

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, April 2nd 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, April 22nd from 12:30-1:30

Session 1: Thursday, April 29th from 12:30-3:00

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.

In-Person

Location: NWSDS, 3410 Cherry Ave N, Keizer OR 97303

Session 1: Thursday, March 20th from 1:30-2:00

Or

Location: Virtually on Zoom

information session: Tuesday, April 15th from 6-7 PM

Session 1: Tuesday, April 22nd from 6-7 PM

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.

Tai Chi Moving for Better Balance

Learn Tai Chi forms to improve balance, strength, mobility and lower fall risk.
No cost - Beginners welcome!

Location: Westminster Presbyterian Church, 3737 Liberty Rd S, Salem OR 97302
When: Every Monday & Wednesday starting March 3rd - May 21st from 10-11 am

Tomando Control de su Salud

A 6-week program designed to help participants successfully manage chronic conditions. Held in Spanish. 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: Monday, March 3rd from 6-7 PM

Session 1: Monday, March 10th from 6-8:30 PM

OTHER CLASS BY NWSDS

SAVVY Caregiver Class Series

Savvy Caregiver is a FREE six-week class series providing strategies, skills and support for unpaid caregivers of a person living with any type of dementia. This is an important class for those wanting to learn how to be a better caregiver while also focusing on self-care. No previous knowledge about dementia is required. Only a willingness to change is needed. Please register by March 4th.

Location: NWSDS Salem Office, 3410 Cherry Ave NE.

The classes will be on the following Mondays:

March 10, 17 (no class 3/24) from 11:30-1:30 pm

April 7, 14, 21 and 28 from 11:30 -1:30 pm

Register: Contact Julie Mendez at (503) 304-3432 or julie.mendez@nwsds.org

Care Facilities 101

Are you interested in learning about the different types of care facilities available for yourself or a loved one? If so, please Join us for a FREE class providing information on:

- Determining if a care facility may be needed
- Types of facilities and the care provided
- Choosing the best fit for your needs

In-Person

Location: NWSDS, 3410 Cherry Ave N, Keizer OR 97303

Session 1: Wednesday, April 23rd from 1:00-2:30

Register: By April 22nd. Call Suzy at 503-304-3429 or email suzy.deeds@nwsds.org

GROUPS

Brain Tumor Support Group (Virtual)

Provided through Providence Seaside Hospital

Where: Microsoft Teams

When: Every Tuesday at 10-11am

Registration & Details: neurooncsg@providence.org

Caregiver Support Group

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

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

Registration & Details: Alzheimer's Association

1-800-272-3900 or aliepnieks@alz.org

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: 1st Tuesday of the month from 1:00-2:30 p.m.

OR

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.

Dementia Support Group

When: 3rd Wednesday of each month at 3pm

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

GROUPS (CONTINUED)

Marion and Polk (Willamette Valley) Caregiver

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

Where: 3410 Cherry Ave NE in Salem

When: 3rd Tuesday of each month 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.

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.

Parenting a Second Time Around

This support group is for grandparents or other kinship caregivers parenting grandchildren or other relative children.

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

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

Please contact Suzy Deeds at (503) 304-3429 or suzy.deeds@nwsds.org to register or to be added to her contact list for this support group.

GROUPS (CONTINUED)

Parkinson's Support Group (Virtual)

Provided through Providence Seaside Hospital

Where: Via Microsoft Teams

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

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

Parkinson's Support Group (In-Person)

People with Parkinson's and friends/caregivers are welcome at this meeting. There will be a different presenter each month. Call for more information.

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

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>

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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PHYSICAL ACTIVITY

Rock Steady Boxing

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 & Thursday's from 1:00 pm to 2:30 pm
- 2nd week of each month
 - Monday & Thursday from 1 to 2:30pm

Where: 2828 Cherry St, Salem OR 97301 (entrance to gym in on Johnson St)

Registration & Details: August Peterson at (503) 502-1852

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

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

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

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

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

Veterans Affairs Caregiver Support Line

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