

Wellness Screening & Home Visits



The purpose of the screenings is to provide resources that older adults may not know is available in our Community.

- Nutritional risk screening
- Home safety walk through
- Emergency Preparedness
- Scam & fraud prevention
- Nutrition Education
- Safety Checks



Healthy IDEAS:

Identifying Depression

Empowering Activities for Senior's

Often occurring with chronic illness and other losses later in life depression can negatively affect older adult quality of life and ability to function. Healthy IDEAS can provides older adults with the help they need to manage symptoms of depression and live full lives. To find out more about this program and see if you qualify call 541-440-3677

Nearly 1 in 5 American 65 or older experiences symptoms of depression.



- Can help to decrease physical pain
- Help older adults recognize & self-treat symptoms
- Can improve well-being through achievement of personal goals

A Family Affair

2014 estimates show more than 5 Million Americans are living with Alzheimer's. More than 15 Million caregivers provided an estimated 18.1 Billion hours of unpaid care.

Learning to care for yourself

Often times caring for yourself comes last, and that's when your own health can suffer and make your role as a caregiver more difficult. Learn ways to help prevent caregiver burnout, learn better ways to communication and the ability to identifying when its time you need extra help.

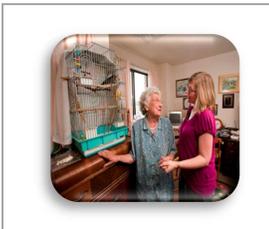
Savvy Caregiver



Family caregivers looking for practical tools to better care for someone with Alzheimer's or other dementia related disease.

- Classes are 2 hours for 5 weeks
- Respite service reimbursements available for care recipient

Powerful Tools of Caregiving



- Identify caregiver burn out and gain knowledge about prevention.
- Improve communication skills
- Tools to care for your self

As a caregiver for another, give yourself permission to care for yourself.

Wellness Activities Come join the fun!

Call to preregister at 541-440-3677 and receive your Certificate for free classes at the YMCA

Chair Exercise



Benefits from the program:

- Improves strength in arms & legs
- Improves flexibility in arms legs & neck
- Helps to relieve stress

Tai Chi



Benefits from the program:

- Helps to relieve stress
- Improves strength & balance
- Promotes deep breathing

Enhanced Fitness



Benefits from the program:

- Improves overall strength & balance
- Targets body specifics, strengthens core
- Work at your own pace