

**This calendar includes classes and resources available online, in person, or by phone by NWSDS, community partners, and other organizations.**

## **OWN'S HEALTH CLASSES AND EVENTS**

For more information about health classes or to be put on our interest list for future classes please contact:

(833) 673-9355 or [oregonwellnessnetwork.org](https://oregonwellnessnetwork.org)

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### **Living Well with Chronic Conditions**

This 6-week program is designed to help participants successfully manage chronic conditions. Topics include:

- Techniques to manage frustration, fatigue, pain, and isolation
- Exercising at your level
- Appropriate use of medications
- Proper nutrition
- How to evaluate new treatments
- Communicating effectively with family, friends, and health professionals

People with chronic conditions and their caregivers are invited to participate in this program.

Location: Virtual on Zoom

Information session: Monday, March 18th at 10am-11am

When: Monday, March 25th at 10am-12:30pm

## OWN'S HEALTH CLASSES AND EVENTS (CONTINUED)

### **Living Well with Diabetes**

This 6-week program is designed for people with type 2 diabetes and teaches healthy eating, appropriate exercise for maintaining and improving strength and endurance, how to use glucose monitoring to make day-to-day decisions and to manage sick days, appropriate use of medication, and reducing risk for other health conditions while learning to cope with the unique challenges of living with diabetes. Caregivers are also welcome. Charges may apply.

Next virtual class will be in May 2024

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### **Programa de Manejo Personal de la Diabetes**

This program is designed for people with type 2 diabetes. It teaches:

- Healthy eating
- Exercise at your level
- How to use glucose monitoring to make day-to-day decisions
- How to manage sick days
- Appropriate use of medication
- Reducing risk for other health conditions
- Coping with the unique challenges of living with diabetes.

Caregivers are also welcome. This program is available in Spanish. Charges may apply.

Location: Salem Hospital Building D

When: Thursday, March 21st from 5:30-8pm

Register: [SalemHealth.org/CHEC](https://SalemHealth.org/CHEC) or call Catia at (503) 814-1560  
or email Catia at [catia.garibay@salemhealth.org](mailto:catia.garibay@salemhealth.org)

## **OWN'S HEALTH CLASSES AND EVENTS (CONTINUED)**

### **National Diabetes Prevention Program**

This 12-month program helps adults at risk for type 2 diabetes improve their overall health and well-being. There are 16 weekly sessions, followed by a session every 2 weeks for the remaining 8 months. Program covered by Medicare and Medicaid. Charges may apply.

Location: Virtual on Zoom

Information session: Thursday, April 11th at 4pm-5pm

Session 1: Thursday, April 18th at 4pm-5pm

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### **OTAGO Exercise Program**

This is an individually customized home exercise program that could last up to a year. It is designed to improve strength and balance and to prevent falls. The Otago Exercise Program is done in the home with a Physical Therapist and/or Personal Trainer for those who are unable to participate in a community based exercise class.

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### **Instructors Wanted:**

Do you enjoy educating others about healthy lifestyle in a small group format? If so, we are looking for instructors to teach Living Well classes virtual and/or in-person. Training and compensation provided. If interested, please call Karen at 503-304-3436.

Living w/ Chronic Conditions Leader training planned for 6 wks beginning in March.

## **OWN'S HEALTH CLASSES AND EVENTS (CONTINUED)**

### **Job Announcement:**

Currently seeking the following positions in Marion, Polk, Yamhill, and Tillamook counties:

A certified personal trainer from an accredited organization for a part-time contractor position to help implement Fall Prevention programs with seniors. Experience working with seniors a plus. Will train. May involve travel to individual's home. Access to transportation required.

Physical Therapist for a part-time contractor position to provide assessments and oversight for the Otago Fall Prevention program. Experience working with seniors a plus. Training provided. May involve travel to individual's home. Access to transportation required.

If interested, contact Karen Smith at Northwest Senior and Disability Services 503-304-3436.

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## **OTHER CLASSES & EVENTS IN THE COMMUNITY**

### **Living with Heart Failure**

Learning how to manage this condition at home and with healthy lifestyle changes, many people can enjoy a full life.

When:

- Every 2nd Tuesday of the month at 10-11 am
- Every 4th Thursday of the month at 3:30-4:30 pm

Where: CHEC Classroom #1

Register: [salemhealth.org/check](http://salemhealth.org/check) or (503) 814-2432

## **OTHER CLASSES & EVENTS IN THE COMMUNITY (CONTINUED)**

### **NWSDS Family Caregiver Support Program Family Caregiving Basics**

What is respite care? Why is it important? What are the options?

Are you a family member or friend providing unpaid care to a loved one 60 years or older or an adult living with a disability? Are you interested in learning about what options are available to help you take breaks from caregiving? If you answered “yes” to both questions, please join us for this class.

Location: Salem Office of NorthWest Senior and Disability Services, 3410 Cherry Ave NE, Salem

Day of the Month/Time: Thursday March 7th from 1:00-2:30 p.m.

To register: Please contact Julie Mendez at [julie.mendez@nwsds.org](mailto:julie.mendez@nwsds.org) or 503-304-3432 by Wednesday, March 6.

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### **Veterans Benefits 101**

Are you a veteran or a loved one of a veteran? If so, you may want to join us for this class. A Marion County Veteran Service Office will cover information on veteran disability, medical care at VA facilities, life insurance, home loans, burial benefits, and other entitlements.

When: Wednesday, April 24 from 1:00-2:30 pm at the Salem Office of NorthWest Senior and Disability Services, 3410 Cherry Ave NE, Salem.

To register, please contact Suzy Deeds at [suzy.deeds@nwsds.org](mailto:suzy.deeds@nwsds.org) or 503-304-3429.

## PHYSICAL ACTIVITY

### Boxing for Parkinson's

We help people with Parkinson's disease fight their symptoms using the healing power of boxing. We do cardio, balance training, fall prevention, cognitive exercises and vigorous cardio.

- Tuesdays
  - Level 3&4 from 2:00 pm to 3:00 pm
  - Level 1&2 from 3:00 pm to 4:00 pm
- Saturday
  - All levels from 1 to 2:30pm

Where: Zan Shin Martial Arts Studio, 1127 Broadway Ave Salem OR 97301  
Registration & Details: August Peterson at (503) 302-1852

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### Center 50+ Fitness

Fit 50+ Health and Wellness Center is designed to serve individuals ages 50+ who are interested in starting a physical fitness routine for the first time or for those who are looking for a comfortable, low cost option for maintaining their fitness level.

Classes available include:

- Tone Your Bones
- SilverSneakers Classic
- Zumba Toning
- Yoga
- Evening Yoga AND MORE!

Registration & Details: (503) 588-6303 or visit [cityofsalem.net/center50](http://cityofsalem.net/center50)

## **PHYSICAL ACTIVITY (CONTINUED)**

### **Strong for Life Exercise Program**

“Strong for Life was developed by Providence physical therapists with adults who are sixty plus in mind. Strong for Life is an easy-to-follow routine designed to improve balance, strength and flexibility. Participants choose one of three levels, and all movements can be done in standing or sitting positions.”

To follow this exercise program online, please go to:

<https://oregon.providence.org/our-services/s/strong-for-life-exercise-program/>

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## **GROUPS**

### **Brain Tumor Support Group (Virtual)**

Where: Providence Seaside Hospital

When: Every Tuesday at 10-11am

Registration & Details: [neurooncsg@providence.org](mailto:neurooncsg@providence.org)

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### **Caregiver Support Group**

When: 3rd Wednesday of the month from 10:30am-12pm

Where: Center 50+, 2615 Portland Rd. NE, Salem, OR 97301

Registration & Details: Alzheimer's Association

1-800-272-3900 or [aliepnieks@alz.org](mailto:aliepnieks@alz.org)

## **GROUPS (CONTINUED)**

### **Dementia Care Conversations**

This is an educational support group for unpaid family caregivers of a loved one living with a type of dementia.

Location: Salem Office of NorthWest Senior and Disability Services, 3410 Cherry Ave NE, Salem

Day of the Month/Time: First Tuesday of the month starting on Tuesday, March 5th from 1:00-2:30 p.m.

OR

Location: Zoom

Day of the Month/Time: Third Wednesday of the month starting on Tuesday, March 20th from 1:00-2:00 p.m.

To request a referral: Call the ADRC at 866-206-4799 or send an email to [information.nwsds@nwsds.org](mailto:information.nwsds@nwsds.org).

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### **Dementia Support Group**

When: 3rd Wednesday of each month at 3pm

Where: Heartwood Memory Care, 2325 Boones Ferry Rd, Woodburn, OR 97071



## **GROUPS (CONTINUED)**

### **Family Caregiving Basics**

What is Respite Care? Why is it Important? What respite care options are available? First in a series of classes about the resources and supports available to assist family caregivers in taking care of themselves and their loved ones.

Thursday, March 7 from 1:00-2:30 pm at the Salem Office of NorthWest Senior and Disability Services, 3410 Cherry Ave NE, Salem.

To register: please contact Julie Mendez at [julie.mendez@nwsds.org](mailto:julie.mendez@nwsds.org) or call 503-304-3432.

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### **Marion and Polk (Willamette Valley) Caregiver**

In-person support group at the Salem Office of NorthWest Senior and Disability Services.

The office is located at 3410 Cherry Ave NE in Salem on the 3rd Tuesday of the month- March 19 from 1:00-2:30 p.m.

To be added to the email list or reminder postcard list for this support group, please contact Julie Mendez at [julie.mendez@nwsds.org](mailto:julie.mendez@nwsds.org).

## **GROUPS (CONTINUED)**

### **NWSDS On-line Caregiver Connection**

Unpaid family caregivers providing support to a loved one age 18 years and older living with a disability.

Location or Mode: On-line via Zoom

Day of the Month and Time: First Wednesday of the month from 1:00-2:00 p.m.

To request a referral: Call the ADRC at 866-206-4799 or send an email to [toinformation.nwsds@nwsds.org](mailto:toinformation.nwsds@nwsds.org).

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### **Parenting a Second Time Around**

This support group is for those 55 years and older parenting a relative's child 18 years or younger.

March topic: Charis with Agape Families will talk about their free summer camps offered to children impacted by incarceration.

April topic: Christopher Hamilton, with Chosen Family Estate Planning, will speak on legal issues that impact kinship caregivers.

Location: Salem Office of NorthWest Senior and Disability Services, 3410 Cherry Ave NE, Salem, OR.

Day of the Month/Time: 3rd Wednesday of the month, 11:00 a.m -12:30 p.m.

If you would like to be on the mailing or e-mail list, please contact Suzy Deeds at (503) 304-3429 or [suzy.deeds@nwsds.org](mailto:suzy.deeds@nwsds.org)

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### **Parkinson's Support Group (Virtual)**

Where: Providence Seaside Hospital viz zoom

When: 2nd Tuesday of each month 10-11:30am

Registration & Details: Theresa at [theresa.harczo@providence.org](mailto:theresa.harczo@providence.org)

## **GROUPS (CONTINUED)**

### **Parkinson's Support Group (In-Person)**

People with Parkinson's and friends/caregivers are welcome at this meeting

When: 2nd Tuesday of the month at 1:30-2:30pm

Where: Trinity Covenant Church, 5020 Liberty Rd S, Salem OR 97306

Registration & Details:

- Jayne Wilson at (503) 930-4239 or jepbalance@yahoo.com
  - Tim Taylor at (503) 588-1596
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### **Project ABLE Virtual Support Groups**

As a cautionary measure due to the Covid-19 Corona Virus, Project ABLE will be hosting groups, activities and events online. Support groups offered virtually include:

- Exploring Recovery
- Trauma Healing & Recovery
- Greif Support

For more information & for group times, please visit [projectable.org](http://projectable.org)

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### **Recovery Outreach Community Center**

ROCC is offering a variety of support groups and online classes through the week, groups offered virtually include:

- Four Agreements
- Eating Disorder Support Group
- Emotional Awareness
- Anxiety Support
- Trauma Support

Registration & Details: <http://www.roccsalem.org/online-groups>

## **GROUPS (CONTINUED)**

### **Stroke Warriors and Caregiver Support Group**

Please come around 12:30 OR at least 15-20 minutes early as the church building is locked at 1 and you will be unable to get in. Caregivers & care receivers are welcome!

When: 2nd Tuesday of every month from 12:30-2:30pm

Where: Salem First Church of Nazarene, 1550 Market ST NE, Salem, OR 97301

Registration & Details:

- Dave at (503) 871-8363 or dna3192004@yahoo.com
  - Arlene at (503) 871-1652
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### **Ties that Bind**

Ties that Bind on Facebook is an on-line support group where Oregon grandparents raising grandchildren (and other relatives) ask questions and share links, information, feelings and resources to make life easier for themselves and family.

For more information or to join go to: [www.facebook.com/groups/TiesThatBind](http://www.facebook.com/groups/TiesThatBind)

## **RESOURCES AND EDUCATION**

### **Advanced Directives**

Talk with your loved ones about end-of-life decisions and better understand the medical decisions you may one day face. The class will help understanding Oregon's legal form- the Advanced Directives. Family members are encouraged to attend together!

When: 1st Thursday of every month at 10-11am

Where: Salem Hospital, Community Health Education Center- Support Group Room

Registration & Details: SALEMHEALTH.ORG/CHEC or (503) 814-2432

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### **Aging and Disability Resource Connection (ADRC)**

Get connected to local information and services for seniors and people with disabilities.

For information about government or community resources available to provide support for Oregonians.

NWSDS offers programs such as, Medicare Counseling, Medicare Savings Plan, Medicaid In Home Services, as well as resources for food. They also offer Health and Wellness Classes, Senior Peer Mentoring, and Money Management programs that you can learn more about by going to the NWSDS website at:

<http://nwsds.org/index.php/home/seniors/wellness-hope-ommp>.

If you are interested in learning more about local resources or planning for the future check out the ADRC website at: <https://adrcforegon.org>.

Marion, Polk, Clatsop, Yamhill & Tillamook counties, please email: [info@nwsds.org](mailto:info@nwsds.org)

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### **ALZ Connected**

"A free online community where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice and find support."

For more information, please visit [alzconnected.org](http://alzconnected.org)

## RESOURCES AND EDUCATION (CONTINUED)

### **Alzheimer's Association Helpline**

Providing education and support for people diagnosed with dementia, their families, and caregivers throughout Oregon. They provide information and resources, 24/7 telephone help line, local support groups, free dementia classes, a nationwide identification program, MedicAlert + Safe Return (for people who may wander and get lost) is also available.

Please call 1(800) 272-3900 or visit [alz.org](http://alz.org) to learn more.

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### **Center 50+**

Find information on locally held helpful classes

- Family Caregiver Seminars
- Alzheimer's Disease Seminars
- Medicaid help
- Much, much more



Please visit the website: <https://www.cityofsalem.net/community/seniors-and-center-50>

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### **Home Delivered Meals or Frozen Meals**

Meals on Wheels offered through Marion and Polk Food Share

For service details:

Marion county: call (503) 364-2856

Outside of Salem: call (503) 304-3420

## RESOURCES AND EDUCATION (CONTINUED)

### **HOPE Senior Peer Mentor Program**

The Senior Peer Mentor program is free for people in Marion, Polk, Yamhill, Tillamook or Clatsop Counties who are age 50 or older and would like to gain more effective coping skills to address mild to moderate depression and/or anxiety.

To learn more or sign up for this program, please email the ADRC at [information@nwsds.org](mailto:information@nwsds.org)

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### **Medicare Counseling**

The Senior Health Insurance Benefits Assistance (SHIBA) program is a network of certified Medicare counselors who can help. This service is available by phone appointment.

Contact your local SHIBA: Call 1(800) 722-4134 & enter your zip code to be connected

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### **Oregon Care Partners**

A free caregiver education resource. Classes address the many aspects of caring for an older adult or person living with Alzheimer's and provide the information and tools to help you feel confident and prepared.

- 140+ self-paced online classes
- Weekly instructor-led webinars
- Family Caregiver Webinar Series
- Guest Speaker Webinar Series
- More classes offered in partnership with the Alzheimer's Association®

Learn how free classes can help at [oregoncarepartners.com](http://oregoncarepartners.com)

## **RESOURCES AND EDUCATION (CONTINUED)**

### **Peer Talk Line**

Available weekdays from 9am–5pm

Please call (503) 363-3260, then press “0” to be connected with a Peer Support person

For more information please go to [projectable.org](http://projectable.org)

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### **Salem Health**

Salem Health’s Community Health Education Center offers the community library resources, a wide array of classes and support groups. If you interested in staying current with what they have coming up, you may also subscribe to their monthly newsletter.

Learn more at: [SALEMHEALTH.ORG/CHEC](http://SALEMHEALTH.ORG/CHEC)

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### **Veterans Affairs Caregiver Support Line**

Please call 1(855)260-3274 OR visit <http://www.caregiver.va.gov/>