

Health & Wellness in Tillamook County

September – October 2020



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

COVID-19 General Information Hotline

Offered by Salem Hospital's Community Health Education Center
The hotline is answered:
Monday to Friday 8:00 am – 8:00 pm
Saturday and Sunday 8:00 am – 4:00 pm

Please call 503-814-1594 for information

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

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.

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

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 60 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.

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Health Classes and Events

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.

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.

Alzheimer's Association Training and Education Center

24/7 access to free online courses related to Alzheimer's and dementia education offered in English and Spanish.

Topics include:

10 Warning Signs of Alzheimer's

Understanding Alzheimer's and Dementia

Challenging Conversations about Dementia

Please visit training.alz.org to access more information or trainings.

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Health Classes and Events (continued)

Free Wellness Exams

For those 3 and up, July through September at Tillamook County Community Health Centers.

Please call 503-842-3900 to make an appointment.

Oregon Care Partners

Oregon Care Partners provides free caregiver education to anyone who lives or works in Oregon. The program is intended to help long term care professionals and family caregivers access high-quality training that can help them improve the quality of life and care of older adults and individuals living with Alzheimer's or related dementia in Oregon.

During this unprecedented time, Oregon Care Partners is offering a variety of instructor-led webinars on common caregiving topics as well as online classes that are always available.

Upcoming Webinar Topics:

Effective Communication Strategies

Understanding & Responding to Alzheimer's Related Behaviors

Understanding Alzheimer's and Dementia

Legal and Financial Planning for Alzheimer's

Safe Medication Use in Older Adults

A complete list of classes and webinars can be accessed using the link available [here](#), or visit oregoncarepartners.com

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Physical Activity

24 Hour Fitness 24GO

24 Hour Fitness offers a free downloadable application that provides LIVE senior and low impact workouts each day.

For more information or to register please go to

https://www.24hourfitness.com/classes/active_aging/

YMCA 360

YMCA is offering free on-demand workout videos for a limited time. Workout routines are specific to active older adults.

For more information please visit:

<https://ymca360.org/>

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

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

ALZConnected

Powered by Alzheimer's Association

"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

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>

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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

Tillamook Caregiver Connection

This support group will be offered on the second Wednesday of each month, at 1:30pm by conference call. For more information, including how to join, please contact Suzanne Bjaranson at (503) 861-4202 or email suzanne.bjaranson@nwds.org