

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

Living Well with Chronic Conditions

A 6-week program designed to help participants successfully manage chronic conditions. Caregivers also invited. 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

Location: Virtually on Zoom

information session: Wednesday, March 12th from 2:30-3:30

Session 1: Wednesday, March 19th from 2:30-5:00

Living Well with Diabetes

A 6-week workshop to help manage diabetes or care for someone who has 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.

Must have a doctor referral for this program. Insurance will pay if diagnosed with Diabetes. Otherwise, charges may apply.

Location: Virtually on Zoom

information session: Thursday, March 6th from 10:00-11:00

Session 1: Thursday, March 10th from 10:00-12:30

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: Virtually on Zoom

information session: Tuesday, Feb 18th from 4:00-5:00

Session 1: Tuesday, Feb 25th from 4:00-5:00

OTAGO Exercise Program

This 12-month program is an individually customized home exercise program designed to improve strength and balance and to prevent falls. The Otago Exercise Program is done in the home for those who are unable to participate in a community based exercise class.

GROUPS

Brain Tumor Support Group (Virtual)

Provided through Providence St. Vincent Hospital

Where: Microsoft Teams

When: Every Tuesday at 10-11am

Registration & Details: neurooncsg@providence.org

Caregiver Support Group

When: 3rd Tuesday of each month, 1:30-3:00pm

Where: NWSDS: 2002 SE Chokeberry Ave., Warrenton, OR 97146

To request a referral: Call the ADRC at 866-206-4799 or send an email to information.nwsds@nwsds.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: Zoom

Day of the Month/Time: 3rd Tuesday 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 information.nwsds@nwsds.org.

Grief Support Group

When: 3rd Thursday of each month, 2:30-4pm

Where: CMH, Lower Columbia Hospice office, Park Medical Building West, 2120 Exchange St., Ste. 203, Astoria, OR 97103

Registration & Details: Jeanette Johnson at (503) 338-6230 or jjohnson@columbiamemorial.org

Men's Discussion Group

When: 1st Wednesday of each month, 11:30-1pm

Where: Astoria Senior Center, 1111 Exchange St., Astoria, OR 97103

Registration & Details: Larry Miller at (503) 325-3231

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: 1st 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.

Parkinson's Support Group (In-Person)

When: 2nd Monday of each month, 1pm

Where: Peace First Lutheran Church, 725 33rd St., Astoria, OR 97103

Registration & Details: Patty Combs at (503) 440-1985 or Parkinson's Resources of Oregon at 1(800) 426-6806

Parkinson's Support Group (Virtual)

Provided through Providence Seaside Hospital

Where: Microsoft Teams

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

Registration & Details: Theresa at theresa.harczo@providence.org

GROUPS (CONTINUED)

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

For more information & for group times, please visit projectable.org

Recovery Outreach Community Center

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

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

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

Women Heart Disease Support Group

When: 3rd Wednesday of each month, 6:30-7:30pm

Where: CMH, Coho Conference Room, 2nd Floor, Duncan Law Building, 2121 Marine Dr., Astoria, OR 97103

Registration & Details: Michele Abrahams at (503) 338-8435 or WH-NothOregonCoast@womenheart.org

PHYSICAL ACTIVITY

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/>

RESOURCES AND EDUCATION

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 to learn more.

Home Delivered Meals or Frozen Meals

Meals on Wheels offered through Marion and Polk Food Share.

If you are 60 or older and need assistance with mobility or walking, preparing or cooking food, or with driving or transportation, we may be able to bring meals to your home. An in-home visit will determine eligibility for the delivery of Meals-on-Wheels.

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

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

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.

Learn how free classes can help at 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.

Veterans Affairs Caregiver Support Line

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