

Health & Wellness in Marion County

December 2021 – January 2022



During this unprecedented time, some in person group classes and support groups offered by NorthWest Senior and Disability Services (NWSDS) have been placed on hold or have moved to a distance learning mode of delivery. Please contact ADRC for more information. We are still taking referrals so that when classes become available, we will be able to start right away. This calendar includes resources available online or by phone by NWSDS, community partners and other organizations.

Resources and Assistance

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, please call the Aging and Disability Resource Connection, or ADRC, at 1-855-ORE-ADRC.

For Marion, Polk, Clatsop, Yamhill and Tillamook counties, please call:

1-866-206-4799

Peer Talk Line

Offered by Project ABLE

Available weekdays from 9:00 am – 5:00 pm

Please call 503-363-3260, then press "0" to be connected with a Peer Support person, for more information please go to projectable.org.

Alzheimer's Association Helpline

"The Alzheimer's Association 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public."

Please call 1-800-272-3900 or visit alz.org to learn more.

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. To contact your local SHIBA, please call 1-800-722-4134 and enter your zip code to be connected.

Health & Wellness in Marion County

December 2021 – January 2022



During this unprecedented time, some in person group classes and support groups offered by NorthWest Senior and Disability Services (NWSDS) have been placed on hold or have moved to a distance learning mode of delivery. Please contact ADRC for more information. We are still taking referrals so that when classes become available, we will be able to start right away. This calendar includes resources available online or by phone by NWSDS, community partners and other organizations.

Resources and Assistance (continued)

HOPE Senior Peer Mentor Program

Offered by NWSDS

As you get older, there may be things that are hard to deal with or worry you. You do not have to go through these tough times alone.

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 contact the ADRC at 503-304-3420.

Health Classes and Events

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.

To learn more, contact the ADRC at 1-866-206-4799.

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 session every 2 weeks for the remaining 8 months.

To learn more, please contact the ADRC at 1-866-206-4799.

Health & Wellness in Marion County

December 2021 – January 2022



During this unprecedented time, some in person group classes and support groups offered by NorthWest Senior and Disability Services (NWSDS) have been placed on hold or have moved to a distance learning mode of delivery. Please contact ADRC for more information. We are still taking referrals so that when classes become available, we will be able to start right away. This calendar includes resources available online or by phone by NWSDS, community partners and other organizations.

Health Classes and Events (continued)

Back on Track: Key Concepts to Long Term Conservative Pain Management

Back and neck pain are among the leading causes of disability in the world. It can be frustrating searching for answers as to why you hurt and ways to successfully manage your pain long term. This two part series is designed to give you a better understanding of your spine, your nervous system and ways that you can improve your pain and improve your ability to participate.

Dates: December 7th & 9th, class meets Tuesday & Thursday, 10 – 11:30 a.m.

Please register at salemhealth.org/chec or 503-814-2432

Grief: Healing After Loss

In this six week series, an experienced and skilled facilitator will help you navigate the inner workings of grief and the attachment challenges that come along side.

Date: Tuesdays, November 9th to December 14th from 4:00 – 5:30 pm

Tuesdays, January 11th to February 15th from 5:00 – 6:30 pm

Location: Support Group Room, CHEC Building D 939 Oak St SE

Cost: \$20

Please register at salemhealth.org/chec or 503-814-2432

Welcome to Medicare

Almost 65 years old? You are invited to a free Welcome to Medicare presentation.

Dates: Tuesday, December 14th from 1:00 pm – 2:30 pm

Cost: Free

Please register at salemhealth.org/chec or 503-814-2432

Health & Wellness in Marion County

December 2021 – January 2022



During this unprecedented time, some in person group classes and support groups offered by NorthWest Senior and Disability Services (NWSDS) have been placed on hold or have moved to a distance learning mode of delivery. Please contact ADRC for more information. We are still taking referrals so that when classes become available, we will be able to start right away. This calendar includes resources available online or by phone by NWSDS, community partners and other organizations.

Physical Activity

Tai Chi

Do you have arthritis or chronic pain? Do you want to improve your mobility and balance? Join Certified Tai Chi Instructor, Stephen Schwarzenberger, LCSW as he guides you through slow-paced movements and calm breathing. All classes are great for beginners as well as those with more experience.

Offered Tuesdays & Thursdays from 12:15 pm – 1:00 pm beginning November 11th to December 30th

To register, please visit salemhealth.org/chec or call 503-814-2432.

Cost: \$40

Groups

NWSDS Caregiver Support Groups

NWSDS Caregiver Support Groups and events have a new place on our website. For more information, please see the Relatives as Parents Program (RAPP) and Family Caregiver Support Program (FCSP) pages. The Family Caregiver Happenings newsletter is updated monthly to show upcoming classes, events, support groups, and resources.

[Relatives as Parents Program \(RAPP\)](#)

[Family Caregiver Support Program \(FCSP\)](#)

Health & Wellness in Marion County

December 2021 – January 2022



During this unprecedented time, some in person group classes and support groups offered by NorthWest Senior and Disability Services (NWSDS) have been placed on hold or have moved to a distance learning mode of delivery. Please contact ADRC for more information. We are still taking referrals so that when classes become available, we will be able to start right away. This calendar includes resources available online or by phone by NWSDS, community partners and other organizations.

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 and Recovery
- Get Moving
- H.O.P.E
- Self- Empowerment

For more information and 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:

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

For more information and for group times, please visit <http://www.roccsaalem.org/online-groups>