

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 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:

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

Starting late Jan or early Feb

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: Virtually on Zoom

Information Session: Wednesday, January 15th from 1:00-2:00 am

Session 1: Wednesday, January 22nd from 1:00-2:00

OR

In-Person in Spanish

Location: Tillamook, YMCA

Information session: Date to be determined from 5:30-6:30 pm

Session 1: Date to be determined from 5:30-8 pm

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

Dementia Care Conversations via Zoom

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

Day of the Month/Time: 3rd Tuesday of the month from 12:00-1:00 p.m (November class is 1 hour earlier).

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

GROUPS (CONTINUED)

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 information.nwsds@nwsds.org.

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

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

GROUPS (CONTINUED)

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>

Tillamook Caregiver Support Group

This is an educational support group for unpaid family caregivers providing support to a loved one 18 years or older living with a disability

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

Where: 5010 E 3rd Street, Tillamook, OR 97141

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

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

RESOURCES AND EDUCATION (CONTINUED)

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

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/>