Take Out Only
- Taco Bell -Drive Thru Only
- Teriyaki Grill -To Go Only
- 2 Girls Catering -Call (503)496-0931 for availability

Please keep in mind that the above list is subject to change at anytime.

Lawn Mower Safety

Now that spring is here, we will be getting out of the house and once again paying attention to our yards. Each year across the United States, lawn-mower accidents account for approximately 6,394 serious injuries — including burns, cuts and broken bones — according to a new study from Johns Hopkins researchers, published in the journal Public Health Reports. Before operating your lawnmower for the first time this season, here are a few helpful reminders:

- Start with the owner's manual. Familiarize yourself with the operation and the safe handling of your power equipment.
- Inspect equipment. Loose or damaged parts, including bolts, belts, and guards should be carefully looked at for damage or missing items.
- Check the fuel tank for leaks. Any amount of leaking fuel can end with disastrous results. Always have a properly charged fire extinguisher handy when refueling.
- Always store fuel in a proper container.
- Ensure the blade is properly sharpened. A sharp blade can produce a better cut for your lawn and allow your mower to work easier. Dull, nicked, and damaged blades should always be replaced or sharpened.
- Make sure safety glasses and ear protection are properly worn.
- Make sure you are aware of what you are mowing. Tall grasses and weeds can hide items like rocks and other things that can cause injuries.

Sidewalk Reminder

Having safe sidewalks is vital to communities. Safe and passable sidewalks include sidewalks free of vegetation, hazards, and obstructions. Partially blocked sidewalks can be dangerous for pedestrians, individuals with disabilities, and the property owner. Sidewalk hazards may result in costly repairs and unnecessary insurance claims. The adjacent property owner is required to maintain sidewalks. Allowing any vehicle to park on top of a sidewalk may cause cracking and breakage. The Americans with Disabilities Act requires sidewalk repair and or replacement when the lift or dip is a quarter inch or greater. For more information please contact the complaint officer at 503-557-2763 or see our website at <https://www.ci.gladstone.or.us/police/page/gladstone-code-enforcement>.

Disclaimer: This Newsletter contains information provided by various community individuals/groups which are not affiliated with the City of Gladstone. The City does not necessarily endorse such information and provides it simply as an informational service to our community.

Gladstone's Second Pandemic

A Minute of Gladstone History – by Kim Argraves Huey, Gladstone Historical Society Historian

History has a way of repeating itself! And not always in a good way. Exactly 100 years ago, Gladstone was caught up in a pandemic called the Spanish Influenza. In early 1918, Spanish Flu was an H1N1 virus that started in Europe and spread world-wide, infecting 500 million people (about 27% of the world's population). Back then, there were no diagnostic tests and no antibiotics. When the epidemic ended in December 1919, it was estimated that 450,000 people in the United States had died from the illness, many of soldiers housed in US based training camps being readied for deployment to France for participation in World War I.

In October 1918, the first case of "Spanish Flu" was reported in Clackamas County. Accounts conflict, but either Frank Hutchins of Logan contracted the sickness while attending an agricultural event in Corvallis, or his son Wilbur became sick while attending a training camp held at the Oregon Agricultural College. By the time either had returned home, much of Clackamas County had been exposed. Within days, twelve residents were diagnosed with the Spanish flu and many more were starting to exhibit early symptoms.

Oregon City, Gladstone, and other surrounding towns, all acting on orders from the US Surgeon General immediately closed schools for two weeks, mid-October military draft was postponed and public amusements were canceled. Citizens were admonished to avoid crowds, stay off the trollies, and forgo unnecessary shopping. Children were kept indoors and forbidden to play with children not of their own household. Sunday, October 24, 1918, churches were asked to close their doors and encourage members to stay home, read their Bibles, and pray for an end to the epidemic.

In mid-October 1918, Gladstone appointed its first woman police officer. Mrs. H.H. Hurlburt. She was assigned the position of "Quarantine Marshall". Her duties included visiting every residence in Gladstone to determine if the flu was present, keeping records of existing cases, and posting "Influenza placards" on houses under quarantine. Statistics for Spanish flu in Gladstone are incomplete. However, when Mrs. Hurlburt began her duties, she found 35 cases that quickly rose to 54.

So how did folks combat the Spanish Flu? Dr. M.C. Strickland, the Clackamas County health officer, advised the public to "stay home as much as possible, use handkerchiefs for coughing and sneezing, sterilize all cups and dishes, keep houses well ventilated, and wrap their noses and mouths with clean gauze strips while tending the sick". The Oregon City Enterprise printed this helpful recipe: "Home-Made Gargle" to be used to wash out the nose and gargle, no mention is made if the gargle worked. For those unwilling to concoct their own medication, Foley and Company of Chicago marketed a honey, pine tar, and alcohol serum that claimed great results for sore throat, congestion, and other lung complaints. Even babies could be treated with it.

Spanish flu waned in November 1918, only to come roaring back in December. Once more, schools were closed, and the residents went into confinement. January 1919, the flu slowed, but popped back up in February, bringing with it several cases of smallpox, tuberculosis, and mumps. Finally, April came. The flu had run its course and life in Gladstone returned to normal.

82nd Drive Pedestrian Bridge nears Completion



Reopening Day is almost here for the 82nd Drive Pedestrian Bridge! Once work on the piping is complete, surface restoration and paving will take place. Unfortunately, unexpected challenges during construction moved back the originally-scheduled reopening in February. Clackamas Water Environment Services (WES) apologizes for the inconvenience. WES can't wait to see joggers, bicyclists and pedestrians once again using the bridge to cross the river every day. WES will soon announce when the bridge will reopen to the public. The newly-strengthened bridge will be able to withstand a magnitude 9.0 earthquake, which means emergency vehicles would be able to cross the river should such a quake happen. The bridge also carries sanitary sewer pipes and other important utility lines. WES greatly appreciate your patience. For the latest information on this project, please visit <https://www.clackamas.us/wes/pedbridge.html>

Our Community Cat Rescue

Thank you for the donations of cat/kitten food at City Hall! We are in need of a few short term fosters for our rescues. This requires a separate room, a bit of cleaning, food and water, and some love! Contact us at ourcommunitycatrescue@gmail.com or on Facebook at <https://www.facebook.com/OurCommunityCatRescue/> for more information. Donations can be mailed to PO Box 771 Gladstone, Oregon 97027. Thank you! Hope you are well!

Rivers East Village now serving Gladstone and Milwaukie

Rivers East Village is a non-profit organization that serves local older adults. The goal is to support members living in their homes and help them stay connected to their communities. Volunteers provide a variety of services and socialization, for a low cost annual membership fee. Services include rides, errands, occasional household or garden chores. Call 971-808-2340 or email info@riverseatvillage.org for more information, or to schedule an informational visit from our volunteers.

City of Gladstone Easter Egg Hunt and Max Patterson Breakfast CANCELED

With a heavy heart, the City of Gladstone and the Gladstone/Oak Lodge Rotary Club has made the difficult decision to cancel the annual Easter Egg Hunt as well as the Max Patterson Pancake Breakfast, both scheduled for Saturday, April 11, 2020. Stay Safe, stay home, save lives. We hope you join us next year for these events!

Low Income Discount for Gladstone Water-Sewer-Stormwater Bills

Water and sewer discounts of 50% are available to low-income residents who are billed directly by the City. Applications are renewable on an annual fiscal year basis and are due by June 30th. Applications may be downloaded from the city's website at www.ci.gladstone.or.us. If you have any questions or want to see if you qualify, please contact the Utility Billing Department by calling 503-557-2771. Low-income discounts are based on Federal poverty guidelines.

Local Telephone Numbers

- *City Hall General Business Line 503-656-5225
- *Utility Billing/Water/Sewer Acct Info 503-557-2771
- *Municipal Court/Traffic Citations 503-557-2772
- *Public Works 503-656-7957
- *Police Dept. M-F, 8am to 5pm 503-557-2797
- *Fire Dept. M-F, 8am to 5pm 503-557-2776
- *Library 503-656-2411
- *Senior Center 503-655-7701
- *Recreation/Business License 503-557-2766
- *Planning 503-742-4510
- *Electrical/Plumbing Permits 503-742-4240
- *Nuisance Concerns/Code Compliance 503-557-2763
- *Gladstone School District 503-655-2777
- *Gladstone High School 503-655-2544
- *Kraxberger Middle School 503-655-3636
- *Wetten Elementary School 503-656-6564
- *Gladstone Disposal Company 503-656-9426
- *Dept. of Motor Vehicles (DMV) 503-299-9999
- *Portland General Electric 503-228-6322
- *Northwest Natural Gas 503-226-4211
- *Comcast Cable 1-800-934-6489
- *Non-Emergency Dispatch 503-655-8211
(option 1 for police or fire calls)



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GLAD TYDINGS



APRIL 2020

Gladstone Senior Center Closure

On March 13, 2020 the Gladstone Senior Center was directed to close to the public. This closure affects all activities, programs, and some services that we provide to our community. On March 23, 2020 Governor Brown issued a Stay Home, Stay Safe order to further combat the COVID-19. To ensure the safety of our clients and our staff, the decision has been made to immediately cease all transportation services and move from daily hot meal delivery for our home bound clients to frozen meal delivery 3 times a week. During this time no volunteers will be utilized to deliver meals, it will be staff only, taking all necessary safety precautions and maintaining social distances at all times. We understand that this is a truly difficult situation, however we would like to reassure you that staff is still working during this time and are accessible by phone or email. Please feel free to contact us if you have questions on resources for transportation, nutrition, or other social service questions. For all questions and concerns regarding your health, please contact your doctor. Also, if you just would like to chat, go ahead, give us a call, that is one of the reasons we are still here. Here are some excellent resources: Take care everyone!

ADRC (Aging and Disability Resource Connection): 503-650-5622

Senior Loneliness Line: 503-200-1633

Military Help Line: 888-457-4838

Clackamas County Mental Health Crisis Line: 888-414-1553

Simple Tips for Eating Well by Cheryl Toner, MS, RDN

There are few things in life as comforting and nourishing as food, but it can be controversial and confusing, too. It's so essential to life one would think common sense is the main ingredient in making food choices, and common sense—along with personal heritage and beliefs—is an important guidepost. Food cultures around the world can look very different from one another, and each can be healthy. Rather than ignoring food customs and preferences, let's anchor them in the science of nutrition

often framed in a way that for your bones, your heart, or sult is a list of foods that will ignores the way nutrients example, is essential for ner with magnesium, vita- get the job done. In fact, all optimized only with weight- tips: So how do we bring re- table when it's so complex?



and aging. Eating for health is isolates nutrients that are good your digestive system. The re- provide those nutrients, but work together. Calcium, for strong bones, but it must part- mins D and K, and protein to these nutrients together are bearing exercise. Tried and true search know-how to the dinner Managing a health condition or

nutrient deficiency is best done with a registered dietitian, but these tips can ground your food choices in decades of research and simplify eating well: 1) Balance food group choices throughout the day. That's right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate fruits and vegetables, about a quarter grains, and a quarter protein. Not eating off of a plate? Think about balancing throughout the day, but don't get too technical. 2) Make variety the spice of your life and each food group. Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices. 3) Enjoy eating. Share a meal with a friend or family. Seek out foods that you really like that are also good for you and savor each bite. In addition to eating well, keep exercising. If you don't exercise already, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you.

Hours of operation

Monday through Friday

8:30 am to 5:00 pm

(503) 655-7701

AARP Tax Assistance

As of 3/13/2020, per direction from the State of Oregon, we are closed to the public until further notice. All tax assistance has been cancelled. If you are still in need of assistance with tax preparation, please visit the I.R.S at:

<https://irs.treasury.gov/freetaxprep/>

Or the AARP at: <https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>

You may also contact CASH Oregon, a free service to low income individuals providing tax assistance. Call them by dialing 211 on your phone.

For more information on tax preparation assistance in Oregon, please visit the State of Oregon Department of Revenue at: <https://www.oregon.gov/DOR/Pages/index.aspx>

Deadline to file your taxes has been changed to Wednesday, July 15, 2020.

The Rotary Club of Gladstone/ Oak Lodge

All meetings of the Rotary Club have been cancelled until further notice. We hope to see you soon though. For more information on Rotary and updates for our club and the events we sponsor, please visit: www.gladstoneoakgroverotary.org/



For updates on the Senior Center please visit us online at:

www.ci.gladstone.or.us/sc

For other City updates, visit:

www.ci.gladstone.or.us/community/page/coronavirus-updates

Senior Center Book Club—

Olive Again by Elizabeth Strout

The book club is cancelled, please take an opportunity to read this book if you are able to acquire it. Once we are back up and running, the book club will continue where it left off at. Olive is prickly, wry, resistant to change yet ruthlessly honest and deeply empathetic. In this story, she struggles to understand not only herself and her own life but the lives of those around her in the town of Crosby, Maine.

BOOK CLUB



Library News—135 E. Dartmouth 503-656-2411

Gladstone and Oak Lodge Public Libraries will be closed to the public through at least March 31, 2020, with programs canceled through April 5, 2020. We will offer the following, limited services during the closure:

- *Due dates extended to April 30, 2020 for current and new checkouts
- *Holds available for pick-up Monday-Friday, 1:00 - 5:00 pm
- *Phone help available Monday-Friday, 10:00 am - 5:00 pm
- *Expansion of the homebound program

Stay posted for additional details as they develop. Check <https://bit.ly/38QTXFi> for closure updates on all Libraries in Clackamas County. Gladstone Public Library - 503.656.2411 - Gladstone@lincc.org Oak Lodge Public Library - 503.655.8543 - Oaklodge@lincc.org Clackamas.us/lib

HomeServe USA

The City of Gladstone has received inquiries regarding a mailing local residents have received from HomeServe USA. The mailing informs recipients that they are responsible for the maintenance and repairs of their exterior water lines, leaving them liable for repairs which could potentially cost thousands of dollars. The Better Business Bureau (BBB) advises residents to read the notice very carefully, particularly the portion that says "HomeServe is an independent company separate from your local utility or community." The BBB notes that while the company is correct when they say homeowners are responsible for the maintenance and repair of their water lines from the meter to the house the warranty coverage they offer is optional, not mandatory. The BBB recommends the following tips: *Never agree to any contract over the phone without first receiving it in writing; *Read the service contract very carefully; *Review your homeowners insurance policy or call your insurance agent to see if coverage is already provided; *Check the BBB website at www.bbb.org for issues.

Gladstone CERT

Gladstone CERT will be having a virtual meeting on April 7th at 6 PM. The meeting topic will be Gardening to Feed & Heal You & Your Family. This class teaches about self reliance, supply, food preservation, herbal remedies, & more. To access the meeting, please visit www.boundtohappen.health and click on the link for "CERT", this will take you to the Bound to Happen Youtube Channel. The video will launch at 6 PM April 7th, 2020. Allie & Jeremy will be taking live emails from 6 PM to 9 PM on the 7th and answering back in real-time. Email addresses will be provided at the beginning of the video.

Gladstone Public Library Foundation (GPLF) Updates

The flowers are blooming, the leaves on the trees are opening, and the seeds planted for the Plant and Veggie sale are pushing up the soil in their little pots. The sale will be held Friday, May 8, noon to 7pm, and Saturday, May 9, 10am-5pm at the Happy Rock Coffee Co. courtyard, located across from the library. We'll be raffling off two hanging flower baskets donated by Valley Garden on McLoughlin. Prices for plants in 4-inch pots are \$1.75 each or 3 for \$5.00. Others will be priced accordingly. If you've weeded out your plants and don't know what to do with the extras, don't throw them out. We'll be happy to take them off your hands. Donate them to the sale in the morning on either day.

Got a Fred Meyer Rewards Card? You can link it to our foundation. Doesn't cost you anything, and your rewards stay the same. Proceeds from this and all our events go to support the new library.

If you'd like to learn more about our foundation or make a donation, our address is: GPLF, PO Box 146, Gladstone, OR 97027-0146. Check us out at: www.gpl-foundation.org. Like us on Facebook, or follow us on Instagram. As always, we thank you for your continued support. Please join with us in our journey to build a new library.

Did you know? Libraries are more than just brick and mortar. They become hubs for the community, an area for individuals to explore, interact and imagine.

Street Light Out?

Contact Portland General Electric (PGE) at 1-800-544-1795 (press "3") or email information, including the address of streetlight outage, nearest cross street, pole and map number (on pole), if available, to lightout@pgn.com.

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News from the Gladstone Nature Park

Due to COVID-19, the Arbor Day Celebration, planned for Saturday, April 25, is postponed until fall. The Friends of Gladstone Nature Park will be planning a special dedication for a Hiroshima Ginkgo tree to be planted in the park. This rare tree was donated to commemorate 75 years of peace between the US and Japan. It was propagated from seeds originating from trees destroyed during the Hiroshima bombing.

While gatherings of multiple people are not advised at this time, visiting parks and open spaces is a safe way to cope with the COVID-19 Pandemic. Visit the Gladstone Nature Park and walk the trails, see how many birds you can identify or check out the Butterfly/Pollinator Hill and the mason bee condos. Spring is here and nature is exploding all around us. Watch our website, GladstoneNaturePark.org for updates on all events. Be well, Friends of Gladstone Nature Park.

Local Meetings—

◆ Gladstone Business Owners & Managers meets quarterly. For questions or more information, contact Doug Loose at 503-595-53796 or dougwithTLC@msn.com.
◆ Friends of Gladstone Nature Park meet the last Saturday of the month from 9:00am-12:00pm at 18111 Webster Rd, Gladstone. For

more info visit theparks.org
◆ The Gladstone Historical Society meets the 2nd Thursday of each month at 6:30pm at Gladstone City Hall Conference Room (enter at E Dartmouth door), 525 Portland Ave. Gladstone, 97027. Visit gladstone-historialsociety.org for more info.
Guests always welcome! Old photos of the community and new ideas are needed.
◆ The Gladstone-Oak Grove Kiwanis meets every Tuesday at 7:00am at the Bomber Restaurant, 13515 SE McLoughlin Blvd. Milwaukie, OR 97222. Visitors are welcome!

CITY MEETINGS:

- *City Council—2nd Tuesday & 4th Tuesday (if necessary) - 6:30 pm—in the City Hall Council Chambers
- *Planning Commission—3rd Tuesday (as needed) - 6:30 pm In City Hall Council Chambers
- *Library Board—1st Tuesday—6:30 pm—City Hall Council Chamber
- *Traffic Safety—4th Monday every other month (as needed) - 6:30 pm—City Hall Council Chambers
- *Park & Recreation—2nd Monday (as needed) - 6:30 pm In City Hall Council Chambers
- *Senior Center Advisory—held bi-monthly —3rd Tuesday—3:00 pm—Gladstone Senior Center

Copies of City Council and Planning Commission meeting packets are on our website at www.ci.gladstone.or.us