

February 28, 2010



Successful Aging
Institute

Senior Companion Program Federal Update

Share this information with others!!

Congress is currently deliberating the federal budget. Continuing Resolution 2011, passed by the U.S. House, would end all funding for the Corporation for National & Community Service, the parent organization for the Senior Companion Program, Foster Grandparent Program, RSVP, AmeriCorps, VISTA, and Learn & Serve. These programs have long provided cost effective service for extremely vulnerable populations nationwide.

For 30+ years here in Lane County the Senior Companion Program has provided trained low-income older adult volunteers who help frail elderly and disabled adults maintain their highest level of independence and social interaction. Companions receive ongoing education, support, and a tax-free hourly stipend of \$2.65/hour to work 15+ hours per week.



Program Impact:

Many times Senior Companions are the only "friendly visitors" their clients see regularly. Local Companions have encountered and provided input to their supervising agencies about many situations, including these:

- Clients have little or no food in their homes, and/or do not seem to be eating regularly.
- Clients have bruises and give implausible explanations about how they received them.
- Family caregivers, depended on by clients for acts of daily living, are suddenly unavailable.
- Clients seem increasingly disoriented at home and/or while being escorted on community errands.
- Clients who have been isolated and unwilling to leave their homes begin to talk, laugh, and share stories with Senior Companions.

Action:

You are welcome to share this information with others!

**Senior Companions
Celebrate Life!**

To register for classes call 541-463-4634 or visit us on the web at www.lanecc.edu/sai.

Special points of interest:

- Educational Update - Senior Companion Program
- Spring Classes
- Courtsports Punch Cards
- Quote of the month



The Successful Aging Institute Wants to Hear from You!

Please send this SAI Newsletter on to interested friends, colleagues, and family members.

Do you have a suggestion, idea, or comment about this newsletter or our classes? Please let us know by emailing us at

Spring Term Registration Begins March 8th

Art

Create a Hand-bound Journal
Greeting Card Techniques

Business

Ready to Create Your Own Business?

Career Training

Essential Tools for New Careers
Express Yourself at Work
Life After Job Loss
Out of Work? Now What?

Computers

Create Memoirs Online
Skyping the Grandkids

Financial Planning

Long Term Care Prep & Payment
Your Money, Your Retirement
Legal Decisions: Parents & Self

Health & Fitness

Aqua-Fit

Better Bones & Balance

Chair Yoga

Movement for Parkinson's & MS

Pilates for Mature Adults

Plus Size Yoga

Silver Sneakers

Zumba Gold

Health Occupations

PCA Preview Class

Personal Care Aide Training

Human Development

Hearts Apart: Long Distance Caregiving

Mind Stretching from Your Desk

Personal Enrichment

Container Gardening

Discover Hula

LCC Spring Delights Tour

Publish Your Writing

Sign Language Dance

Welcome to LCC Downtown Center

Quote of the Month

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable. - Christopher



Courtsports Classes Begin March 28!

Don't forget your health!! Courtsports 10-session punch cards are just \$50 when you register through SAI.

Aqua-Fit

Better Bones & Balance

Silver Sneakers

The Successful Aging Institute at Lane Community College provides lifelong learning opportunities for adults of all ages. Explore new careers, including those related to work with older adults; cultivate skills for the third age of life; and enjoy stimulating interactive courses in a variety of disciplines. Tailored training for senior-related businesses is also available. Contact SAI at www.lanecol.edu/sai and 541-463-4634 for additional information or to register for classes.

Lane is an equal opportunity/affirmative action institution.

Upcoming Dates to Remember

- Registration - March 8
- Daylight Saving Time - March 13
- Spring Break - March 20 - 27